Treatment Options for "Sexting" Addiction?

We welcome your thoughts and insights about treatment approaches for patients whose sexual addiction takes the form of sexting.

What treatments have you found to be helpful for someone with a sexual addiction who has gotten into trouble via "sexting"? What studies have you found in the recent literature that offer helpful insights?

The box below includes a very preliminary review of the literature, which focuses mostly on youngsters.

We welcome your thoughts and insights about treatment approaches for patients whose sexual addiction takes the form of sexting. Please leave your comments below. Thank you.


Wiederhold BK. Should adult sexting be considered for the DSM? *Cyberpsychol Behav Soc Netw.*, 2011;481.


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