



Dr. Saum Yermian, Psy. D.
Life, Career, Relationship Coaching

Dr. Saum Yermian is a professional Life, Career, Relationship Coach with a doctorate degree of psychology. He has devoted himself to understanding the complex dimensions of personal growth, career development, and relationships. Dr. Saum provides affordable counseling on a sliding scale in his private practice in his Downtown Los Angeles Office. Dr. Saum's practice covers a wide range of issues pertaining, but not limited to: personal and interpersonal conflict, relationships, depression, anxiety, addiction, marriage problems, career conflict and confusion, communication skills, sexuality, and grief and loss.

BE ~~WITH~~ SOMEONE
WHO MAKES YOU HAPPY

Dr. Saum Offers:

- Individual and Couples Counseling helping heal damage relationships
- Confidential, No Obligation
- Candid Advice and guidance
- Non-Judgmental and Respectful
- Free Consultation and Treatment Plan



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Sex Addiction & Treatment



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Sex Addiction

The term "sexual addiction" is used to describe the behavior of a person who has an unusually intense sex drive or an obsession with sex. Sex and the thought of sex tend to dominate the sex addict's thinking, making it difficult to work or engage in healthy personal relationships.

Sex addicts engage in distorted thinking, often rationalizing and justifying their behavior and blaming others for problems. They generally deny they have a problem and make excuses for their actions. Sexual addiction also is associated with risk-taking. A person with a sex addiction engages in various forms of sexual activity, despite the potential for negative and/or dangerous consequences. In addition to damaging the addict's relationships and interfering with his or her work and social life, a sexual addiction also puts the person at risk for emotional and physical injury.

Behaviors Associated with Sex Addiction:

Behaviors associated with sexual addiction include:

- Compulsive masturbation (self-stimulation)
- Multiple affairs (extra-marital affairs)
- Multiple or anonymous sexual partners and/or one-night stands
- Consistent use of pornography
- Unsafe sex
- Phone or computer sex (cybersex)
- Prostitution or use of prostitutes
- Exhibitionism
- Obsessive dating through personal ads
- Voyeurism (watching others) and/or stalking
- Sexual harassment
- Molestation/rape

Generally, a person with a sex addiction gains little satisfaction from the sexual activity and forms no emotional bond with his or her sex partners. In addition, the problem of sex addiction often leads to feelings of guilt and shame. A sex addict also feels a lack of control over the behavior, despite negative consequences (financial, health, social, and emotional).

Treatment of Sex Addiction

Most sex addicts live in denial of their addiction, and treating an addiction is dependent on the person accepting and admitting that he or she has a problem. In many cases, it takes a significant event -- such as the loss of a job, the break-up of a relationship or marriage, an arrest, or health crisis -- to force the addict to admit to his or her problem. Treatment of sexual addiction focuses on controlling the addictive behavior and helping the person develop a healthy sexuality. Treatment includes education about healthy sexuality, individual counseling, and marital and/or family therapy. In some cases, medications used to treat obsessive-compulsive disorder may be used to curb the compulsive nature of the sex addiction.

Warning Signs

If you find yourself answering yes to any of these questions, you may exhibit some signs of sex addiction.

1. Do you keep secrets about your sexual life from those important to you?
2. Do you lead a sexual double life?
3. Do you become sexual with people or in ways you later regret?
4. Do you find yourself seeking more intense or frequent sexual activity despite not wanting to?
5. Does your sexual behavior put you at risk for loss, divorce, disease, legal action?
6. Have you ever broken a sincerely made promise with regards to your sexual behavior?

When to Seek Professional Help?

For any person struggling with addictive sexual behavior, admitting the need for help is a hallmark of courage and the gateway to a healthier happier life.

Many people find the assistance of an experienced counselor to be an extremely valuable source of support and guidance and important step towards healing and personal growth.

Dr. Saum, Psy. D. has helped countless men and women find hope, rebuild lives, regain trust, heal relationships, save marriages, and experience the many other benefits of sexual integrity.

With a respectful and non-judgmental attitude, you can feel safe and entrust that your confidentiality is protected.

Web Resources:

Some helpful websites sex addiction:

- www.sexhelp.org
- www.healthymind.com
- www.cybersexualaddiction.com
- www.addictionresearch.com