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Counseling Concepts and Applications for Student Affairs Professionals (CNS 577)

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The Effects of Sexual Addiction [brochure and video]

Vashon Broadnax
Western Kentucky University, broadvh@wku.edu

Brandi Smith
Western Kentucky University, brandi.smith1@wku.edu

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Where to get help

Help is near

WKU Counseing and Testing Services

Potter Hall 409
1906 College Heights Blvd #11024
Bowling Green, KY 42101

Website: http://www.wku.edu/Dept/Support/StuAffairs/COUNS/index.htm

LifeSkills

922 State Street
Bowling Green, KY 42101
(270) 901-5000

Website: http://www.lifeskills.com/

Sex Addicts Anonymous

Website: http://saa-recovery.org/

Brandi Smith
&
Vashon Broadnax

Sexual Addiction

Sexual Addiction

What is Sexual Addiction?

Sexual addiction is defined by individuals reporting being unable to manage their sexual behavior and unable to manage their everyday life. It is also refers to as sexual dependency and sexual compulsivity.

Watching pornography online can a form of sexual addiction

Sexual addiction is associated with risk-taking. Sex addicts tend to engage in sexual activity regardless of negative and/or dangerous consequences.

25 million Americans visit cybersex sites between 1-10 hours per week. Another 4.7 million in excess of 11 hours per week.

Alarming facts...

Sexual addiction is silently coming to light in today's society. According to the National Council of Sexual Compulsivity 6%-8% Americans are sexual addicts, meaning 18-24 million people. Also, Sexual addition effects more men than women. However, one in every six women are sexual addicts. Sexual addition is reported as individuals who cannot manage their lives due to this addiction. It can affect their families, relationships, job, finances, etc. There are several resources out there that sex addicts can benefit from.

Watch for behaviors…

- Compulsive masturbation
- Multiple affairs
- Multiple sexual partners and/or one-night stands
- Consistent use of pornography
- Unsafe sex
- Phone or computer sex
- Prostitution
- Exhibitionism
- Obsessive dating through personal ads
- Voyeurism and/or stalking
- Sexual harassment
- Molestation/Rape

This addiction affects celebrities

Alarming facts...

Treatment of sexual addiction focuses on controlling the addictive behavior and helping the person develop a healthy sexuality. Treatment includes education about healthy sexuality, individual counseling, and marital and/or family programs for people with sexual addictions

1 out of every 6 women struggles with an addiction to pornography.