Sexual Addiction, Assessment & Treatment

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10 Criteria for Addiction
Loss of Control

Clear behavior in which you do more than you intend or want.
Compulsive Behavior

A pattern of out of control behavior over time.
Efforts to Stop

Repeated specific attempts to stop the behavior which fail.
Loss of Time

Significant amounts of time lost doing and/or recovering from the behavior.
Preoccupation

Obsessing about or because of the behavior.
Inability to Fulfill Obligations

The behavior interferes with work, school, family, and friends.
Continuation Despite Consequences

Failure to stop the behavior even though you have problems because of it (social, legal, financial, physical).
Escalation

Need to make behavior more intense, more frequent, or more risky.
Losses

Losing, limiting, or sacrificing valued parts of life such as hobbies, family, relationships, and work.
Withd rawal

Stopping behavior causes considerable distress, anxiety, restlessness, irritability, or physical discomfort.
The Making of a Sex Addict

**Sexual Behavior**
- Fantasy 18%
- Voyeurism 18%
- Exhibitionism 15%
- Seductive Role Sex 21%
- Intrusive Sex 17%
- Anonymous Sex 18%
- Trading Sex 12%
- Paying for Sex 15%
- Pain Exchange 16%
- Exploitive Sex 13%

**Other Addictions**
- Chemical Dependency 42%
- Eating Disorders 38%
- Compulsive Working 28%
- Compulsive Spending 26%
- Compulsive Gambling 5%

**Addiction Interaction**
- Cross Tolerance 61%
- Withdrawal Mediation 56%
- Replacement 43%
- Alternating Addiction Cycles 41%
- Masking 45%
- Ritualizing 41%
- Intensification 61%
- Numbing 54%
- Disinhibiting 42%
- Combining 46%

**Family**
- Addicts in Family 87%
- Rigid Family System 77%
- Disengaged Family System 87%
- Rigid and Disengaged Family Systems 68%

**Abuse/Early Trauma**
- Emotional 97%
- Sexual 81%
- Physical 72%

**8 Trauma Factors**
- Reaction 64%
- Pleasure 64%
- Blocking 69%
- Splitting 76%
- Abstinence 45%
- Shame 72%
- Repetition 69%
- Bonding 69%

**Sexual Addiction**
- Compulsive Behavior 94%
- Loss of Control 93%
- Efforts to Stop 88%
- Loss of Time 94%
- Preoccupation 77%
- Inability to Fulfill Obligations 87%
- Continuation Despite Consequences 85%
- Escalation 74%
- Social, Occupational, Recreational Losses 87%
- Withdrawl 98%

**Catalytic Environment**
**Catalytic Stress**
Most addicts come from families with addicts and most have less than optimum attachment styles.
Abuse/Early Trauma

- Most addicts report some type of abuse during childhood. Teicher’s work has shown us how this abuse changes the brain and how it works forever.

Abuse/Early Trauma

- Emotional 97%
- Sexual 81%
- Physical 72%
Childhood abuse affects corpus callosum

The morphology of the corpus callosum is significantly affected by early neglect (as well as physical abuse and sexual abuse).

Teicher et al. (2004) Biological Psychiatry 56, 80-85
These are some of the factors that therapists look at when looking for the etiology of the problem...

8 Trauma Factors

- Reaction 64%
- Pleasure 64%
- Blocking 69%
- Splitting 76%
- Abstinence 45%
- Shame 72%
- Repetition 69%
- Bonding 69%
This is how we define a problem area...it has nothing to do with “amount” or “number of times” a person has sex or masturbates.

**Sexual Addiction**
- Compulsive Behavior 94%
- Loss of Control 93%
- Efforts to Stop 88%
- Loss of Time 94%
- Preoccupation 77%
- Inability to Fulfill Obligations 87%
- Continuation Despite Consequences 85%
- Escalation 74%
- Social, Occupational, Recreational Losses 87%
- Withdrawal 98%
Sexual Behaviors

- Here are ways in which people act out when having a problem with sexual addiction.

**Sexual Behavior**

- Fantasy 18%
- Voyeurism 18%
- Exhibitionism 15%
- Seductive Role Sex 21%
- Intrusive Sex 17%
- Anonymous Sex 18%
- Trading Sex 12%
- Paying for Sex 15%
- Pain Exchange 16%
- Exploitive Sex 13%
Other Addictions

- Co-morbid or co-occurring addictions are very high.

Other Addictions

- Chemical Dependency 42%
- Eating Disorders 38%
- Compulsive Working 28%
- Compulsive Spending 26%
- Compulsive Gambling 5%
Addiction Interaction

- It is important to treat all of the addictions and to understand how they are linked together.

Addiction Interaction

- Cross Tolerance 61%
- Withdrawal Mediation 56%
- Replacement 43%
- Alternating Addiction Cycles 41%
- Masking 45%
- Ritualizing 41%
- Intensification 61%
- Numbing 54%
- Disinhibiting 42%
- Combining 46%
Origins of the Ten Types

A total of 10 “types” of sexually compulsive behavior emerged in the sex addicts surveyed by Patrick Carnes, Ph.D.
The Ten Types of Sex Addiction
Research of the 10 Types

- In the original research conducted for *Don’t Call It Love*, a series of 114 sexual behaviors was statistically analyzed.
- A total of 10 “types” of sexually compulsive behavior emerged in the sex addicts surveyed.
Fantasy Sex

- Sexually charged fantasies, relationships, and situations.
- Arousal depends on sexual possibility.
Seductive Role Sex

- Seduction of partners.
- Arousal is based on conquest and diminishes rapidly after initial contact.
Voyeuristic Sex

