# When Specialist Assessment May Help - Concept brief

Understand the idea behind when specialist assessment may help and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah reports repeated unsuccessful attempts to change a pattern affecting work.

## The idea

Persistent impaired control or significant functional effects deserve individualized assessment.

## An ordinary example

Noah reports repeated unsuccessful attempts to change a pattern affecting work.

## What this can look like

Prepare a concise account of concern, duration, effects, attempts to change, mental health context, and questions for a sexuality-informed clinician; do not self-diagnose.

## Check the fit

What would you want a clinician to understand before offering an explanation? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

A chosen change goal and a clinical diagnosis are different questions. Address functioning, control, consent, values, and distress without assuming that sexual expression itself is pathological.

## Reflection

What would you want a clinician to understand before offering an explanation?

## Scope and adaptation

Adult-only, non-explicit educational resources. The searchable phrase pornography addiction is not used here as an established diagnosis. Frequency, high desire, or moral distress alone does not establish a disorder; assess impaired control, functioning, distress, consent, and context with a qualified clinician. Respect consensual sexuality and chosen goals; no explicit media, aversion exercises, forced disclosure, or coercive monitoring.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: AASECT Position on Sex Addiction. Full source links and scope: library.morethantherapy.org/recovery/resources/PPU-A18-1