

Understanding and Recognising Sex Addiction

Justin Marsh

Saturday 15th June 2019

10.00am-4.30pm

Only
£65

This workshop aims to provide counsellors and psychotherapists with a thorough understanding of sex addiction from a biopsychosocial viewpoint. Ultimately only the 'addict' can decide if their behaviour is 'addictive' or out of control but this intense and information packed day will help therapists to guide the client in making that decision. The day also provides the tools for developing understanding of the roots of the addiction and suggestions for providing ongoing work and referral.

The day will include;

- To provide a definition of sex addiction
- To recognise different classifications and causes of sex addiction
- To help counsellors understand sex addiction from a biopsychosocial perspective
- To provide counsellors with the tools to help clients self diagnose either an active addiction or their 'at risk' behaviours
- To provide an understanding of the cycle of addiction including triggers and underlying issues
- To provide an overview of treatment options for those with addiction
- To provide experiential opportunities to practise assessment skills
- To provide counsellors with the tools to support clients who may be going through sexual addiction treatment
- To provide counsellors with the tools to work with clients who have already been through treatment to work on the underlying issues.

Books written by Paula Hall (The Laurel Centre) will be available to buy on the day.



Justin is a qualified relationship therapist and holds specialisms in both Sex Addiction and Autistic Spectrum Disorder. Justin has a background in the charity sector where he was the Operational Lead of a Therapy Service. Justin has a warm and friendly approach to therapy. He has the ability to put people at ease and is confident in the potential that clients have within themselves to achieve active and ongoing recovery.

Justin facilitates recovery programmes for both men and women struggling with addictive and compulsive sexual behaviours as well as for their partners and has developed the successful online video conferencing recovery groups, training and supervising group facilitators. Alongside this group work, Justin also works with individual clients struggling with sex addiction, their partners and couples.

Justin is a clinical associate of the Laurel Centre with Paula Hall, which offers individually tailored sex addiction therapy and porn addiction therapy in London and around the UK. This enables people to understand the behaviour, provide counselling and develop tools to prevent relapse and start living the life they want to lead. The Laurel Centre team have over 40 years clinical experience in sex addiction therapy and porn addiction therapy and have successfully worked with hundreds of clients, including partners, using internationally recognised treatment models and interventions.