

- ### Problems, Problems, Problems
- **Brief History**
 - **Kinsey**
 - As long as sex is dealt with in the current confusion of ignorance and sophistication, denial and indulgence, suppression and stimulation, punishment and exploitation, secrecy and display, it will be associated with a duplicity and indecency that lead neither to intellectual honesty nor human dignity.
 - **Masters & Johnson**
 - Sex is a natural function. You can't make it happen, but you can teach people to let it happen.
 - **Carnes**
 - **Coleman**
 - *Sexual health is more than freedom from sexual disease or disorders ... Sexual health is non-exploitive and respectful of self and others ... Sexual health is dependent upon an individual's well-being and sense of self-esteem. Sexual health requires trust, honesty, and communication*
 - **Sexology**
 - Correct sex spreads happiness among individuals, their progeny, and society. Incorrect sex—sex used as a weapon against others, as a license for promiscuity, or as an immoral profit generator—causes social decay.
 - **Ley, Kort, et al**
 - "Why Anthony Weiner is Not a Sex Addict"

- ### Problems, Problems, Problems
- **Diagnosis History**
 - **Sexual Dysfunction**
 - **Disorders of Sexual Behavior**
 - **"Psychosexual Disorder, NOS"**
 - **"Compulsive Behavior"**
 - **ASAM Definition of Addiction**
 - **DSM-IV, DSM 5**
 - **Let's not talk about sex!**

- ### Addiction Model
- **Disease driven by the midbrain**
 - Dopamine
 - Oxytocin
 - Amygdala
 - Survival
 - Threat
 - Nucleus Accumbens
 - Reward
 - **Problems:**
 - Relies heavily on "new" science
 - Pushes towards the "Medical Model"

- ### Compulsivity Model
- **Disease driven by cognitive distortions**
 - Obsession
 - Compulsion
 - **Anxiety arises in the midbrain**
 - Response to threat rooted in irrational thought
 - **Change the thought → Extinguish the behavior**
 - **Replace an irrational thought with a rational thought**
 - **Rebuild rational "healthy" thoughts**
 - **Problems:**
 - May ignore what we've learned from the brain
 - May push too fast to engage sexuality

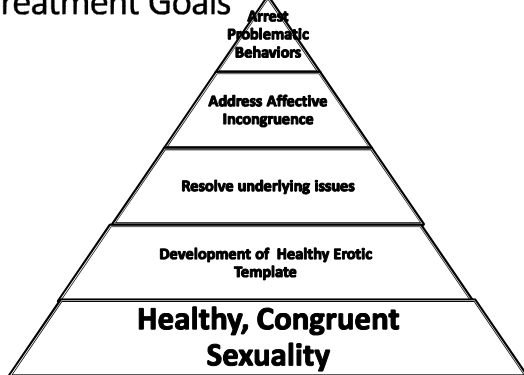
Sexual Health Model

- Behavior driven by lack of developmental and cognitive understanding of sexuality and sexual behavior
- Facilitate cognitive and behavioral development of healthy behaviors
- Teach and provide corrective experiences and revise erotic template
- Problems:
 - Derived from and similar to the Compulsivity Model

“Trauma Model”

- Behavior is rooted in re-enactment or corrective re-enactment of traumatic experiences
 - Childhood
 - Adult
 - Neglect vs. Abuse
- Identify “Ambivalent Attachment to Perpetrator” and redirect/correct thought process
- Problems:
 - Drama around the trauma often distracts from recovery
 - Often associated with avoidance of true sexuality

Treatment Goals



Issues in Treatment

- Accurate Diagnosis
 - If the diagnosis is obvious, it's probably not.
 - Addiction
 - Psychiatric
- Prioritizing Treatment Issues
 - Loss of comfort strategy is a core issue – Grief
 - Detoxification
 - Psychiatric Stabilization
 - Definition of “Sobriety”
 - Treating the support structure
 - Family
 - Social

Issues in Treatment

- The Twelve Step Dilemma
 - Perspective on the 12 Steps
 - Cognitive Model
 - Spiritual Model
 - Finding Balance to avoid “Magic”
 - Riding the Pink Cloud to the ground
- What about other Models?
 - Having one model is like having one tool
 - Learn other models and be able to frame within them
- Osler’s Rule – “When all else fails, look at the patient!”

Issues in Treatment

- Treating partners/spouses
 - Problematic behavior that happens in a “vacuum”
 - Hoarding, Delusional Disorders, Much of OCD
 - Sexual Behavior rarely happens in a vacuum
 - What about Pornography? Is it truly victimless? Is it “business”?
 - Family – avoiding blame, shame vs. accountability
 - Spouses
 - Treatment – often minimized
 - Disclosure
 - Role of Disclosure
 - Pitfalls in Disclosure

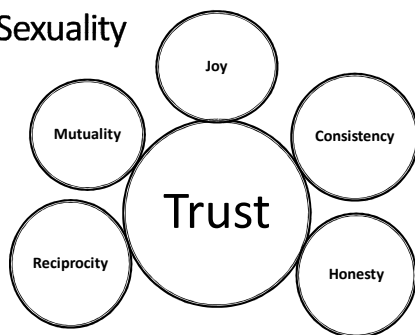
Issues in Treatment

- Sexual Behavior rarely happens in a vacuum
 - What about Pornography?
 - Is it truly victimless?
 - Is it "business"?

Issues in Treatment

- What is Sobriety?
 - Not just "Don't do THAT?"
 - Physical, Emotional, Spiritual, Financial, Vocational, Recreational and Sexual
 - Free of Shame
 - Built on Trustworthy Behavior
 - Telling the Truth may not be living a truthful life

Healthy Sexuality

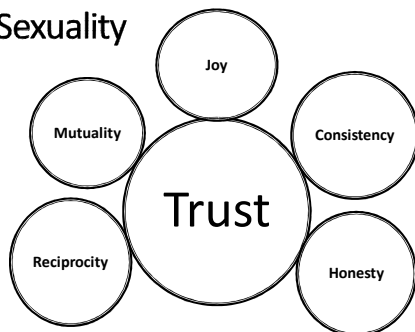


- True, also, for the single or individual Recovery process
- Guided by therapy and interaction with others in healthy relationships

What Works Best?

- Start with Osler's recommendation
- Look at the patient / Start where they are
- Find out where they have come from
- Find out where they want to be
 - Not in a Magic Kingdom of Perfection
- Connect with Community
- Practice accountability
- Constantly prepare for flexibility and change

Healthy Sexuality



- A good model for therapeutic relationships!