

## **PORNOGRAPHY HELP RESOURCE GUIDE**

The following is a list of organizations that provide referral services for obtaining professional and other supportive help in recovery. In considering a therapist, support group, or treatment program, you may want to consult physicians and mental health referral agencies for more information about the services in your area.

Use your own judgment when contacting any of these organizations or Web sites. Interview and learn details about their program, expectations and operations before making your choice. Be advised that Web site addresses frequently change and an internet search engine may be needed to find the recommended site.

### **CHRIST-CENTERED 12 STEP SUPPORT GROUPS**

#### **Faithful and True Ministries**

Dr. Mark Laaser, Director  
6542 Regency Lane  
Eden Prairie, MN 55344  
Phone: (952) 949-3478  
Local Counseling: (612) 961-0106  
Web site: [www.faithfulandtrueministries.com](http://www.faithfulandtrueministries.com)

#### **Mastering Life Ministries**

Dr. David Kyle Foster, Founder  
P.O. Box 351149  
Jacksonville, FL 32235-1149  
Phone: (904) 220-7474  
Web site: [www.gospelcom.net](http://www.gospelcom.net)

#### **Overcomers Outreach**

Judy Turnbull  
P.O. Box 2208  
Oakhurst, CA 93644  
Toll Free: (800) 310-3001  
Web site: [www.overcomersoutreach.org](http://www.overcomersoutreach.org)

#### **Prodigals International**

6619 – 132<sup>nd</sup> Avenue NE, PMB-262  
Kirkland, WA 98033  
Phone: (866) 910-9002  
Web site: [www.prodigalsonline.org](http://www.prodigalsonline.org)

**Pure Desire**

Ted Roberts, Founder  
P.O. Box 650  
Gersham, OR 97030  
Phone: (503) 661-4444  
Web site: [www.puredesire.org](http://www.puredesire.org)

**Pure Life Ministries**

Steve Gallagher  
14 School Street  
Dry Ridge, KY 41035  
Toll Free: (800) 635-1866  
Counseling Office: (859) 824-0870  
Web site: [www.purelifeministries.org](http://www.purelifeministries.org)

**Pure Warrior Ministries**

P.O. Box 190297  
Boise, ID 83719-0297  
Phone: (208) 322-7006  
Web site: [www.purewarrior.org](http://www.purewarrior.org)  
Email: [info@purewarrior.org](mailto:info@purewarrior.org)

**COUPLES RECOVERY GROUPS****Codependents of Sex Addicts (COSA)**

[www.cosa-recovery.org](http://www.cosa-recovery.org)

Email: [info@cosa-recovery.org](mailto:info@cosa-recovery.org) (763) 537-6904

A national 12-step program for partners of sex addicts and sex offenders. The fellowship is affiliated with SAA. Because of the links available to the family groups, this Web site makes it easy for spouses and other family members to find appropriate groups for their recovery. One option made available through this organization is online meetings.

**Dr. Carnes' Resources for Sex Addiction & Recovery**

[www.sexhelp.com](http://www.sexhelp.com)

This Web site contains information about sexual addiction, offers a Sexual Addiction Screening Test to help assess whether a person has a sexual addiction problem, and has links to sexual addiction recovery resources.

**Recovering Couples Anonymous (RCA)**

[www.recovering-couples.org](http://www.recovering-couples.org) (510) 663-2312

E-mail: [rca\\_email@recovering-couples.org](mailto:rca_email@recovering-couples.org)

A 12-step program where couples find support to recover from the impact of sexual addiction. It also helps both addicts and their partners work on issues of commitment, intimacy and mutual recovery. The site provides referral information on RCA meetings in your community, telephone meetings, and e-meetings, daily reflections for couples and other resources about twelve-step recovery for couples.

