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ECHO IDAHO: BEHAVIORAL HEALTH IN PRIMARY CARE

Problematic Sexual Behavior and Sex Addiction:

An Introduction to Identification and Referral Sources

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The speakers have no relevant financial
relationship(s) to disclose.

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LEARNING OBJECTIVES

1. Participants will gain information on commonalities and differences between Sex Addiction (SA) and/or Problematic Sexual Behaviors (PSB).
2. Participants will obtain information on the common misconceptions around SA and PSB.
3. Participants will gain an overview of the common influencing factors and etiology of PSA and SA.
4. Participants will be able to describe three examples of behaviors common to SA and PSB.
5. Participants will be able to find resources available for appropriate referral sources for patients and clients who indicate possible SA and PSB.
6. Participants will be able to screen patients and clients for possible SA and/or PSB.

Overview of PSB & SA



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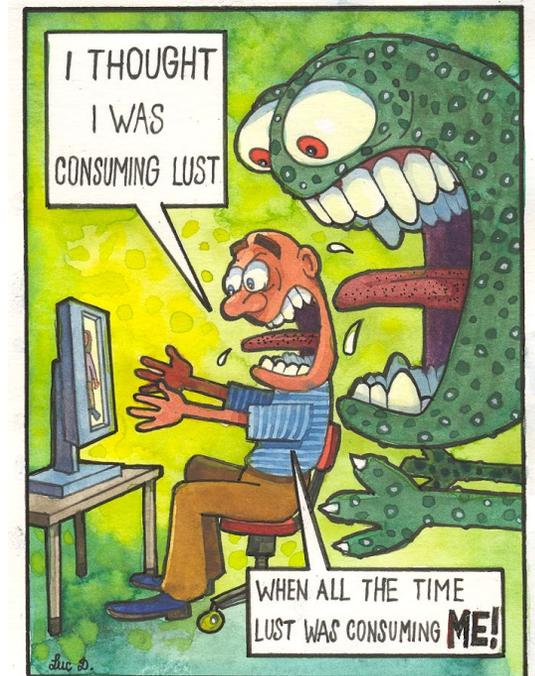


Problematic Sexual Behavior - sexual thoughts, feelings, urges, and behaviors that are experienced by an individual as being out of control or having negative life consequences. (Guiliano, 2008 & Joannides, 2011)

- Includes the myriad of terms used such as Hypersexuality, Compulsive Sexual Behaviors, Sexual Impulse Control Disorder, Out of Control Sexual Behaviors, AND Sex Addiction. However, not all PSB meets criteria for SA.

Sex Addiction- An escalating pattern of out of control sexual behavior with an inability to stop despite negative emotional, social, legal, financial, occupational or relationship consequences. A process addiction akin to overeating, gambling, exercise & shopping (Carnes, 1983 & Katehakis, 2016).

Most important in the identification of any of PSB or SA (with the exception of the presence of boundary violating behaviors) is the person's subjective experience of distress, versus cultural norms or clinical biases or countertransference.



Common Myths & Misconceptions



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PSB & Sex Addiction is NOT:

- Conversion therapy
- Sexual negativity
- Moral or Religious Failure
- BDSM/Kink/Paraphilic Disorder*
- Sexual Offending*
- Promiscuity
- Sexual Orientation Confusion
- Polyamory or Consensual Non-monogamy
- An excuse for non-consensual sexual behavior

Influencing Factors & Etiology



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TRAUMA

- Intimacy deficits
- Attachment difficulties
- Nervous system dysregulation
- Emotional suppression and dysregulation
- Rigid or chaotic households growing up

SEXUAL REPRESSION, SHAME, & SECRECY

- Lack of sexual information
- Negative messages about sex and sexuality
- Inability to have direct and open sexual conversations
- Sexual Dysfunctions/Difficulties

Compulsive Sexual Behavior Disorder

ICD 11



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Persistent pattern of failure to control intense, repetitive sexual impulses or urges resulting in repetitive sexual behavior.

Symptoms may include:

- Repetitive sexual activities becoming a central focus of the person's life to the point of neglecting health and personal care or other interests, activities, and responsibilities;
- Numerous unsuccessful efforts to significantly reduce repetitive sexual behavior; and continued repetitive sexual behavior despite adverse consequences or deriving little or no satisfaction from it.
- The pattern of failure to control intense, sexual impulses or urges and resulting repetitive sexual behavior is manifested over an extended period of time (e.g., 6 months or more), and causes marked distress or significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.

Distress that is entirely related to moral judgments and disapproval about sexual impulses, urges, or behaviors is not sufficient to meet this requirement.

PATHOS



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Brief Screening - Assessing PSB & SA

Preoccupied

Are you preoccupied with sexual thoughts?

Ashamed

Do you hide some of your sexual behavior from others?

Treatment

Have you ever sought therapy for sexual behavior?

Hurt Others

Has anyone been hurt emotionally because of your sexual behavior?

Out of Control

Do you feel controlled by your sexual desire?

Sad

When you have sex, do you feel depressed afterwards?

A positive response to two questions indicates a need for additional assessment with a Certified Sex Addiction Therapist (CSAT).

Many people may answer yes to the first two and not have an addiction.

12-STEP SUPPORT GROUPS FOR SEXUAL ADDICTS AND PARTNERS



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Sex Addict Support

- ▶ **SA** Sexaholics Anonymous*
- ▶ **SLAA** Sex & Love Addicts Anonymous*
- ▶ **SAA** Sex Addicts Anonymous*
- ▶ **SCA** Sexual Compulsives Anonymous
- ▶ **SRA** Sexual Recovery Anonymous

Partner Support

Alanon*

COSA*

CODA - Codependency

RCA - Couples

*Treasure Valley

Resources:



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Books and Resources, Online Screening Tools, Find a Therapist

www.sexhelp.com/

Sexaholics Anonymous Self-Test:

www.sa.org/test.php

Sex Addicts Anonymous Self Assessment:

<http://www.saa-recovery.org/IsSAAForYou/SelfAssessment>

Sexual Compulsives Anonymous Test:

www.sca-recovery.org/20questions.htm

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