



Center for Sexual and
Reproductive Health

Treating Out of Control Sexual Behavior

Hawaii Psychological Association
Janet Brito, Phd, PSY, LCSW, CST
April 6, 2021 | 1:00 - 3:00pm



Speciality Clinic

- Sex & Relationship Therapy
- Out of Control Sexual Behavior aka as Sex Addiction
- LGBTQIA
- Transgender Health
- Reproductive Health
- Poly, Kink, Open Relationships
- Sex Workers



Outline

Objective 1: Define OCSB

Objective 2: Describe the 6 principles of sexual health

Objective 3: Discuss OCSB research findings & clinical approaches

Objective 4: Plan diverse & integrative treatment approaches

Autobiography in Five Short Chapters, By Portia Nelson

Chapter 1:

I walk down the street.

There is a deep hole in the sidewalk

I fall in.

I am lost ... I am helpless.

It isn't my fault.

It takes me forever to find a way out.



Autobiography in Five Short Chapters, By Portia Nelson

Chapter 2:

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe

I am in the

same place

but, it isn't my

fault.

It still takes a

long time to

get out.



Autobiography in Five Short Chapters, By Portia Nelson

Chapter 3:

I walk down the
same street.

There is a deep hole
in the sidewalk.

I see it is there.

I still fall in ...
it's a habit.

my eyes are
open

I know where
I am.

It is my fault.

I get out
immediately.



Autobiography in Five Short Chapters, By Portia Nelson

Chapter 4:

I walk down the
same street.

There is a deep hole
in the sidewalk.

I walk around it.



Autobiography in Five Short Chapters, By Portia Nelson

Chapter 5

I walk down
another street.



Our Stories

- What is your sexual story?
- How do you feel about your sexual health?



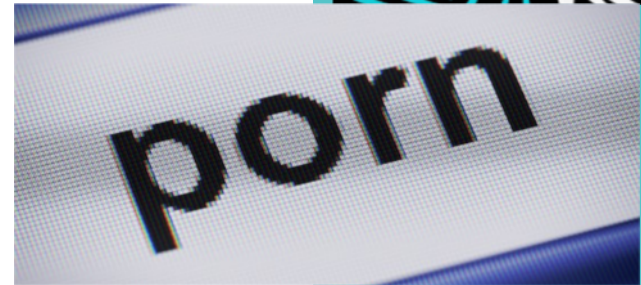
What are your beliefs

- About masturbation?
Affairs?
Porn?
- About what it means to have healthy relationships / sexuality?



What is out of control sexual behavior aka sex addiction?

How much sex is too much?



Roger, age 33

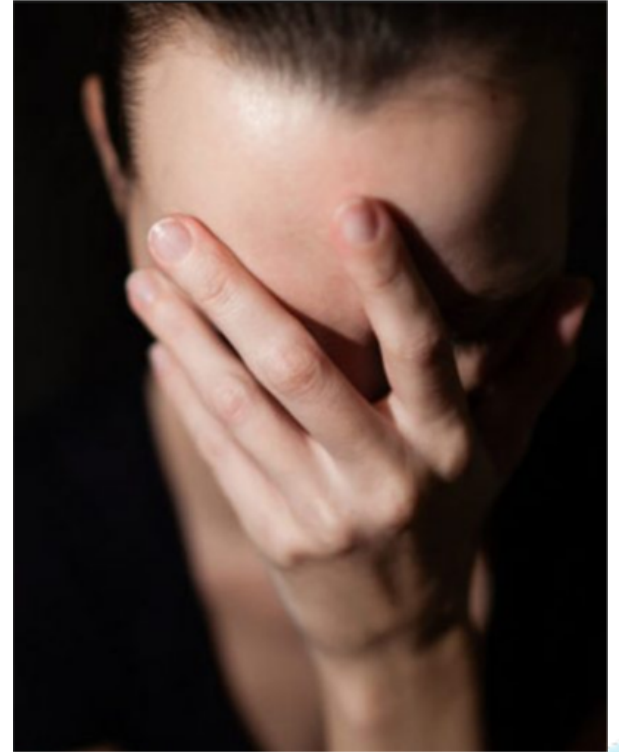
- Married for 13 years
- Sought therapy because “I can’t stop watching porn, and fantasizing about women in a sexualized way.”
- “I’ve been doing this for so long. I even stopped going to class when I was in college, and had to drop out.”

