

Alcohol addiction & recovery

Joanne Brodie
UKRCP, South Africa

The talk is based on interactions with my clients that I have seen over the past nearly 16 years - obviously totally anonymously and sometimes two client morphs into one type of thing. In the first half of the talk, one meets the clients in their various addictions - in the second half - one meets them again to see how they are doing - either in recovery or not! Contrary to most if not all sex therapists I believe in total abstinence in recovery because I believe that it is not really possible to work on 'stuff' whilst one is acting out so to speak and there needs to be time and space for 'purification' and healing. I see some of the fellowships advocate that it is fine to be for example masturbating if that was not your drug of choice - but really that is just an appeasement. My experience over the years has been that the clients who have benefited the most are those who have trusted the process so to speak. My book is being published by Penguin Publishers and I would love to present these points of view which admittedly might be a different view - I believe that all pornography is quite deadening and an eminent person on the subject has provided me with quite a brilliant opening for my chapter on pornography addiction entitled 'a new definition of pornography'.

Biography

Joanne Brodie is an accredited addictions counsellor in private practice coming up for 16 years. He is also a member of the UKRCP and lives in Johannesburg. He is an author of *Woman, Trashed* which is his autobiography. He is currently writing a book on sex addiction which includes chapters on addictions which fall under the umbrella of sex addiction-visiting prostitutes, prostituting oneself, voyeurism, exhibitionism, frotteurism, masturbation, electronic voyeurism/exhibitionism, internet sex, pornography, and then I include love addiction, relationship addiction.

brodiejoanne83@gmail.com