Partners in Hope. Solutions for Life.

Safe Harbor
CHRISTIAN COUNSELING
Sexual Addiction

Process Addictions
Sexual Addiction Defined

Sexual Recovery Institute Defines: (SRI)

• Compulsive and repetitive behavior
• Escalating both in frequency and in client’s disregard for negative consequences.
• The client experiences this behavior as something they can not stop.
• Can be a pathological relationship with a mood altering substance or behavior.
Carnes’ Levels of Sexual Addiction

Level 1

- Masturbation
- Compulsive Relationships
- Pornography
- Prostitution
- Anonymous Sex
- *Phone Sex*
- *Sexting*
Carnes’ Levels of Sexual Addiction

Level 2

- Exhibitionism.
- Voyeurism.
- Indecent phone calls.
- Indecent liberties.
Carnes’ Levels of Sexual Addiction

Level 3

- Child molestation.
- Incest.
- Rape.
- Authority/Power Rape.
Sexual Addiction Cycle

- Family Wounds
- Shame
- Preoccupation/Fantasy
- Despair
- Ritual
- Acting Out
Women and Sexual Addiction

Sexual Recovery Institute Defines: (SRI)

Elements of sex addiction in women are the same as in any addiction:

• Compulsion

• Continuation despite adverse consequences

• Preoccupation or obsession
2. Continue behavior in the face of negative consequences:

- Unplanned pregnancies
- Terror or shame
- Decreased productivity
  work/home/school
- Depression
- Food or substance disorders
3. Obsessive thinking in planning or obtaining sex:

- Neglecting career, family, relationship
Women and Sexual Addiction

Some examples of sexually addictive behavior patterns:

- Excessive flirting
- Personal grooming
- Provocative clothing
Women and Sexual Addiction

Idea of being “love addicted”

VS

“Sex Addict”
Women and Sexual Addiction

Female Presentations of Sexual Addiction

Ferree’s “Umbrella Term”

Confusion about nature of sex addiction
Women and Sexual Addiction

8 Presentations:

• Relationship or love addiction
• Romance addict
• Fantasy addict
• Pornography or cybersex addict
• Exhibitionism
• Addict who sells or trades sex
• Masturbation
• Partnering with another addict
Shame in Sexual Addiction
Shame Reduction

Shame and guilt differentiating for the trauma survivor

Therapeutic Relationship!
Shame Reduction
Defenses against shame:
• Rage
• Contempt
• Striving for power
• Striving for perfection
• Transferring blame
• Internal withdrawal
Neurological response

Neurotransmitters

‘Cells that fire together, wire together’ - Donald Hebb
Is There A Need?

- 300,000,000 (300 hundred million): adult population in the United States
- 6% - 8% of population: estimated to be sexually addicted:
- @ 17,000,000 – 37,000,000 (17 – 37 million): estimated number of adults in the United States with sexual addictions.

Sources: Carnes, 2001; Cooper, Delmonico & Burg, 2000 in Hagedorn 2010
Diagnosis – Is it SA?
Is Sexual Addiction Really an Addiction?

- Sexual Addiction is not included as a distinct mental disorder in DSM-IV-TR.
- Sexual Addiction may be diagnosed under:
  
  **Anxiety Disorders:**
  + Obsessive-Compulsive Disorder (300.3)

  **Impulse-Control Disorders Not Elsewhere Classified:**
  + Impulse Control Disorder (312.30)

  **Sexual and Gender Identity Disorders:**
  + Sexual Disorder NOS (302.9)

- Co morbidity – clinicians need to assess for other disorders.
- Sexual Addiction as an Intimacy/Attachment Disorder?
Treatment Keys
Treatment

• CBT, Narrative Therapy, Family Therapy, Group Therapy, 12 Step-Recovery
• Therapeutic Relationship 70%
• Cutting off avenues that make provision for acting out
  - Filters i.e. SafeEyes
  - Hot spots & People
  - Accountability: Money, time, phone,
  - Verbal agreement or Signed agreement
  - Education & Empathy
  - Accountability and 12 Step-Recovery
Overview

