

7<sup>th</sup> World Congress on **Addictive Disorders & Addiction Therapy**  
&  
29<sup>th</sup> International Conference on **Sleep Disorders and Psychiatry**

July 16-18, 2018 London, UK

### Treating sex and pornography addiction

**Paula Hall**

The Laurel Centre, Canada

Treating sex and porn addiction differs from any other kind of addiction and presents unique challenges, not least of which, how it should be defined and diagnosed. This presentation provides the latest bio-psycho-social information and research on sex and porn addiction and explores common misunderstandings and misconceptions. Guidance will be provided on essential assessment criteria with a particular focus on recognising co-morbidity and cross addiction. The challenge of establishing sexual sobriety and positive sexuality will also be considered and practical tools provided that can be used with clients and patients. The CHOICE Recovery Model will also be presented, a treatment approach that complements the 12-steps and provides clinicians with an integrative approach, including strategies from CBT (Cognitive Behavioural Therapy), ACT (Acceptance & Commitment Therapy) and Positive Psychology, as well as psychodynamic, relational and trauma therapy principles. This practical and engaging presentation will be based on extensive clinical experience working both individually and within group environments with addicts and providing support programmes for partners. Case material will be used to illustrate key points and time provided for questions.

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