**S-Anon**

[www.sanon.org](http://www.sanon.org). (800) 210-8141

E-mail: [sanon@sanon.org](mailto:sanon@sanon.org) (615) 833-3152

A national 12-step fellowship for the relatives and friends of sexually addicted people who share their experiences in order to solve their common problems. Although primarily married women attend, there are also many single members. Provides referrals to an established S-Anon group in your community. S-Anon is affiliated with SA and supports S-Ateen, a program for children of sex addicts.

TWELVE-STEP PROGRAM  
FOR SINGLES AND COUPLES

The following list briefly describes recovery programs for sex and porn addiction, their focus, and attendance. Contact the national offices by phone or visit their Web sites for more specific meeting information, location, and times. All these groups of self-help programs for people who wish to recover from any type of compulsive sexual behavior.

PORN AND SEX ADDICT RECOVERY GROUPS

**Sex Addicts Anonymous (SAA)**

[www.sexaa.org](http://www.sexaa.org). (800) 477-8191

This group helps men and women overcome sexual addiction through a twelve-step fellowship. They provide extensive referral information for finding an SAA meeting in your area. Also provides SAA meetings via Internet chat and telephone conference calls. SAA has an affiliated program for partners of sexual addicts called COSA (Codependents of Sex Addicts).

**Sex and Love Addicts Anonymous (S.L.A.A.)**

[www.slaafws.org](http://www.slaafws.org). (210) 828-7900

A twelve-step program focuses on addictive sexual and romantic relationships. S.L.A.A. is helpful for sexual addict as well as people who consistently involve themselves in abusive relationships. This program attracts both men and women. S.L.A.A. is the most broadly supportive of women of all the 12-step sexual addictions organizations.

What differentiates this group is that it has a focus on the recovery from problems related to romantic dependency, romantic relationships, emotional dependency, and social or emotional anorexia.

**Sexaholics Anonymous (SA)**

[www.sa.org](http://www.sa.org). (866) 424-8777

E-mail: [saico@sa.org](mailto:saico@sa.org) (615) 370-6062

A national 12-step program, employing the most restrictive definition of sexual sobriety: "No sexual behavior outside of a marital relationship." SA has an affiliated program for spouses and families of sex addicts and offenders called S-Anon. Those with more conservative religious beliefs often find themselves more comfortable here.

People who speak Spanish or German can find resources here. SA is also the only 12-step group that offers program for prisoners. Spouses will find links for family members on SA's web site.

**Sexual Compulsives Anonymous (SCA)**

[www.sca-recovery.org](http://www.sca-recovery.org). (800) 977-HEAL

Email: [info@SCArecovery.org](mailto:info@SCArecovery.org) (212) 606-3778

A twelve-step program whose members strive to obtain sobriety from sexual addiction and recover from sexual compulsion. Membership consists primarily, but not exclusively, of gay and bisexual men and women. Provides referral information to meetings in various communities and offers on online meeting.

## RESIDENTIAL AND OUTPATIENT TREATMENT CENTERS

Inpatient residential and intensive outpatient treatment programs that help people with serious pornography problems are located throughout the United States. The focus of these programs varies, but may include treatment for sexual addiction and sexual compulsivity. Contact your local physician, pastoral counselor or mental health center for information on existing programs in your area. The following are several nationally recognized centers.

### **Bethesda Workshops**

Nashville, TN (866) 464-4325  
[www.BethesdaWorkshops.org](http://www.BethesdaWorkshops.org)

A Non-denominational Christian organization that provides residential workshops to help heal the spiritual, emotional, and relationship problems caused by pornography and other forms of sexual addiction. Separate workshops for women, men, spouses, and couples.

### **Center for Healthy Sexuality**

Houston, TX (713) 785-7111  
[www.centerforthehealthysexuality.com](http://www.centerforthehealthysexuality.com)

This outpatient treatment center offers ongoing individual and couples counseling as well as three-to four-day intensives for treating sexual addiction and relationship problems. Services also include comprehensive psychosexual assessments and evaluations.