Roger, age 33

- Watches porn 1x per day, from 15-120 mins
- Unsatisfied sexual relationship
- Feels guilty and shame
- Zoloft 100mg
- PHQ-9 - 10, GAD - 10
- “I need help,” he says

Ed - age 43

“I set it up in advance. The hookups. I don’t want to know what was going on. I just know I like rough sex, but then when I’m done, I’m like what did I do, its too much. I eat something after and then try to forget about it. I want to stop,” he says.



Brief History

Sexual Degeneracy

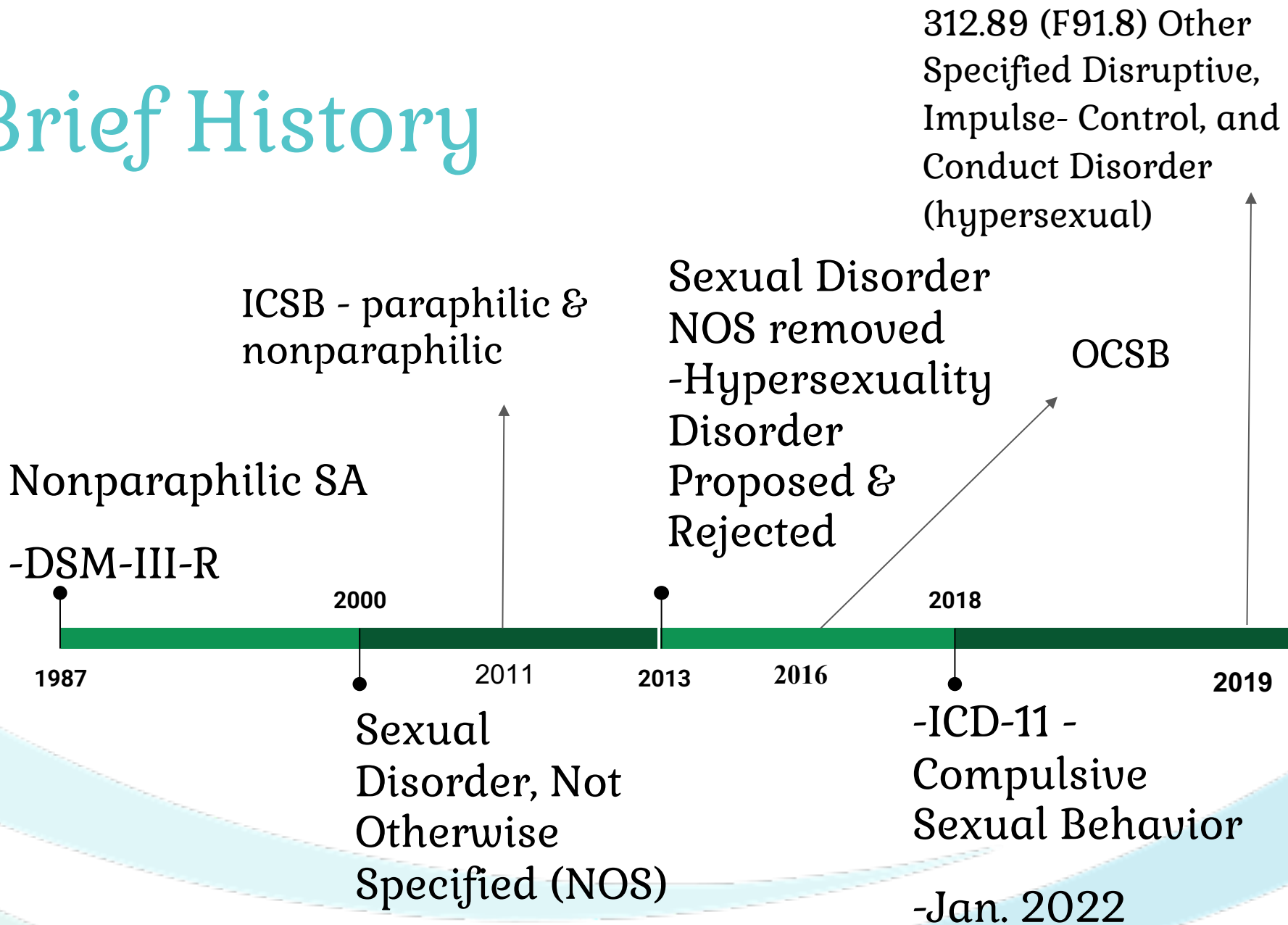
- Masturbation = self-abuse
- Lust causes STIs