1. A look at the extent of pornography
2. Clinical symptomology of partners
3. Effects and exploration of the role of PTSD
4. Treatment: Part I
5. Treatment: Part II
6. Looking forward – Is there hope?
Sexual Addiction Defined

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Definition - Easy

• Takes you further than you want to go.
• Keeps you longer than you want to stay.
• Costs you more than you want to pay.
• Pornography industry has larger revenues than:
  – Microsoft
  – Google
  – Amazon
  – eBay
  – Yahoo
  – Apple
  – And Netflix
Statistics cont.

• 53% of Promise Keeper men reported viewing Pornography in the last week

• 50% of pastors viewed pornography in the last year.

• 30% of pastors said they viewed it in the last month.
Normal part of male sexual expression

Sex-Addict = No Hope
Treatment

Normal

- OCD
- Self-Esteem Issues
- Paranoid, Histrionic

No Hope

- Terminate the relationship
- Extreme boundaries
Historical View

View born out of AA

Spouse seen as Co-Addict or

Co-Conspirator
Clinical Symptoms

- Depression
- Anxiety
- Co-Dependency
- PTSD
- Low Self-Esteem
- Marital Conflict
- Intimacy Issues
PTSD

- Exposure to traumatic event
- Persistent re-experiencing (of the event)
- Persistent avoidance of stimuli associated with the trauma
- Persistent symptoms of increased arousal
- Symptoms last more than one month
- Significant impairment in social, occupational or other important areas of functioning
Trauma Symptoms

- Hyper arousal
- Reliving the event
- Intrusive Images
- Panic Attacks
- Oversensitivity
- Dissociation
- Health Problems
- Helplessness
- Hyper vigilance
- Depression
- Inability to Eat
- Chronic Fatigue
- Sleeplessness
- Anxiety
- Avoidance
- Flashbacks
- Restlessness
- Overeating
- Immune/Endocrine
- Immobility
- Nightmares
- Mood Swings
- Denial
- Confusion
- Withdrawing
- Rage
Relational Trauma

In Relational Trauma, the intensity increases when it is inflicted by someone we believe we can trust.
Treatment

1. Listen Well
Treatment

1. Listen Well

2. Normalize her responses
Treatment

1. Listen Well

2. Normalize her responses

3. Help her find and build safety
Treatment

1. Listen Well

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4. Help establish healthy boundaries
Treatment

1. Listen Well

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5. Address Grief (shock, denial, blame, jealousy)
Treatment

1. Listen Well
2. Normalize her responses
3. Help her find and build safety
4. Help establish healthy boundaries
5. Address Grief (shock, denial, blame, jealousy)
6. Address issue of fear
Treatment

1. Listen Well

2. Normalize her responses

3. Help her find and build safety

4. Help establish healthy boundaries

5. Address Grief (shock, denial, blame, jealousy)

6. Address issue of fear

7. Revisit triggers from childhood pain
Pitfall #1

Faulty Thinking
Pitfall #2

Co-Dependency:

1. Complicity
2. Denial
3. Loss of Self
4. Passivity
Pitfall #3

The Disclosure/Confrontation
Pitfall #4

The Accountability Partner Trap
Treatment Stages

- **Denial**
  - Confrontation, Disclosure
  - Set Boundaries,
  - Get Regular support

- **In Process**
  - Maintain/ Re-evaluate Boundaries
  - Maintain support
  - Regular check-ins,
  - watch behaviors/ not words

- **In Recovery**
  - Continue Regular Check-ins
  - Rebuild Trust
  - Maintain support
Hope?
Question & Answer
References


Carnes, P. (2001). In the shadows of the net: breaking free of compulsive online sexual behavior. Center City, Minn.: Hazelden.


