The Institute for Contemporary Psychotherapy
Presents:
Douglas Braun-Harvey, MFT, CGP, CST
October 29, 2016
9:00 am - 4:00 pm

Treating Out of Control Sexual Behavior: Rethinking Sex Addiction
Before discussing conducting out of control sexual behavior assessment and treatment, it’s important to understand the preparation necessary to conduct this work safely and effectively.
TREATING OUT OF CONTROL SEXUAL BEHAVIOR

Two Treatment Models
Sexual Addiction
Impulsive/Compulsive Sexual Behavior

Two Diagnostic Categories
Process Addiction
Psychosexual Disorder
Areas Needing Clarity:
Is the sexual behavior itself a useful or clinically pertinent distinguishing factor for diagnosis

Areas Needing Clarity:
Consent/non-consent continuum
Areas Needing Clarity:
Paraphillic and Non-Paraphillic Sexual Disorder

OCSB is a sexual health problem in which an individual’s consensual sexual urges, thoughts and behaviors feel out of control.
Focus on the presence of internal conflicts and self-discrepancies when deciding to provide OCSB assessment and treatment.

OCSB protocol focuses on behaviors that violate sexual health principles.
TREATING OUT OF CONTROL SEXUAL BEHAVIOR

Defining Sexual Health

SEXUAL HEALTH
What is Sexual Health?

Inextricable element of human health
World Health Organization (2006)

...state of physical, emotional, mental and social well-being in relation to sexuality;
it is not merely the absence of disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships,
the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”
Sexual health establishes a set of principles to guide ethical decision-making, both for people making sexual decisions and therapists providing treatment for problematic or out of control sexual behavior.

Religious Value Systems:
- Act-Centered Values
- Relationship Centered Values
Client right to sexual expression (to act) and freedom from undue professional restriction

Sexual rights are an essential ingredient for the attainment of sexual health
Sexual Health Model

Sexual health model for out of control sexual behavior is founded upon sexual health principles from respected international and interdisciplinary health organizations.

Sexual Health Definition


Responsible sexual behavior is expressed at individual, interpersonal and community levels. It is characterized by autonomy, mutuality, honesty, respectfulness, consent, protection, pursuit of pleasure, and wellness. The person exhibiting responsible sexual behavior does not intend to cause harm, and refrains from exploitation, harassment, manipulation and discrimination.
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Sexual Health Principles

1. Consent
2. Non-exploitation
3. Protection from HIV/STI’s & unintended pregnancy
4. Honesty
5. Shared values
6. Mutual pleasure
SIX SEXUAL HEALTH PRINCIPLES

Compliance
Consent
Non-exploitive
Honest
Shared Values
Pleasure

Protected from STI’s, HIV and unplanned pregnancy

Sexual Health
PREPARING FOR SEXUAL HEALTH CONVERSATIONS

- Suspending Judgment.
- Sexual health conversations are all in the details.
- Integrating the Sexual Health Principles into your Treatment Frame.
- Reinforce client initiation of sexual health conversation.
- Sexual Health conversations require professional mindfulness.
- Preparation requires supervision or consultation.
The dual-process theory of human behavior is a useful model for understanding the complexities and contradictions in sexual behavior.

It accounts for the central tension omnipresent in people with OCSB: being of two minds - wanting to do one thing while doing another and experiencing a feeling of being out of control.
The OCSB Clinical Pathway creates a map for therapists to help client’s achieve sexual health by changing men’s deliberative and affective system interactions.
**OCSB Screening Procedure: Clinical Distinctions**

Is the client motivated for change?

- No

Is the client engaged in non-consensual sex?

- Yes

**OCSB Screening Procedure: Vulnerability Factors**

- Are there physical safety concerns?
  - Yes
  - Concurrent Services
  - Acute
  - No

- Are there physical symptoms?
  - Yes
  - Concurrent Services
  - Acute
  - No

- Are there psychiatric symptoms?
  - Yes
  - Concurrent Services
  - Acute
  - No

- Is there problematic use of drugs/alcohol?
  - Yes
  - Concurrent Services
  - Dependency
  - No

Recommend OCSB Assessment

Refer out to appropriate services
25
OCSB Clinical Pathway

1. OCSB Screening
   - Does client meet OCSB criteria?
   - Yes: Proceed to OCSB Assessment
   - No: Return to OCSB Screening