Nymphomania

- Removed in DSM 2nd Ed

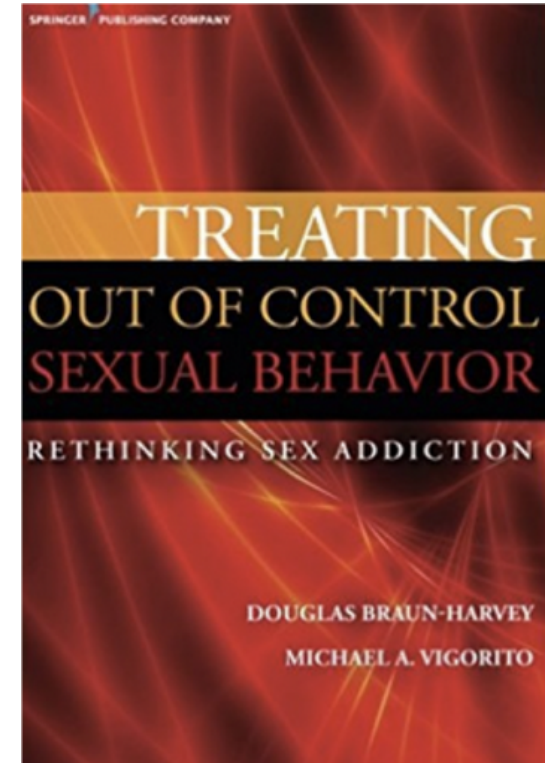


Brief History



Out of Control Sexual Behavior (OCSB)

- A sexual health problem in which an individual's consensual sexual urges, thoughts, or behaviors feel out of control
- Focused on the client's subjective experience of "feeling" out of control vrs "being"



Nonconsensual Sex

legal vs illegal


PRESSURING
SOMEONE DOES NOT
MEAN YOU HAVE
CONSENT



What is consent



con·sent

/kən 'sent/ 

noun

1. permission for something to happen or agreement to do something.
"no change may be made without the consent of all the partners"
synonyms: agreement, assent, acceptance, approval, approbation; More

CONSENT



Freely given
Reversible
Informed
Enthusiastic
Specific

Sexual consent



Sexual consent is consent to engage in sexual activity. Sexual activity without consent is considered rape or other sexual assault.



OCSB Model

- Grounded in a theory of human behavior (rather than disease or disorder)
- Aim is to go beyond stopping the unwanted sexual bx and to help promote and maintain sexual health
- Motivation to change OCSB + vision of sexual health = meaningful life



OCSB Model

- Focus on the client's internal conflict and level of motivation
- Assess degree of “fixatedness” in a client's arousal pattern
- Facilitate positive sexual and erotic identity development by integrating arousal patterns into self-concept
- Focuses on bxs that violate sexual health principles
- Avoid overly restrictive interventions



Six Principles of Sexual Health



- 1. Consent** – makes mutually positive sexual interactions possible
- 2. Non-exploitation** - likely when a person is not taking unfair advantage to gain access to a sexual partner or sexual activity



Six Principles Sexual Health

3. **Protected from STIs & unintended pregnancy** - access to testing, sex ed
4. **Honesty** - clear communication with self and others
5. **Shared Values** – partners to clarify their consent for sexual relations, discuss their sexual values, and articulate motivations for having sex
6. **Mutual Pleasure** - Prioritizes the giving and receiving to pleasure

