

EXPLORING THE IMPACT OF SEXUAL ADDICTION AND COMPULSIVE SEXUAL BEHAVIOUR ON THE COUPLE RELATIONSHIPS

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This presentation looks at the impact of sexual addiction and compulsive sexual behaviour through the lens of the internet and also how pornography affects the couple's relationship. It reviews and reports key themes and findings from 140 couples in the context of the impact of sexual addiction on the couple relationships. Some of the clinical implications to be discussed include the different dimensions of trauma relevant to the clinical impacts, injuries and symptoms among intimate partners of sex addicts, based on the research and clinical application with couples impacted by Sexual addiction and compulsivity (SA&C). This presentation is geared towards a clinical and recovery audience and is based upon Robert Hudson's doctoral research. The study included 140 participants comprised of 79 men and 61 women. The study uses a mixed method of qualitative and quantitative methodology using grounded theory and an online survey. Individuals and couples with sexual problems who may not have come to clinical attention before are emerging as a result. This study provides information about the impact of sexual addiction on the couple's relationship and that specialised sexual addiction therapies are supporting some of their needs. Results revealed the complexity and demands of working with couples who have been impacted by SA&C. The implication of these findings for training, research and practice will be discussed. SA&C is a progressive intimacy disorder in which an individual cannot control his or her sexual impulses and/or actions. The individual becomes so obsessed with sexual desires and behaviours that it negatively affects other areas of their lives, such as relationships and careers. SA&C are commonly treated within the individual; however emerging research suggests that it is impacting the couple relationship. Reports are suggesting that smart phones and internet communication can lead to relationship problems, conflicts, marital discord, separation and divorce. The aim of this study was to investigate and explore the impact of SA&C on the couple's relationship.

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