

2015 Professional Development Workshop Series

Addressing the impact of pornography addiction

Presented by Hugh Martin

With the growth of the internet, an increasing number and proportion of men consume pornography, or are exposed to it on a regular basis. In this workshop, we examine how pornography impacts men's understanding and expression of masculinity, their own sexuality and their views of women. The workshop reviews men's attitudes and behaviours related to sex and sexuality in general, and their attitudes and behaviours related to sexual and domestic violence. Engaging men to limit or stop consuming pornography will also be discussed.

Outcomes

Participants will gain

- a well-developed understanding of pornography's character and context.
- the ability to articulate the harms of men viewing pornography.
- an understanding of addiction-like behaviours associated with pornography.
- an understanding of the role of shame in relation with pornography.
- familiarity with three initiatives used to educate and engage men and boys about the harms of viewing pornography.

About the presenter

Hugh Martin is a transformation therapist, life coach and NLP practitioner. He has been facilitating and participating in men's work for the past three years and now focuses on helping men to address pornography where it is harming their self-esteem and intimacy in relationships. As a former pornography addict, Hugh brings to his work the lived experience. Through his experience and work he knows that for men to truly shine they must first explore their darkest recesses which since the advent of the internet have become shrouded by pornography.



Ideal for:

Professionals in the community, health and education sectors who work with boys and men where pornography is an issue.

When: 9:30am - 4:30pm
Thursday 21 May 2015

Where: Relationships Australia Victoria
1183 Toorak Road, Camberwell

Cost: \$250 including GST.
Fully catered.
A 10% discount applies for bookings of three or more workshops in the workshop series.