Research Findings

This study (Crocker, 2015) explored the relationships between insecure attachment and OCSB in men:

- Avoidant behavior was a better predictor of OCSB than attachment anxiety, suggesting that OCSB might be a manifestation of avoidant attachment

This study (Giugliano, 2006) identified a range of meanings for sexual behavior:

- Meeting sexual needs, fulfillment of narcissistic needs, desire for human connection, compensation for low self esteem, need for control, reenactment of childhood trauma, avoidance of feelings, and/or coping with sexual identity issues.

Research Findings

This study (Kowalewska, 2019) explored the dimensions of human sexuality within CSBD patients:

- When compared with the general population) exhibit higher sexual anxiety, sexual depression, external sexual control, and fear of sexual relationship

This study (Faisandier et al., 2012) explored attachment:

- the OCSB group (n = 407) reported lower secure and higher insecure adult attachment than the non-OCSB group (n = 214), and this finding was strongest for women. This supports the notion that OCSB is associated with intimacy-related anxiety or avoidance



Clinical Interventions



Log of Sexual Activity

LOG OF SEXUAL ACTIVITY

Date	Time	Place	Activity	Fantasy	Feelings Before	Feeling During	Feelings After



Triggers

- Persons
- Places
- Things
- Feelings
- Ruminations
- Relationship Conflict



Behavior Cycles

BEHAVIOR CYCLES

	Behaviors	Thoughts	Feelings	Body Sensations
Before				
During				
After				



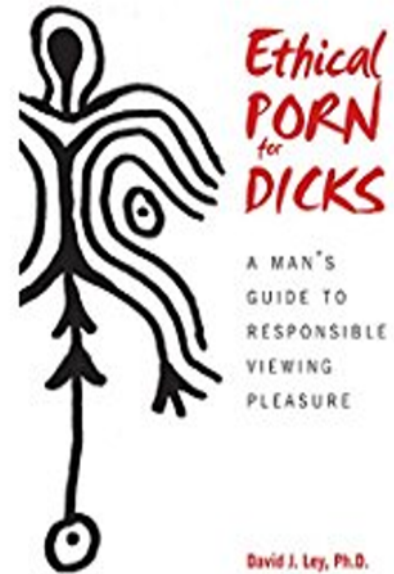
Probable Causes

- Shame about the sex
- Anxiety concerns
- Partner differences in frequency and sexual activities
- Poor sexual communication and conflict resolution skills
- Cultural and religious conflicts



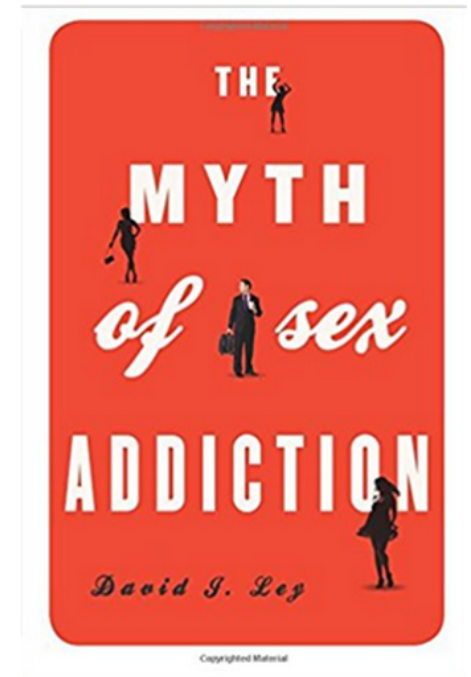
Interventions - CBT

- Normalizing/teaching
- Communication exercises
- Individuation, self-regulation, self-soothing
- Homework Assignments
- Sex Education
 - Use of self-help books



Interventions - CBT

- Modifying sexual scripts
- Thought stopping/thought substitution
- Cognitive restructuring
- Stop/pause and refocus techniques



Interventions - Insight oriented and systemic approaches to treatment

- Use of insight, interpretation, authenticity
- Value of the symptom
- Roles and family functioning
- Boundaries and enmeshment
- Medication - Naltrexone
- Body Work
- Exercise & Nutrition



Interventions - Insight oriented and systemic approaches to treatment

Sexuality

- Recognize yourself as a sexual person
- Explore your sexuality
- Find a place for sexuality in your life
- Connect your sexuality to the rest of who you are



Is some pornography better than other pornography?

