Presentation title
Treating the Couple - Exploring the impact of Sexual Addiction and compulsive sexual behaviour on the Couples' Relationships and the wider family

Robert Hudson: DPsych Studies at Metanoia University, London

Abstract of Presentation

Learning Objectives

- Identify and report data collected on the impact of sexual addiction and compulsive sexual behaviour (SA&C) on the couple relationships and the wider family
- Identify and explore the betrayal and trauma impacted by SA&C on the couple relationship and the wider family
- To explore different ways of treating the couple and wider family impacted by SA&C
- To explore the paradigm shift that is taking place in the treatment of SA&C and the wider family
- How SA&C impacts us individually (behaviours, decisions, relationships and clinically)

Description of key points in presentation
This presentation reviews and reports qualitative and quantitative data collected from 140 couples and their families in the context of the impact of SA&C. Some of the findings will be discussed about the different dimensions of trauma relevant to partners and their families of the addict. This presentation is geared towards clinicians, researchers and anyone impacting on or interested in this area.

Abstract of Research Topic
Sexual addiction and compulsivity (SA&C) is a progressive intimacy disorder in which an individual cannot control his or her sexual impulses and/or actions. The individual becomes so obsessed with sexual desires and behaviours that it negatively affects other areas of their lives, such as relationships, their children and careers. SA&C is commonly treated within the individual, however emerging research suggests that it is impacting the couple's relationship and their children. Reports are suggesting that smart phones and internet communication can lead to relationship problems, conflicts, marital discord which ultimately impact on their children. The aim of this study was to investigate and explore the impact of SA&C on the couples' relationships.

The study included 140 participants comprised of 79 men and 61 women. The study uses a mixed method of qualitative and quantitative methodology using grounded theory and an online survey. Individuals and couples with sexual problems who may not have come to clinical attention before are emerging as a result. This study provides information about the impact of sexual addiction on the couples' relationships and that specialised sexual addiction therapies are supporting some of their needs. Results revealed the complexity and demands of working with couples and their wider family who have been impacted by SA&C. The implication of these findings for training, research and practice will be discussed.

Sources/references of content
Personal experience of recovery and clinical experience as a sex and relationship therapist. The idea for this research in part came from experience running intensive programmes for couples dealing with the aftermath of sex addiction on their relationships. Much of the research reference was inspired by the *Sexual Addiction & Compulsivity* journal.

Biography of the speaker

Robert Hudson is the founder and Clinical Director of The Hudson Centre for Psychotherapy and Recovery. He is a UKCP psychotherapist, a sexual & relationship therapist, who has worked with children who have experienced sexual abuse and adults with mental health problems. He also has experience working in the field of compulsive sexual behaviour. He specialises in issues of attachment and intimacy, complex traumatic stress and sexual addiction/compulsivity, issues that are often rooted in unresolved childhood trauma. He treats individuals, partners, couples, and families whose lives have been impacted by these behaviours. He is a member of the British Association of Counselling and Psychotherapy (BACP) the College of Sexual and Relationship Therapy (COSRT) and a member of the International Society of Sexual Medicine (ISSM). He is a Certified Sexual Addiction Therapist and Supervisor CSAT-S and a member of the International Institute for Trauma and Addiction Professionals (IITAP). Robert has undertaken doctoral research DPsych studies.

Brief Description of Presentation for Brochure

In order to gain more insight and explore different ways of treating couples on how sexual addiction and compulsivity has impacted their relationships, Robert Hudson is carrying out and presenting his doctoral research project. The project gathered empirical data from 140 couples regarding the impact of sexual addiction on their relationships. Findings will be discussed on different dimensions of trauma relevant to couples impacted by sexual addiction and compulsivity and is geared towards a clinical and recovery audience.

Photo of the speaker



Robert Hudson, UKCP, BACP, COSRT, CSAT-S, IITAP, ISSM, Clinical Director and founded
The Hudson Centre for Psychotherapy & Recovery (HCPR) in London in 2005.
13 John Princes Street, London W1G 0JR
robert@thehudsoncentre.co.uk
www.thehudsoncentre.co.uk – www.sexualaddict.co.uk 0207 493 4488