

Addendum for Sexual Addiction and Spiritual Direction special interest paper.

When I wrote this special interest paper in 2013 I relied heavily on the work of Patrick Carnes who is considered the grandfather of the sexual addiction specialisation. Patrick applied principles he had learnt in the Alcoholics Anonymous movement to the sexual addiction field. To a large extent this transposition was well considered and effective for addicts and these principles and methodologies are still widely accepted and utilised in the treatment of sexual addiction.

What wasn't so well considered was the support and treatment of partners of sex addicts. Carnes et al transposed the term "co-dependent" from the AA movement—together with the related ideas and beliefs surrounding this terminology—to partners of sex addicts. Moreover, he eventually evolved the partner co-dependent theory into a "co-addiction" theory: suggesting partners were also sex addicts. I have reflected on this thinking and practice in my special project. This transposition, and the subsequent evolution, I now recognise as both illegitimate and unhelpful.

Principles from the field of trauma studies and treatment are now considered much more applicable and relevant than the co-addict model. Much work has been done, predominantly by Dr Barbara Steffens and Dr Omar Minwalla, to develop this area of working with partners of sex addicts. Barbara has been instrumental in starting an organisation called The Association of Partners of Sex Addicts Trauma Specialists (APSATS) based in Ohio, USA. She works closely with Richard Blankenship and the team from IACSAS (International Association for Certified Sexual Addiction Specialists). Both these leading professionals have run training in New Zealand and a number of counsellors and spiritual directors are engaging in ongoing training in supporting both partners of sex addicts and sexual addiction treatment.

#### Books and Articles for Directors/Counsellors

Understanding and Treating Sex Addiction — Paula Hall

Treating Pornography Addiction – Dr Kevin B Skinner

Wired for Intimacy – Dr William Struthers

Your Sexually Addicted Spouse – Dr Barb Steffens and Marsha Means

13 Dimensions of Sex Addiction-Induced Trauma among Partners and Spouses Impacted by Sex Addiction – Dr Omar Minwalla

Sex Addiction: the Partners' Perspective – Paula Hall

#### Books and Articles for Directees/Clients

Worthy of her Trust – Jason Martinkus

Surfing for God – Michael J Cusik

Breaking Free -- Russell Willingham

Beyond Betrayal – Lisa Taylor

Your Sexually Addicted Spouse – Dr Barb Steffens and Marsha Means

Rescued – Shelley Martinkus

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