### **Faithful and True Ministries**

Eden Prairie, MN (952) 746-3885  
[www.faithfulandtrueministries.com](http://www.faithfulandtrueministries.com)

A Christian recovery ministry providing services for sexual addiction recovery, including men's counseling groups, men's recovery workshops, and couples intensives.

## ADDITIONAL ORGANIZATIONS AND WEBSITES

### **American Association of Sex Educators Counselors and Therapists (AASECT)**

[www.aasect.org](http://www.aasect.org). (804) 752-0026

A national organization that helps locate qualified sex therapists and counselors in your region, as well as providing links to resources on human sexuality and sexual health.

**Cybersexualaddiction.com**  
[www.cybersexualaddiction.com](http://www.cybersexualaddiction.com)

An informational Web site about cyberporn and cybersex addiction problems with helpful links and information.

**Healthy Mind**  
[www.healthymind.com](http://www.healthymind.com) (703) 705-6161

Clinical psychologist David Bissette from Washington, D.C. offers wealth of information about pornography, sexual addiction, and recovery. Pages include explanations about the nature of addiction and helpful worksheets for establishing and maintaining sobriety.

**HealthySex.com**  
[www.HealthySex.com](http://www.HealthySex.com)

Developed by Wendy Maltz, this site provides information on healthy sexuality. It includes articles, checklists, comparison charts, and resources to help individuals and couples understand and develop skills for healthy sexual intimacy. In addition, this site offers information on Wendy Maltz's books, videos, DVDs, and workshops.

**InternetFilterReview**  
[www.internet-filter-review.toptenreviews.com](http://www.internet-filter-review.toptenreviews.com)

This Web site helps evaluate Internet filter software programs available to purchase for your home or business computer. Also has information on Internet safety tips for children and extensive and extensive Internet pornography statistics.

**Jennifer P. Schneider**  
[www.jenniferschneider.com](http://www.jenniferschneider.com)  
E-mail: [Jennifer@jenniferschneider.com](mailto:Jennifer@jenniferschneider.com) (520) 721-7886

Provides the full text of research articles on sex addiction and its effects on the family, and information about her other books about sex addiction and family recovery.

**MaleSurvivor**  
[www.malesurvivor.org](http://www.malesurvivor.org)

Information, resources, and support for men who were sexually victimized as children, adolescents, or adults.

**Sexual Health Network**  
[www.sexualhealth.com](http://www.sexualhealth.com)

This site provides a wealth of information on sexual health topics and resources for men, women, and couples. Offers questions and answers on sexuality issues from their own network of experts.

**Sexual Recovery Institute**

[www.sexualrecovery.com](http://www.sexualrecovery.com) (310) 360-0130

E-mail: [info@sexualrecovery.com](mailto:info@sexualrecovery.com)

Web site for the assessment and treatment program of author Robert Weiss, clinical director. Provides extensive articles and self-test, helpful links, and information about treatment.

**Smart Recovery**

[www.smartrecovery.org](http://www.smartrecovery.org) (866) 951-5357

An alternative to twelve-step programs, provides referral to free face-to-face meetings around the world, as well as online mutual help groups for people recovering from all types of addictive behaviors, including sexual addiction.

**Society of Advancement of Sexual Health (SASH)**

[www.sash.net](http://www.sash.net) (770) 541-9912

E-mail: [sash@sash.net](mailto:sash@sash.net)

Provides a professional membership directory to find a therapist in your area who can help individuals and their families with pornography and sexual addiction problems. Also includes articles on sexual health and sexual addiction recovery.

ONLINE RESOURCES FOR  
PARENTS AND TEENS

Below is a list of online resources for sex education and for Internet safety for teens. Some of the sites are intended for parents, others for teens. It's advisable for parents to check out all these Web sites and recommend the teen-friendly ones to their children. A good start would be read the article, "*Teen Safety on the Information Highway*" by Larry Magid at [www.safeteens.com/safeteens.htm](http://www.safeteens.com/safeteens.htm).

