There is no universally accepted definition of “sex addiction in the literature, though it is generally understood as persistent patterns of sexual behaviors acted out despite negative consequences to self or others. Though sexual addictions are often addressed individually, most affect not only the addict but also intimate partners and family members. The purpose of this study was to conduct a content analysis of Marriage/Couple and Family Therapy (M/CFT) peer-reviewed journals to determine the extent and manner in which this literature addresses sexual addictions and couples therapy. Of the 14,038 articles published in the last 16 years, only 15 were focused on sexual addiction. The analysis of these articles resulted in five themes: definition, assessment, behavior, impact, and treatment. Our findings suggest that clinically useful research and treatment guidelines are lagging behind the problem and additional research and clinical direction is needed for therapists working with couples and families.