- Yes!
- Fair-trade porn or pornography that acknowledges the well-being of the performers, their rights and retains body autonomy is better.
- Porn that portrays a variety of body types, and narratives.



Too many people focus on making sure their coffee is fair trade and their meat is free range while their internet porn habits directly fuel global sex trafficking and prostitution. |





Center for Sexual and
Reproductive Health

Treating OCSB using ACT

Hawaii Psychological Association
Molly Winterrowd, PsyD
October 26, 2019 | 1:00 - 3:00pm



Center for Sexual and Reproductive Health

www.sextherapyhawaii.com

Defining Acceptance & Commitment Therapy (ACT)

- Acceptance and mindfulness strategies
- Values-oriented committed action behaviors
- Goal = Enhancing psychological flexibility



Principles of ACT



- Pain ≠ suffering
- Psychological suffering
- Counter Productive: Attempting to change difficult thoughts
- Functional Practices: Acceptance, mindfulness, cognitive defusion, values, and committed action.

Case Example

- **Demographics:** 45 year old, Chinese, Christian, Married Male in the military.
- **Reason for Referral:** Addressing concerns with OCSB symptoms of frequent engagement with pornography, strip-clubs, and massage parlors.
- **Motivation for Treatment:** Initially motivated by marital distress. Now, desiring to connect more with his family.



Case Example Continued

- **Assessment: Diagnosis**
 - F91.8 Other Specified Disruptive, Impulse-Control, and Conduct Disorder (hypersexual)
 - F43.22 Adjustment Disorder with Anxiety
- **Plan:**
 - 1) Identify function of less helpful behaviors
 - 2) Values-oriented behavioral modifications
 - 3) Boundaries
 - 4) More intrinsically motivating goals



Psychological Inflexibility emerges from:

- Experiential avoidance
- Cognitive entanglement
- Attachment of a conceptualized self
- Loss of contact with the present moment
- Failure to take helpful behavioral steps



ACT HEXAFLEX

PRESENT
Past - Future

ACCEPTANCE
*Experiential
Avoidance*

VALUES
Lack of Direction



DEFUSION
*Cognitive
Fusion*

**COMMITTED
ACTION**
Inaction/Stuck

SELF AS CONTEXT
Self as Content

Values

- Activities & Behaviors that fulfill us and give meaning (“Sweet spot moments”)
- Compass to help make decisions
- Individual
- Not “Shoulding” on ourselves



Portland Psychotherapy (2019)



