

## **Psychotherapy Group for Men: Using Mindfulness to Heal Sexual Addiction**

**Dan F. Pollets, Ph.D.**

**An 8-week, time-limited group experience for men  
With intimacy issues and sexual/pornography/love addictions/compulsions.**

**Time: Tuesdays, 6:30 - 8PM (start date to be determined)**

**Place: Armory Building, 92 High Street, Medford**

**Cost: \$45/session**

An 8-session men's psychotherapy group is proposed that will apply cutting-edge ***Mindfulness*** techniques to help men who struggle with their impulses and compulsions around sex and love addiction. This group is explicitly developed to help men improve their adult intimate relationships and overcome sex/pornography and love addiction. Men who would find this group helpful have become aware that their sexual impulses and relationships have become unmanageable. Problems can include a pattern of out-of-control sexual behavior, an inability to stop despite adverse consequences, sexual obsessions, severe mood changes around sexual activity, and the neglect of important social, occupational, or recreational activities because of sexual behavior. Men who acknowledge this pattern and are willing to confront the problem directly will benefit from this group intervention.

**Group therapy** is acknowledged by experts in the field as the "gold standard" treatment of addiction. ***Mindfulness*** is the application of Buddhist Psychology to the treatment of psychological distress and has become extremely popular in modern clinical psychotherapy treatment. *Mindfulness* provides proven methods for harnessing the mind's awareness to promote neural integration, better emotional regulation, and to ease the re-directing of behavior (away from automatic or compulsive reaction

The proposed group will also attend to early attachment history and family of origin issues such as neglect, trauma, abandonment, dysfunction, etc. These provide the fertile soil for addiction. Men (and women) are vulnerable to addiction because throughout development, emotional and developmental needs are not acknowledged and/or met by parental figures. Sex, pornography, drugs, alcohol, gambling, workaholism, and compulsive activities are self-defeating ways of filling the underlying emptiness caused by unmet emotional need or conflict.

The proposed group therapy will provide an opportunity for men with sex/love addiction to cultivate Mindful Awareness and to learn new skills of intimacy. This makes all the difference.

***Dr. Pollets is an ASSECT certified sex therapist and highly trained couples therapist. He has over 30 years experience providing psychotherapy including group therapy. He is Associate Clinical Professor (in Rehabilitation Medicine) at Boston University School of Medicine. He is a senior staff psychologist in the Psychiatry Department at Winchester Hospital. He is in private practice in Medford, Ma.***

**You can visit him on the web at [www.DrDanPollets.com](http://www.DrDanPollets.com)**

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