
Suggested

Reading/

Resources

Sexual Addiction

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.

Carnes, Stefanie; Lee, Mari A; Rodriguez, Anthony; Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts; 2012.

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.

Pia Mellody. *The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect and Lasting Love*, 2009.

Web Sites

www.sash.net The Society for Advancement of Sexual Health

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 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.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 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 Outlines the typical signs of love or sex addiction and discusses recovery strategies.

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
Phone: 784-4067

Klinik on Broadway, 545 Broadway
Monday: noon – 7 p.m.
Tuesday: noon – 4 p.m.
Wednesday: noon – 7 p.m.
Friday and Saturday: noon – 4 p.m.

Transcona/River East/Elmwood
845 Regent Avenue (Access Transcona)
Tuesdays : noon – 7pm

Aurora Family Therapy Centre
University of Winnipeg
515 Portage Avenue
Sparling Hall, 2nd Floor
Phone: 786-9251
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
Counselling for individuals, couples, or families. (sliding fee scale)

Canadian Psychological Association
www.cpa.ca/find - "Find a Psychologist" page

Codependents of Sex Addicts
Phone 949-0037