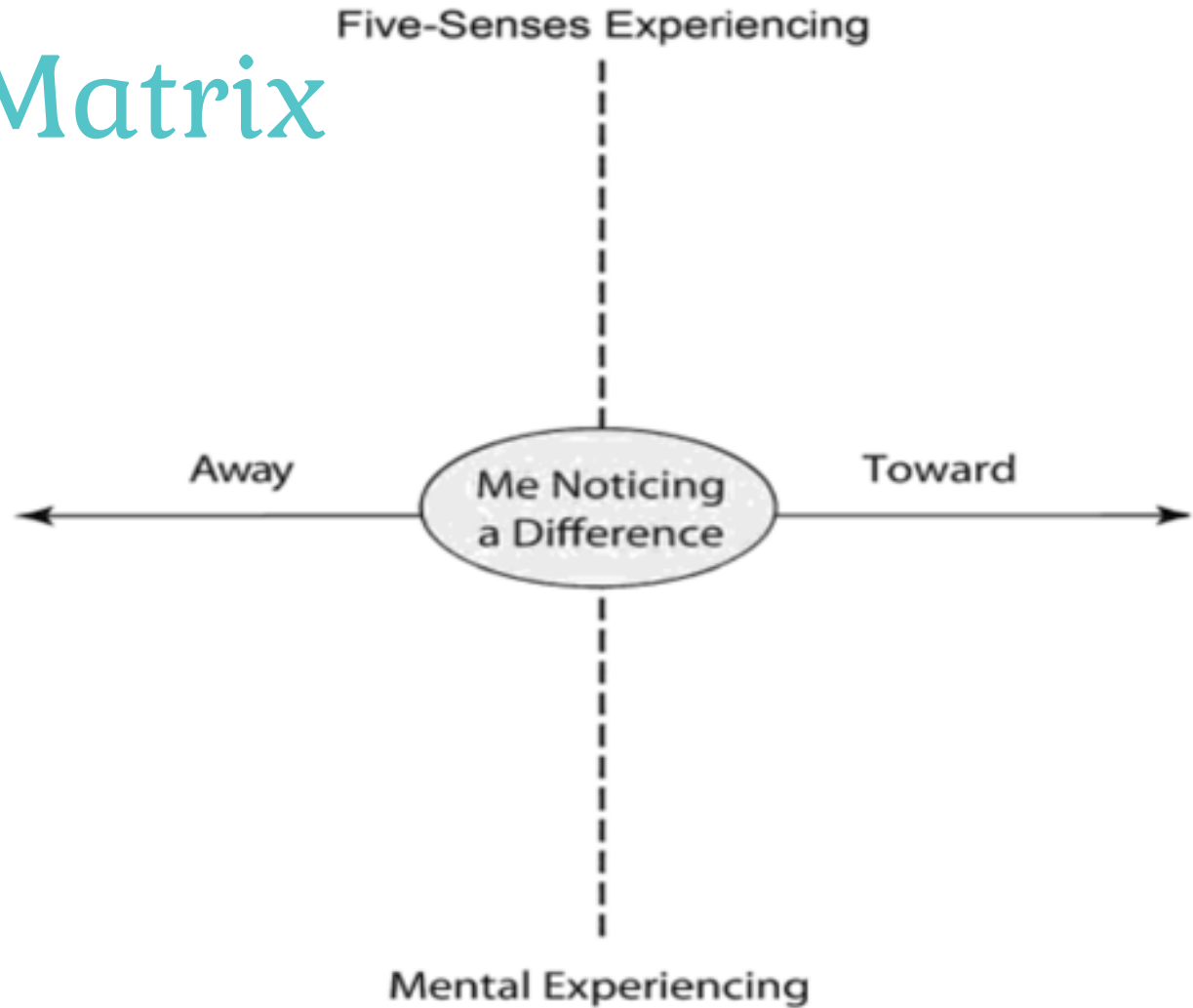
Intervention

Values Card Sort

PERSONAL VALUES Card Sort <small>W.B. Miller, J. O'Leary Ross, D.S. Matthews, Ph.D. Wichita University of New Mexico, 2001</small>	IMPORTANT TO ME
VERY IMPORTANT TO ME	NOT IMPORTANT TO ME
ACCEPTANCE <small>to be accepted as I am</small> 1 1001	ACCURACY <small>to be accurate in my opinions and beliefs</small> 2 1001
ACHIEVEMENT <small>to have important accomplishments</small> 3 1001	ADVENTURE <small>to have new and exciting experiences</small> 4 1001
ATTRACTIVENESS <small>to be physically attractive</small> 5 1001	AUTHORITY <small>to be in charge of and responsible for others</small> 6 1001



Exercise: The ACT Matrix



Polk & Schoendorff (2014)



Case Example Continued

INTIMACY
to share my innermost experiences
with others
44 9/01

ACCEPTANCE
to be accepted as I am
1 9/01

- ACT Hexaflex
- Values Card Sort: *Individualized Values*
- The ACT Matrix: *Behaviors going toward values*

FAITHFULNESS
to be loyal and true in relationships
23 9/01

FAMILY
to have a happy, loving family
25 9/01

SPIRITUALITY
to grow and mature spiritually
77 9/01

References

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Questions and Discussion

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