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**Suggested**

**Reading/**

**Resources**

# **Sexual Addiction**

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**Be aware that every professional and author of a book or website has his/her own viewpoint on addiction and philosophy about recovery. You need to spend some time thinking about what feels right for you.**

## **Books**

Carnes, Patrick, Ph.D. *Don't Call It Love: Recovery from Sexual Addiction*. New York: Bantam Books, 1991.

Carnes, Patrick, Ph.D. *The Betrayal Bond: Breaking Free of Exploitive Relationships*. Health Communications, 1997.

Beattie, Melody. *Co-dependent No More*. Hazelden Information Education.

Peele, Stanton, Ph.D. and Archie Brodsky. *The Truth About Addiction and Recovery*. New York: Fireside, 1991.

Pia, Mellody. *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*. San Francisco: Harper, 1992.

Young, Kimberly S., Dr. *Caught In the Net: How to recognize the signs of Internet Addiction*. Toronto: John Wiley & Sons, Inc., 1998.

## **Web Sites**

[www.ncsac.org/](http://www.ncsac.org/) is the homepage of the National Council on Sexual Addiction and Compulsivity.

[www.healthymind.com/](http://www.healthymind.com/) is the website of Dr. David Bissette, a clinical psychologist from Alexandria, Virginia. The website offers a user-friendly discussion of sexual addiction and recovery for both the addict and the spouse or partner. Also many related links and Dr. Bissette's suggested reading list.

[www.sexaa.org](http://www.sexaa.org) is the homepage of Sex Addicts Anonymous. It contains general information about sexual addiction and includes a listing of SAA locations around the world.

[www.addictionresearch.com](http://www.addictionresearch.com) Website of the American Foundation for Addiction Research

[www.sexhelp.com](http://www.sexhelp.com) This is Dr. Patrick Carnes' website. You will find information and resources related to sex addiction, recovery and the effects of sex addiction on a partner or spouse.

[www.sexualcontrol.com](http://www.sexualcontrol.com) This is Joe Zychik's private counseling site (credentials not listed). The site provides some basic information on sex addiction in relation to his philosophy of recovery and counselling.

[www.cybersexualaddiction.com/lovept1.php](http://www.cybersexualaddiction.com/lovept1.php) Outlines the typical signs of love or sex addiction and discusses recovery strategies.

[www.sca-recovery.org](http://www.sca-recovery.org) is the website of Sexual Compulsives Anonymous that has self-help articles and information on contacting the organization and on-line meetings.

## Counselling and Self-Help Groups

Klinik Drop-In Counselling Program  
Wednesday: noon – 7 p.m.  
Friday and Saturday: noon – 4 p.m.  
Klinik on Broadway, 545 Broadway  
phone: 784-4067

Aurora Family Therapy Centre  
University of Winnipeg  
515 Portage Avenue  
Sparling Hall, 2<sup>nd</sup> Floor  
Phone: 786-9251  
[www.uwinnipeg.ca](http://www.uwinnipeg.ca)  
(sliding fee scale)

Sex Addicts Anonymous  
Phone: 926-1944

Sex and Love Addicts Anonymous  
Phone: 943-6137

The Family Centre  
401-393 Portage Ave. (Portage  
Place)  
phone: 947-1401  
[www.familycentre.mb.ca](http://www.familycentre.mb.ca)

Counselling for individuals, couples,  
or families. (sliding fee scale)

Canadian Psychological Association  
[www.cpa.ca/find](http://www.cpa.ca/find) - "Find a  
Psychologist" page

Codependents of Sex Addicts  
Phone 949-0037