

TREATING OUT OF CONTROL SEXUAL BEHAVIOR

Antioch University
Seattle AASECT Members

OCSB: Rethinking Sex Addiction

Friday January 31, 2020

6:00 pm - 8:00 pm

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*Improving Health Care Through
Integration of Sexual Health*

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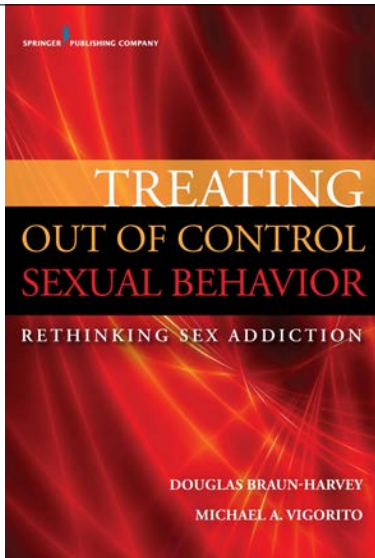
1. Discuss current diagnostic and psychiatric disorder theory and treatment for out of control sexual behavior
2. Describe clinician's ethical responsibility when assessing and treating problematic or out of control sexual behaviors.
3. Identify the six fundamentals of sexual health as the framework 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.

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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.

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Working with gender, sexuality
and relationship diversities

TREATING OUT OF CONTROL SEXUAL BEHAVIOUR ONLINE TRAINING

First and only online course presented by Doug Braun-Harvey covering the foundations of OCSB theory as well as step-by-step tools for assessment, treatment planning and treatment implementation.

"This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 31 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification."

KEYWORDS: [PinkTherapy.org](https://pinktherapy.org) (then search their online course CPD)

<https://pinktherapy.org/ocsb/>

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Sexual Dysregulation

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Sexual Dysregulation:
“perceived or actual lack of sexual self-control”

(Braun-Harvey & Vigorito, in press)

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Sexual dysregulation four conceptual categories

1. Pathology-based models.
2. Symptom of a pre-existing medical or psychiatric disorder.
3. Moral incongruence.
4. Psychosexual problem.

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(Braun-Harvey & Vigorito, in press)

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Categories reflect current etiology and diagnostic debates about sexual dysregulation and their diverse sociocultural influences.

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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)

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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

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OCSB is a sexual health problem in which an individual's consensual sexual urges, thoughts and behaviors *feel* out of control

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Pleasure Safety

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OCSB protocol focuses on behaviors that violate sexual health principles

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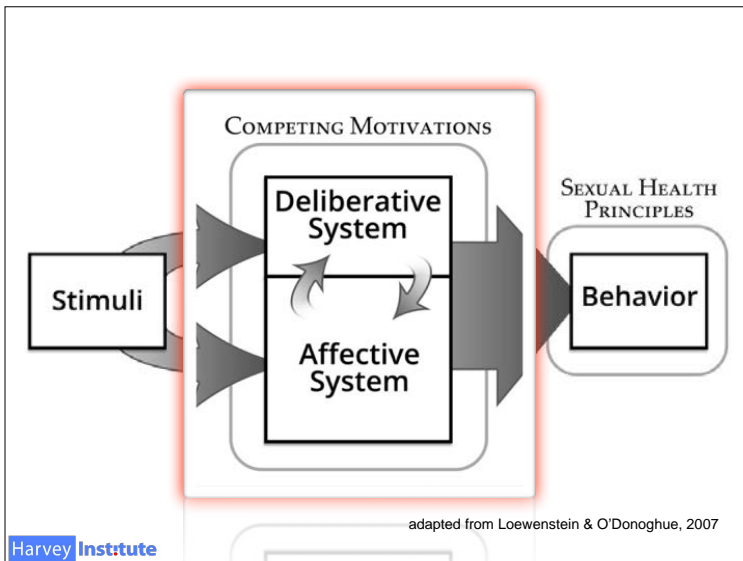
THERAPIST UNCENSORED Podcast

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/>

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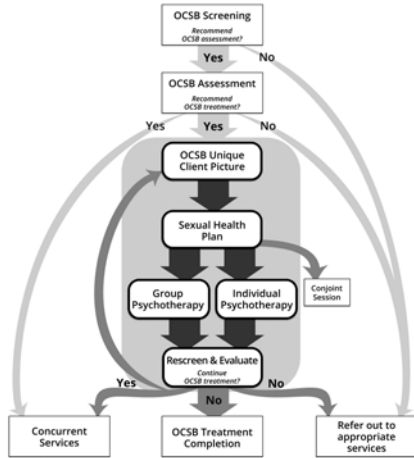


Competing Motivations

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

Self Regulation	Attachment Regulation	Sexual & Erotic Conflicts
<ul style="list-style-type: none">• Ingredients<ul style="list-style-type: none">◦ Standards◦ Monitoring◦ Willpower◦ Motivation• Activation Regulation<ul style="list-style-type: none">◦ Affect regulation◦ Sexual activation regulation	<ul style="list-style-type: none">• Attachment-related anxiety• Attachment-related avoidance• Relationship agreements• Sexual narcissism	<ul style="list-style-type: none">• Conflict with self• Conflict with others• Fixed arousal pattern• Unconventional arousal pattern

OCSB Clinical Pathway





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