

Working with Internet Porn Addiction with Aileen George

Saturday, 13th June 2020, 1000-1630
St George's Centre, 206 Andover Road, Newbury RG14 6NU

Introduction

The way that we use porn has changed somewhat since the mid 19th century. Over the years it has evolved from risqué pictures (such as those in the *Kama Sutra*) and literary descriptions (such as *Lady Chatterley's Lover*, which was banned for many years) through soft core, top shelf magazines to what is now a highly lucrative industry. When the internet and high speed broadband first appeared the business model of the porn industry changed, moving from pay per view to streaming of free, explicit videos.



Currently the only education regarding porn addiction is too little, too late. This means that as therapists we are sometimes likely to be working with this issue unknowingly. Also, there is usually huge shame and stigma attached to porn use and this prevents clients from being aware of the extent of the problem and prevents them from disclosing. Clients will often present with the symptoms of porn addiction, therefore a good understanding of the issue can help us to assist our clients to identify the underlying issue.

Topics we will cover in this workshop:

- Can porn be addictive?
- Brain changes in porn users
- When/How clients might present - assessment
- Ethical considerations
- Focus of therapy
- Opportunity, Attachment & Trauma
- The cycle of addiction
- Breaking the cycle & rewiring the brain
- Support & Relapse Prevention
- Partners - relational trauma

Delegate testimonial from same event in 2019: "Aileen has a lovely relaxed manner and delivers her training with patience, attending to everyone's queries. I also benefitted from a clearly written and informative booklet to take away, which I have already referred to several times. This was one of the best workshops I have attended."

Biography - Aileen George is an accredited member of BACP with experience in private practice as a counsellor, supervisor and trainer. She is based in Devon. Aileen gained the ISAT (Institute of Sex Addiction Therapy) Diploma in 2016 and has worked with both addicts and partners. Following further training with StopSo (Specialist Treatment Organisation for the Prevention of Sexual Offending), she has also worked with offenders. She is a registered member of ATSAC (Association for the Treatment of Sex Addiction and Compulsivity)."

This event will be open to all therapists and health professionals

Fee: Early bird before 13th May £90; or after £99

Includes refreshments and lunch but not parking. A handout pack and a CPD certificate will be supplied

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