

## **The Challenge of Pornography**

We live in a ‘pornified’ culture with huge implications for the Christian struggle for holiness. In this seminar, using evidence about how the brain works and creates human attachments, the speaker will explore how pornography ‘hijacks’ the brain and draws us into addictive behaviours. The speaker also will ask how we can use psychological insights to develop effective pastoral and counseling interventions. Most important of all, he will explore how our churches must engage more positively with the challenges of developing a healthy sexuality and support Christians in their quest for sexual redemption.

**Glynn Harrison** is Emeritus Professor of Psychiatry at the University of Bristol. He was formerly a consultant clinical psychiatrist and a past president of the International Federation of Psychiatric Epidemiology; he has acted as advisor the UK department of Health and WHO. He is a lay minister and leads the men’s ministry in his church. He lectures widely on pastoral issues, human sexuality, and the interface between mental health and spirituality.

SLIDES CAN BE UPLOADED FROM A FILE SHARING SITE: THE ADDRESS WILL BE GIVEN DURING SEMINAR

### **1. What is Pornography?**

### **2. Pornified: the scale, extent and cultural impact of the pornography industry**

### **3. The moral and religious question: what's wrong with porn?**

#### **4. How pornography works**

(1) The plastic brain: intimacy and attachment

(2) Addictive potential: tolerance, withdrawal, desensitization

(3) The human consequences of pornography

#### **5. Recovery, re-wiring and spiritual formation**

(1) Confession

(2) Dealing with guilt and shame

(3) A personal vision of healthy sexuality

(4) Re-building intimacy skills

(5) Behavior controls

**6. When 7 devils return: how the Church must articulate a vision for healthy sexuality**

## Resources

Paul P (2005) *Pornified: How pornography is transforming our lives, our relationships and our families*. New York: Times Books

Cooper, Al (2002) *Sex and the Internet: A guidebook for clinicians*. New York: Brunner-Routledge.

XXXchurch.com: [www.xxxchurch.com](http://www.xxxchurch.com) (A support organization for those with significant pornography issues)

Struthers, W (2009) *Wired for Intimacy: How pornography hijacks the male brain*. InterVarsity Press