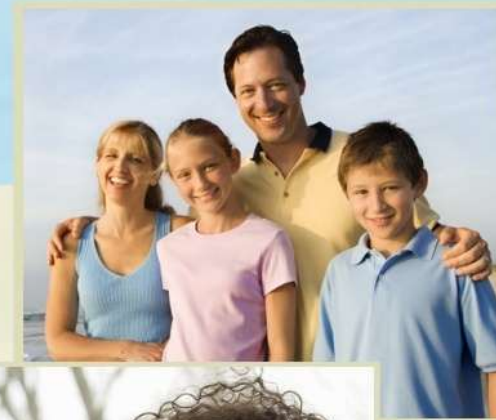


Partners in Hope. Solutions for Life.

# 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

### Level 1

- Masturbation
- Compulsive Relationships
- Pornography
- Prostitution
- Anonymous Sex
- *Phone Sex*
- *Sexting*



# Carnes' Levels of Sexual Addiction

## Level 2

### Level 2

- Exhibitionism.
- Voyeurism.
- Indecent phone calls.
- Indecent liberties.



# Carnes' Levels of Sexual Addiction

## Level 3

### Level 3

- Child molestation.
- Incest.
- Rape.
- *Authority/Power Rape.*



# Sexual Addiction Cycle



# God's View



*Assessment & Treatment of Sexual  
Addiction, The Geneva Series, DVD series  
with Mark Lasser. [www.AACC.net](http://www.AACC.net)*



# 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



# Women and Sexual Addiction

## 2. Continue behavior in the face of negative consequences:

- Unplanned pregnancies
- Terror or shame
- Decreased productivity  
work/home/school
- Depression
- Food or substance disorders



# Women and Sexual Addiction

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



# Brain & Body



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

- 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.



# 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.

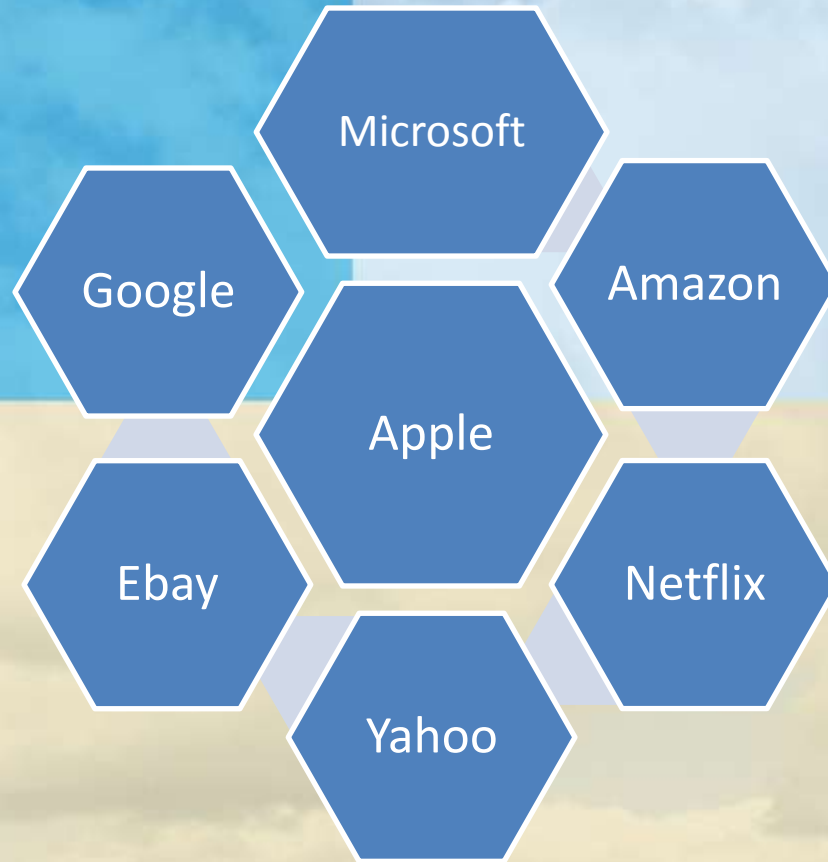


# Statistics

- Pornography industry has larger revenues than:
  - Microsoft
  - Google
  - Amazon
  - eBay
  - Yahoo
  - Apple
  - And Netflix



# Combined!



## 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.

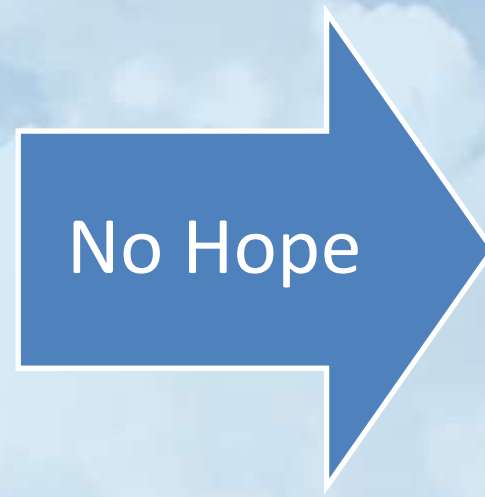
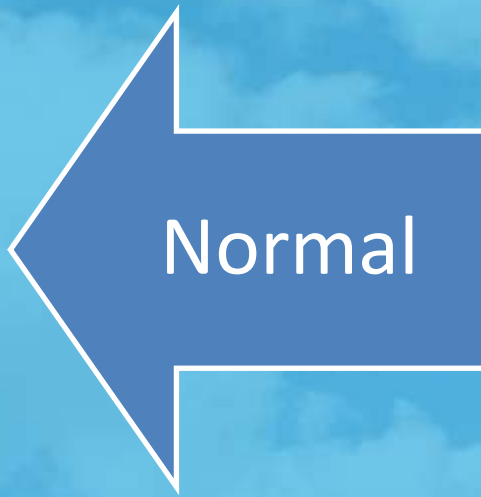



A lighthouse with red and white horizontal stripes stands on a rocky island. The sky is blue with scattered white clouds. Two large blue arrows with white outlines point towards each other from the left and right sides of the image. The left arrow contains the text 'Normal part of male sexual expression' and the right arrow contains the text 'Sex-Addict = No Hope'.

Normal part of male  
sexual expression

Sex-Addict =  
No Hope

# Treatment



- 
- OCD
  - Self-Esteem Issues
  - Paranoid, Histrionic
  - 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	Depression	Immune/Endocrine
Reliving the event	Inability to Eat	Immobility
Intrusive Images	Chronic Fatigue	Nightmares
Panic Attacks	Sleeplessness	Mood Swings
Oversensitivity	Anxiety	Denial
Dissociation	Avoidance	Confusion
Health Problems	Flashbacks	Withdrawing
Helplessness	Restlessness	Rage
Hyper vigilance	Overeating	



# 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
2. Normalize her responses
3. Help her find and build safety
4. Help establish healthy boundaries



# 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)



# 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



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