

Pornography Aid Resources

Information

1. National Center on Sexual Exploitation
 - a. www.ncose.com
 - b. The leading advocacy group on pornography in the US.
2. Fight the New Drug
 - a. www.ftnd.org
 - b. Activist group focusing on spreading the brain science on the harms of pornography.
3. Barna Group
 - a. “The Porn Phenomenon” Resource
 - b. Christian research group.

Catholic

1. “Create in Me a Clean Heart” - United States Conference of Catholic Bishops letter on pornography
 - a. <http://www.usccb.org/issues-and-action/human-life-and-dignity/pornography/index.cfm>
 - b. Great series of resources by the US Bishops.
2. Matt Fraad
 - a. www.integrityrestored.com
 - b. Integrity Restored Podcast
 - c. “The Porn Myth” and “Delivered” Books
 - d. Catholic apologist on pornography
3. Dr. Peter Kleponis
 - a. “Integrity Restored” Book
 - b. Catholic counselor who also offers distance based groups
4. Reclaim Sexual Health
 - a. www.reclaimsexualhealth.com
 - b. Online recovery program that integrates Theology of the Body and brain science
5. Exodus 90
 - a. www.exodus90.com
 - b. Online program for 90 blitz recovery program – includes diet and workouts
6. Life Teen Victory app
 - a. App that helps you track occasions of falls

Recovery

1. Fortify
 - a. www.fortifyprogram.org
 - b. One of the best online resources. Recovery program aimed at young adults, focused on brain science and includes ‘battle tracker’ calendar
2. Dr. Patrick Carnes
 - a. He is person who coined the term sexual addiction. Offers workshops and counseling services for recovery.
 - b. “A Gentle Path Through the 12 Steps” Book

3. Dr. Mark Laaser
 - a. Christian counseling approach to Patrick Carnes’ material. He offers workshops and group counseling.
 - b. “Healing the Wounds of Sexual Addiction”
4. Marnie Ferree
 - a. Recovering female sex addict who leads workshops and groups for female addicts
 - b. www.bethsedaworkshops.org
 - c. “No Stones: Women Redeemed from Sexual Addiction” Book
5. Reboot Nation
 - a. www.rebootnation.org
 - b. Started by Gabe Deem who in his early 20’s experienced porn induced erectile dysfunction. After his recovery, he started this website.

For Spouses/Partners

1. Debbie Lasser
 - a. Wife of Dr. Mark Laaser and counselor for women whose spouses/partners are porn addicts
 - b. “Shattered Vows” Book
2. Bloom
 - a. Online groups for women whose spouses/partners are porn addicts
 - b. www.bloomforwomen.com
3. Matt and Cameron Fraad
 - a. “Restored” Book

Web Filters

1. Covenant Eyes
 - a. Both a filter and web activity tracker. Sends weekly reports of all your online activity to an accountability partner
2. K9
 - a. Filtered web browser
3. Net Nanny
 - a. Filtered web browser
4. Set content restrictions on mobile devices
 - a. Familiarize yourself with your phone’s settings and get an accountability partner to set restrictions on web sites and allowable content.