2. OCSB Assessment
   - Assesses OCSB diagnosis
   - Yes: Proceed to OCSB Unique Client Picture
   - No: Return to OCSB Assessment

3. OCSB Unique Client Picture
   - Sexual Health Plan
   - Group Psychotherapy
   - Individual Psychotherapy

4. Reassess & Evaluate
   - Continue OCSB assessment
   - Yes: Proceed to Concurrent Services
   - No: Refer out to appropriate services

5. Concurrent Services

6. OCSB Treatment Completion

OCSB Assessment Plan

**Information Gathering**

- Clinical Interview
  - Family of origins
  - Relationships
  - Adverse experiences
  - Mental health
  - Drugs & alcohol
  - Medical history
  - Sexual & erotic development
  - Sexual problem timeline

- Measures
  - ECR-R5
  - ACE
  - ASRS v1.1
  - HBCI
  - SSAS
  - GQ-CPS

- Professional Consults
  - Referring provider
  - Concurrent providers

**Treatment Elements**

- Change Processes
  - Consciousness raising
  - Emotional arousal
  - Self-revaluation
  - Social liberation

- Frame Processes
  - Here and now interventions
  - Transference
  - Frame crossings
  - Competing motivations
Information Gathering

Clinical Interview
- Family of origin
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Measures
- ECR-RS
- ACE
- ASRS v1.1
- HBCI
- SSAS
- SIS/SES

Professional Consults
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Attachment Styles Across Relationships
Clinical Interview
- Family of origin
- Relationships
- Adverse experiences
- Mental health
- Drugs & alcohol
- Medical history
- Sexual & erotic development
- Sexual problem timeline

Measures
- ECR-RS¹
- ACE² - Adverse Childhood Experiences Scale
- ASRS v1.1³
- HBCI⁴
- SSAS⁵
- SIS/SES⁶

Clinical Interview
- Family of origin
- Relationships
- Adverse experiences
- Mental health
- Drugs & alcohol
- Medical history
- Sexual & erotic development
- Sexual problem timeline

Measures
- ECR-RS¹
- ACE²
- ASRS v1.1³ - Adult ADHD Self Report Scale
- HBCI⁴
- SSAS⁵
- SIS/SES⁶
Hypersexual Behavior
Consequences
Inventory

Sexual Symptom
Assessment Scale
OCSB Clinical Pathway: Treatment

OCSB Clinical Pathway

OCSB Screening
Recommended OCD assessment?
Yes
No

OCSB Assessment
Recommended OCD treatment?
Yes
No

OCSB Unique Client Picture

Group Psychotherapy
Individual Psychotherapy

Rescreen & Evaluate
OCSB Treatment

Concurrent Services
OCSB Treatment Completion
Refer out to appropriate services

OCSB Unique Clinical Picture

Sexual Health
- Sexual problems
- Motivation for change
- Relationship with sexual health principles
- Vision for sexual health

Vulnerability Factors
- Physical safety
- Physical health
- Mental health
- Relationship with drugs and alcohol

Self Regulation
- Ingredients
  - Standards
  - Monitoring
  - Willpower
  - Motivation
  - Activation
  - Regulation
    - Affect regulation
    - Sexual activation regulation

Attachment Regulation
- Attachment-related anxiety
- Attachment-related avoidance
- Relationship agreements
- Sexual narcissism

Sexual & Erotic Conflicts
- Conflict with self
- Conflict with others
- Fixed arousal pattern
- Unconventional arousal pattern
OCSB Unique Clinical Picture

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OCSB Clinical Pathway: Treatment

1. **OCB Screening**
   - Yes: Proceed to OCSB Assessment
   - No: Return to OCSB Assessment

2. **OCB Assessment**
   - Yes: Proceed to OCSB Unique Client Picture
   - No: Return to OCSB Assessment

3. **OCB Unique Client Picture**

4. **Sexual Health Plan**

5. **Group Psychotherapy**

6. **Individual Psychotherapy**

7. **Rescreen & Evaluate**
   - Yes: Continue OCB Treatment
   - No: Return to OCSB Assessment

8. **OCB Treatment Completion**

9. **Referred to appropriate services**

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OCSB Clinical Pathway: Treatment

OCSB Clinical Pathway: Sexual Health Plan

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<th>Boundaries</th>
<th>Ambivalence</th>
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### OCSB Unique Clinical Picture: Individual Therapy

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Harvey Institute


Giugliano, J. (2009) Out of Control Sexual Behavior – A Qualitative Investigation


