



# Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health  
in Newbury & Marlborough

[www.wendybramham.co.uk](http://www.wendybramham.co.uk)

## Professional Seminars for Therapists and Health Professionals

### Sex Addiction – Fact or Fiction?

*Karen Lloyd*

Saturday, 18<sup>th</sup> June 2016 - 10 am – 4 pm  
St Nicolas' Hall, West Mills, Newbury, RG14 5HG

#### Introduction

In today's digital world we see reports in the news on a regular basis of out-of-control sexual behaviours, often attributed to the errant celebrity '*caught with his trousers down.*' In the psychotherapy and counselling world sex addiction is fast becoming a common presenting problem.

This workshop aims to explore the facts and dispel the myths of this "process addiction" (in contrast to "substance addiction"), and will provide useful insight for therapists. We will address the growing problem of sexually compulsive/addictive behaviour, love and porn addiction, and sexual acting out behaviours, both on and off line.

Topics to be covered will include

- What is Sex Addiction? Definition, Neuroscience, Ethical Issues
- Myths and Reality
- Understanding Causes of Sexual Addiction
- Signs of Sexual Addiction / Basic Assessment
- The Cycle of Addiction
- Guidelines for Recovery
- Recognising Triggers & Relapse Prevention
- Impact on Partners
- Looking at Case Examples
- Further resources and recommended reading



Karen Lloyd

#### Biography

**Karen Lloyd** is a BACP Registered Accredited psychosexual psychotherapist and a certified sexual addiction therapist. She also works as a trainer, and as an accreditation assessor for BACP. She has a Post Graduate Diploma in psychosexual psychotherapy and previously worked as a therapist and trainer for Relate for over 10 years. Karen has a long established practice in the West Midlands working with individuals, couples and groups. She runs a 10 week psycho-educational course and on-going women's support group for female partners of men with sexually compulsive/addictive behaviours, as well as intensive residential psycho-educational groups.

**This seminar will be open to all therapists and health professionals.**

**"Early bird" price before 18<sup>th</sup> May 2016: £75, or after £90. Does not include lunch.**

**Venue: St Nicolas' Hall, West Mills, Newbury, West Berkshire RG14 5HG**

**TO BOOK: [seminars@wendybramham.co.uk](mailto:seminars@wendybramham.co.uk) or phone 07921 393879**

**Booking forms can be downloaded from our website**

**To see our full seminar programme: [www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab)**