**Advocates for Youth**

[www.advocatesforyouth.org](http://www.advocatesforyouth.org). (202) 419-3420

Provides extensive information for young people to make informed and responsible decisions about their sexual health, as well as numerous articles on and guidelines for parents to talk to their children about sexuality.

**Coalition for Positive Sexuality**

[www.positive.org](http://www.positive.org)

Kid-friendly site to educate teens on healthy sexuality.

**Enough Is Enough**

[www.protectkids.com](http://www.protectkids.com) (888) 744-0004

Kid-friendly site with information on Internet dangers, the harmful effects of pornography, and child sexual abuse; resources; youth safety rules, parents' rules and tools, safety tools; and links for reporting cybercrime.

**Getnetwise.org**

[www.getnetwise.org](http://www.getnetwise.org)

A coalition of Internet industry corporations and public interest organizations that provides information on keeping children safe online, and how to block unwanted pornographic e-mail.

**Internet Behavior Consulting**

[www.internetbehavior.com](http://www.internetbehavior.com)

In addition to helpful information online, this company has professionals available for consultation, training and intervention for problematic online behavior. Their online newsletter *Cyber Times* is informative.

**National Coalition for the Protection of Children and Families**

[www.nationalcoalition.org](http://www.nationalcoalition.org). (800) 583-2964 (HelpLine)

This Christian organization provides assistance through their HelpLine to those harmed by pornography. They offer consultation to professionals and pastors regarding sexual compulsivity, as well as links to sites to help select Internet blocking or monitoring systems.

**Safekids.com**

[www.safekids.com](http://www.safekids.com)

Offer tips and guidelines for parents to help their children be safe and responsible in their Internet use.

**Web Wise Kids**

[www.webwisekids.org](http://www.webwisekids.org). (866) WEB-WISE

Provides parents with tips for protecting their children from the dangers of the Internet, and guides teens in developing an Internet safety plan.



## DVDs AND CDs

**Contrary to Love: Helping the Sexual Addict.** A twelve-part PBS video series in which noted addiction psychologist Dr. Patrick Carnes discusses the spectrum of compulsive/addictive behavior and recovery treatment. Available as a complete set or individually, in videotape or DVD. Distributed by Gentle Path Press, P.O. Box 3172, Carefree, AZ 85377, (800) 708-1796, [www.gentlepath.com](http://www.gentlepath.com)

**Freedom Begins Here: You were called to be set free.** A dynamic series of DVD ToolKits designed specifically to empower individuals and churches to face the crisis of pornography and sexual addiction head on. Co-hosted by America's leading marriage expert, Dr. Gary Smalley, and Pastor Ted Cunningham, *Freedom Begins Here* is filled with relevant, life-changing material.

With in-depth teaching from Dr. Mark Laaser, recognized as the leading Christian authority on sexual addiction, *Freedom Begins Here* stands in the gap by providing the most complete resource available to help people find freedom from the stronghold of pornography and sexual addiction. Available as a complete DVD set. Produced by Gray Communications, [www.graycommunicationsinc.com](http://www.graycommunicationsinc.com)

**No More Disposition To Do Evil: Abandoning Pornography Habits.** It is an invaluable resource for anyone seeking ways to understand, overcome, or prevent pornography addiction. Roy Reid, a nationally renowned therapist, speaks out about recognizing and understanding pornography addiction, and the steps that you and or your loved one can take to win the battle against pornography.

