

# Porn & Sex Addiction: Help and Resources

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## Counselling and Support Groups

### For People with an Addiction

- [Steve Stokes Counselling\\*](#), Sydney, Australia
- [Sex and Love Addicts Anonymous, Australia](#) - 12-step program
- [Sex Addicts Anonymous, Sydney](#) - 12-step program
- [The Sexual Recovery Institute](#) - treatment facility in Los Angeles, USA
- [The Center for Healthy Sex](#) - treatment facility in Los Angeles, USA

### For Partners

- [ARISE Counselling Solutions \(Addiction Recovery, Inner & Spiritual Exploration\)](#) – director and senior therapist, Sharalyn Drayton\*, Sydney, Australia
- [PHASE \(Partners Healing and Support Environment\)](#) support groups, Sydney, Australia
- [Vicki Tidwell Palmer](#), expert counsellor, Texas, USA

## Books

### For People with an Addiction

- [Facing the Shadow](#) - by Patrick Carnes
- [Shadows of the Cross](#) – workbook for Christians by Patrick Carnes
- [Always Turned On: Sex Addiction in the Digital Age](#) - by Robert Weiss & Jennifer Schneider

### For Partners

- [Moving Beyond Betrayal](#) – by Vicki Tidwell Palmer
- [Mending a Shattered Heart](#) – by Stefanie Carnes
- [Your Sexually Addicted Spouse](#) – by Dr Barbara Steffens

## Online Resources

### For People with an Addiction

- [Sex Help](#) - sex addiction help website
- [Sexual Recovery Institute, LA](#) – Youtube channel
- Videos by leading Sydney counsellor Steve Stokes: [The Addictive System](#) | [The Recovery System](#)

### For Partners

- [Betrayal Trauma Recovery Website](#) – resource and support website
- [Betrayal Trauma Recovery Podcast](#) – Spotify podcast
- [Beyond Betrayal Community](#) – Youtube channel

\* Counsellors who are Christian, and welcome people of all backgrounds, faith or non-faith.