

Therapist Kate Balestrieri of Triune Therapy Quoted in Daily Mail on Sex Addiction

Awareness of condition growing as celebrities discuss their struggles and experts work to combat the stigma

Sex addiction therapist Kate Balestrieri, co-founder of Triune Therapy Group in Los Angeles, says sex addiction is a real issue: "Sexuality itself is not a problem. It's when it's addictive and brings negative ramifications and interferes with primary relationships that it becomes a problem. Or when it causes medical or physical issues, like sexual dysfunction from masturbating too much."



Kate Balestrieri, Psy.D., CSAT-S,

Balestrieri added that a major indicator of sex addiction is when the behavior leads to an end of a relationship because the infidelity or sex is made known. "It's compulsive, those with it can't stop even if they want to. The behavior is out of control."

Balestrieri notes that some will use the excuse of being a sex addict to get sympathy or escape a certain situation. Balestrieri also said a sex addict will need more and more stimulation to achieve the same high and will engage in riskier behavior to achieve it. She added "Sometimes there is a secondary motive involved, so treatment really depends on the person. It can help to determine what's a healthy level of sex for that particular person."

Although the habit has been traditionally written off as an 'excuse' for philandering celebrities, many scientists disagree. A University of Cambridge study found one in 25 millennials are now addicted to sex - a rising number they believe is fueled by internet porn. Sex addiction is classified as when an individual has difficulty controlling their sexual thoughts, feelings or behavior. The habit is heavily stigmatized and can lead to a sense of shame, affecting an individual's family and social life as well as their work.

Read more at "What IS Sex Addiction?" www.dailymail.co.uk/health/article-4555422/Scott-Disick-says-sex-addict-experts-weigh-in.html