



## **Affirmotive Sex Addiction Australia Launches Professional Sex Therapy Services to Help Individuals Overcome Sexual Issues**

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Sex Addiction Australia announces the launch of its professional sex therapy services aimed to help individuals overcome sexual issues. The new service is designed to provide a safe and confidential environment for individuals to address and resolve their sexual concerns, including sex addiction, sexual dysfunction, and relationship problems.

"We recognize that sexual issues can be difficult to talk about and can have a significant impact on an individual's mental, emotional, and physical well-being," says Heide McConkey, Professional Counsellor, Sexual Health Therapist, and the Founder and Director of Affirmotive Sex Addiction Australia. "That's why we are committed to providing a non-judgmental and supportive environment where clients can feel comfortable discussing their sexual concerns and receiving the help they need."

Affirmotive Sex Addiction Australia was established to educate, inform, and provide professional help for Australians dealing with or affected by hyper-sexuality, sexual addiction, and compulsive sexual behaviour disorder (CSBD).

Sex addiction or Compulsive Sexual Behaviour Disorder (CSBD) is defined as a dependence on the reward experience of sex. It's a dysregulation or 'faulty wiring' in the mesolimbic brain circuitries associated with motivation and reward, including pleasure.

Sex addicts do not necessarily test positive for elevated levels of the sex hormone testosterone, but struggle with achieving and maintaining mental control over their sexual desires for instant need gratification. This addiction can affect men or women of any cultural, socioeconomic background, and education.

Sex addiction could look like many different things including addiction to porn, casual sex, online sex, love (intense limerence feelings), frotteurism, and more. The consequences of untreated sexual addiction can be life changing, which is why Affirmative Sex Addiction encourages Australia to learn about sex addictions and understand its repercussions.

Consequences of untreated sexual addiction may include threats to sexual and mental health, sexual functions, relationship harmony, family functions, financial and workplace productivity, stagnation in development, and in severe cases, legal prosecution.

The sex therapy service is provided by experienced and qualified sex therapists who are committed to helping clients regain control over their sexual behaviours, heal from past traumas, and enhance their sexual health and well-being. With a personalised approach, the sex therapists work collaboratively with clients to develop treatment plans that address their unique needs and goals.

Affirmative Sex Addiction therapy and counselling sessions are designed to make clients feel comfortable while discussing sensitive personal sexual topics. The professionally trained counsellors take an individual and person tailored approach to treatment and to suit a client's circumstances.

The counselling centre specialises in individual sessions, spousal support, relationship counselling, marriage counselling, same-sex counselling, and online counselling. The sex therapy service can be accessed through in-person sessions, as well as online teletherapy. The service is covered by private health insurance and Medicare rebates, making it accessible and affordable to all.

Affirmative also offers counselling service for those with partners dealing with a sexual addiction. Many partners of sex addicts experience betrayal trauma. In a recent study, 70% of partners of sex addicts, most of them women, scored positive for PTSD. Sex addiction does not just affect the addicted individual. Like any addiction, it can affect many people around the addict. Affirmative helps clients through intimate betrayal trauma and offers support and guidance as well as counselling sessions.

?Contact us to learn more about our tailored sessions and to ask any questions,? says McConkey. ?If you are concerned about your personal behaviours, feel free to try out our free anonymous online tests about sex addiction, porn addiction, or love addiction.?

Based in Sydney and Online, Affirmative Sex Addiction?s private and strictly confidential Professional Counselling and Sex Therapy is available in all major Australian cities and rural & remote Australia alike.

With more than 20 years of experience, Affirmative Sex Addiction specialise in treating sex addicts and their spouses and families whose lives are disrupted by painful and traumatic intimate betrayal.

For more information on the sex therapy service provided by Sex Addiction Australia, please visit their website at [www.sexaddictionaustralia.com.au](http://www.sexaddictionaustralia.com.au) or contact them directly at [info@sexaddictionaustralia.com.au](mailto:info@sexaddictionaustralia.com.au).

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## **Affirmative**

*Affirmative Sex Addiction Australia was established to accurately inform people on the nature of sexual addiction disorder and sexual health issues.*

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