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## AN INTRODUCTION TO UNDERSTANDING AND TREATING SEX ADDICTION

Is sex addiction a myth?

**GAVIN SHARPE**

**Saturday 30<sup>th</sup> June 2018: 10am – 17:00pm**

This one day workshop is aimed at providing a definition of sex addiction and to consider the various treatment methodologies.

Sex Addiction is not included in the DSM-V. Post Harvey Weinstein, the debate as to whether sex addiction is real has been re-ignited. If sex addiction is real, how do we define it? (For example, do we differentiate between addiction and compulsivity? Do we include sexual offending?) If it is real, how do we treat our clients suffering from it? The aims of the workshop include:

- *To understand causes of sex addiction.*
- *To provide an understanding of the cycle of addiction including triggers and underlying issues.*
- *To provide counsellors with the tools to help diagnose sex addiction.*
- *To provide an overview of treatment options for those with addiction (including partners of sex addicts).*
- *To provide experiential opportunities to practise assessment and treatment skills.*
- *To consider the differences in sex addiction among male and female clients.*
- *To understand the specific issues around sex addiction and gay men.*

**Gavin Sharpe** is an alumnus of The Minster Centre, a Certified Sex Addiction Therapist (CSAT) and a member of the British Association of Counselling and Psychotherapy (MBACP). He practises part-time in the U.K. with The Hudson Centre and has a private practice in France, [www.livelovelearn.global](http://www.livelovelearn.global).

**Cost: £95 (non-members) £80 (members)**

**To book a place please contact: [reception@minstercentre.org.uk](mailto:reception@minstercentre.org.uk).**

**Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.**

CPD CERTIFICATES WILL BE PROVIDED

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