Drawing from his experience counseling patients and his research into the problem, Reid illustrates how key steps, a change of perspective, and spiritual principles are all essential parts of the pathway to recovery. A hundred-twenty-one minute DVD, [www.cedarfort.com](http://www.cedarfort.com)

**Now That I Know, What Should I Do?** Answering the ten most frequently asked questions for partners of sex addicts. Featuring Douglas Weiss, Ph.D., Director of Heart to Heart Counseling Centers. Available in Video and DVD. Running Time, 90 minutes. Order from Heart to Heart Counseling at (719) 278-3708 or [www.sexaddict.com](http://www.sexaddict.com)

**Somebody's Daughter: A Journey to Freedom from Pornography.** Watch and listen as three men and a husband and wife share their intensely personal struggle of how pornography crept in and ravaged their lives. This groundbreaking DVD package includes four music videos: *Never Shake His Hand, Losing Ground, Somebody's Daughter*. Also, a bonus CD: Nine topic specific songs, personal stories, interviews and readings. Distributed by Vision Video, PO Box 540, Worcester, PA 19490, [www.visionvideo.com](http://www.visionvideo.com)

## **INTERNET FILTERING SERVICES**

The following web sites are highly recommended for information on the latest technology for filtering Internet porn.

### **AT&T**

[www.getnetwise.org](http://www.getnetwise.org)

The site explains the various technology approaches to filtering, allows you to load in the criteria you want in a filter, and then shows you which technology best fits your preferences.

### **Covenant Eyes**

[www.covenanteyes.com](http://www.covenanteyes.com)

A software that records every website visited and assigns scores based on content. A report that shows how the Internet is used is delivered to the Accountability Partner(s) of your choice. Choose Accountability, Filtering or both. Find freedom from online temptations. Covenant Eyes Accountability and Filtering software is available at the following website: [www.covenanteyes.com](http://www.covenanteyes.com)

### **Every Home Protected**

Web site: [www.everyhomeprotected.com](http://www.everyhomeprotected.com)

### **Internet Filtering Services**

Integrity Online

Web site: [www.integrity.com](http://www.integrity.com)

### **Monitoring Software**

Web Watcher

Web site: [www.awarnesstech.com/parents/index/html](http://www.awarnesstech.com/parents/index/html)

### **x3watch**

[www.xxxchurch.com](http://www.xxxchurch.com)

Have software on your computer that keeps you accountable while surfing the Web.

## National Directory Phone Numbers

Faithful and True Ministries	(888) 610-8094
Sex Addicts Anonymous	(800) 477-8191
Sexaholics Anonymous	(615) 331-6230
Focus on the Family Pastoral Care Line	(877) 233-4455
American Association for Marriage and Family Therapy	(202) 452-0109
National Council on Sexual Addiction and Compulsivity	(770) 541-9912
American Association of Pastoral Counselors	(703) 352-7725
American Association of Christian Counselors	(800) 526-8673
Bethesda Workshops	(866) 464-4325

## Websites

American Association of Christian Counselors	<a href="http://www.aacc.net">www.aacc.net</a>
American Association for Marriage and Family Therapy	<a href="http://www.aamft.org">www.aamft.org</a>
American Association of Pastoral Counselors	<a href="http://www.aapc.org">www.aapc.org</a>
Bethesda Workshops	<a href="http://www.bethesdaworkshops.org">www.bethesdaworkshops.org</a>
Faithful and True Ministries	
<a href="http://www.faithfulandtrueministries.com">www.faithfulandtrueministries.com</a>	
Focus on the Family	<a href="http://www.pureintimacy.org">www.pureintimacy.org</a>
Focus on the Family, H.B. London	<a href="http://www.parsonage.org">www.parsonage.org</a>
Kid Shield	<a href="http://www.kidshield.com">www.kidshield.com</a>
National Association for Christian Recovery	<a href="http://www.christianrecovery.com">www.christianrecovery.com</a>
National Council on Sexual Addiction and Compulsivity	<a href="http://www.ncsac.org">www.ncsac.org</a>
Prodigals International	<a href="http://www.iprodigals.com">www.iprodigals.com</a>
Psychological Counseling Services/New Hope Educational Foundation	<a href="http://www.pcs@pcsearle.com">www.pcs@pcsearle.com</a>
Sex Addicts Anonymous	<a href="http://www.saa-recovery.org">www.saa-recovery.org</a>
Sexaholics Anonymous	<a href="http://www.sa.org">www.sa.org</a>

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