1. Discuss current diagnostic and psychiatric disorder theory and treatment for out of control sexual behavior.
2. Describe clinician’s ethical responsibility when assessing and treating problematic or out of control sexual behaviors.
3. Identify the six fundamentals of sexual health as the framework to guide vision of sexual health in treating men with OCSB.
4. Classify areas of clinical vulnerability and common disruptors assessed in the preliminary screening of OCSB initial appointment.
5. Review the information gathering and treatment elements within the OCSB assessment process.
6. Discuss a client sexual health plan and its role in agreement keeping as an essential component of OCSB group and individual therapy.
7. Explain how regulation, attachment and sexual/erotic conflicts disrupt the relationship between deliberative and affective systems leading to OCSB symptoms.

KEYWORDS: PinkTherapy.org  (then search their online course CPD)
Sexual Dysregulation

“perceived or actual lack of sexual self-control”

(Braun-Harvey & Vigorito, in press)

Sexual dysregulation four conceptual categories
1. Pathology-based models.
2. Symptom of a pre-existing medical or psychiatric disorder.

(Braun-Harvey & Vigorito, in press)
Categories reflect current etiology and diagnostic debates about sexual dysregulation and their diverse sociocultural influences.

(Braun-Harvey & Vigorito, in press)

Pathology-based models:
- **Sexual Addiction** (excluded from DSM & ICD-11)
- **Sexual Impulsivity**
- **Compulsive Sexual Behavior** (included in ICD-11 as an impulse control disorder)
- **Hypersexual Disorder** (excluded from DSM)

(Braun-Harvey & Vigorito, in press)

International Classification of Diseases

ICD-11: Characterizes compulsive sexual behavior as repeated failures to resist impulses, drives, urges despite longer-term harm.

Classification of impulse control disorders
Pre-existing Condition Symptom Model:
- Medical Condition: (e.g. traumatic brain injury, stroke, Parkinson’s Disease)
- Psychiatric Disorders: mood, anxiety, substance use, Post-Traumatic Stress Disorder, Attention-Deficit/Hyperactivity Disorder, paraphilic disorder, personality disorder

Moral Incongruence Model:
- Increasingly compelling evidence is emerging of very strong associations between moral incongruence regarding use of visual sexually stimulating imagery (VSS) and self-perceived problems “porn addiction”.

Psychosexual Problem Model:
- Out of Control Sexual Behavior (OCSB)
- Bancroft and Vukadinovic (2004)
  - No pathological mechanism
  - No singular overriding definition
  - Dual control model balance between sexual excitation and inhibition
OCSB is a sexual health problem in which an individual’s consensual sexual urges, thoughts and behaviors feel out of control.

OCSB protocol focuses on behaviors that violate sexual health principles.
Sexual Vitality:

**Six Principles of Sexual Health** with Doug-Braun Harvey (Part 1 and Part 2)

KEYWORDS: Therapist Uncensored  (then search their web page by typing 'Sexual Health')

https://www.therapistuncensored.com/tu-42/

adapted from Loewenstein & O'Donoghue, 2007
Competing Motivations

1. Self Regulation
2. Attachment Regulation
3. Sexual and Erotic Conflicts

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