- Visual arousal.
- The use of visual stimulation to escape into obsessive trance.
Exhibitionistic Sex

- Attracting attention to body or sexual parts of the body.
- Sexual arousal stems from reaction of viewer whether shock or interest.
Paying for Sex

- Purchasing of sexual services.
- Arousal is connected to payment for sex, and with time the arousal actually becomes connected to the money itself.
Trading Sex

- Selling or bartering sex for power.
- Arousal is based on gaining control of others by using sex as leverage.
Intrusive Sex

- Boundary violation without discovery.
- Sexual arousal occurs by violating boundaries with no repercussions.
Anonymous Sex

- High-risk sex with unknown persons.
- Arousal involves no seduction or cost and is immediate.
Pain Exchange Sex

- Being humiliated or hurt as part of sexual arousal; or sadistic hurting or degrading another sexually, or both.
Exploitive Sex

- Exploitation of the vulnerable.
- Arousal patterns are based on target “types” of vulnerability.
Sexual Addiction Assessment
Initial Assessment

- Designed to assist in the assessment of sexually compulsive behavior which may indicate the presence of sex addiction.
- Developed in cooperation with hospitals, treatment programs, private therapists, and community groups, the SAST-R provides a profile of responses which help to discriminate between addictive and non-addictive behavior.
- Comprised of 45 yes or no questions.
* Currently only available to CSAT & CSAT Candidate therapists
Welcome

Add Welcome Message Here

History

Add History Here

General Instructions

Add Instructions Here

Enter SDI Code Here

Continue
SDI-R Categories Outline

- Demographics
- Sexual Addiction Screening Test (SAST)
- The Ten Sexual Addiction Types Scales
- Consequences Scales
  - Family/Friends
  - Financial/Business
  - Legal
  - Preoccupation/Loss of Control
- Motivation for Change Scale
DEMOGRAPHIC SUMMARY

State: WI
Age: 25
Gender: Male
You Identify Yourself As: Asian
Relationship Status: Separated, Primary
Biological Children: 0
Step Children: 0
Sexual Orientation: Bisexual

On the Homosexual-Heterosexual Scale (1-7), Select Where You Feel You Fit Best: 4

Highest Level of Education Completed:
Post Graduate

Present Occupation:
janitor

Current Annual Income:
Less than $75,000

Present Religious or Spiritual Preference:
Belief in a higher power without a religious affiliation

Therapist Notes:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
CLIENT ASSESSMENT PROFILE: SAST Core Items

Curve Graph???

Client Assessment Data
SAST Score: xx

Subscales
Preoccupation: xx
Loss of Control: xx
Relationship Disturbance: xx
Affective Disturbance: xx
Male: xx
Female: xx
Homosexual: xx
CRITICAL ITEMS (SDI)

Items Needing Therapist's Immediate Attention:

Affective disturbance
Illegal behavior
High risky behavior

Paraphilias: voyeurism, stealing clothes from another's person assault, assault items, anonymous sex, prostitution, engaging prostitutes, sex in exchange for drugs or money, exposing, frotteurism, voyeurism, sex with a child, sex with strangers, anonymous sex, risk of exposure to disease.

Violent tendencies toward self/others,

Affect:
Self abuse
Physical abuse
Victim of rape
Stealing embezzling
Self mutilation
Extreme guilt

Consequences: follow, recent, how much affected life

Ten Types:

<table>
<thead>
<tr>
<th>Fantasy Sex</th>
<th>Patient Needed</th>
<th>Patient Has</th>
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<tbody>
<tr>
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<td>XX</td>
<td>XX</td>
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<tr>
<td>Seductive Role Sex</td>
<td>XX</td>
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<tr>
<td>Voyeuristic Sex</td>
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SDI-R Scoring

- **C** – Score = Current problem behaviors.

- **E** – Score = Ever or historical problem behaviors.
Using the Tasks

- Individual Therapy
- Group Therapy
- Twelve Step Meeting
- Sponsor
- Steps One through Nine
- Family Participation
- Family Recovery
- Couples Recovery
- Exercise/Nutrition
 Tasks 1–7
1. Break through denial
2. Understand addiction
3. Surrender
4. Limit damage
5. Establish sobriety
6. Physical integrity
7. Culture of support

Tasks 8–19
8. Multiple addictions
9. Cycles of abuse
10. Reduce shame
11. Grieve losses
12. Closure to shame
13. Relationship with self
14. Financial viability
15. Meaningful work
16. Lifestyle balance
17. Building support
18. Exercise and nutrition
19. Spiritual life

Facing the Shadow & Recovery Start Kit

Tasks 19–30
19. Spiritual life
20. Resolve conflicts
21. Restore healthy sexuality
22. Family therapy
23. Family relationships
24. Recovery commitment
25. Issues with children
26. Extended family
27. Differentiation
28. Primary relationship
29. Coupleship
30. Primary intimacy

Recovery Zone: Creating Personal Recovery

Recovery Zone II: Creating Family Recovery

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Recovery Start Kit: The Process

**Task 1: Break Through Denial**
- 1. Make problem list
- 2. Make secret list
- 3. List of excuses
- 4. Consequences inventory
- 5. Find therapist, sponsor

**Task 2: Understand Nature of Illness**
- 1. Read books on sex addiction
- 2. Map out addiction cycle
- 3. List of unmanageable moments
- 4. Sexual anorexia/binge-purge cycle
- 5. Self-assessment; history

**Task 3: Surrender to Process**
- 1. Sex addiction history
- 2. Powerlessness inventory
- 3. Unmanageability inventory
- 4. Financial costs worksheet
- 5. Ten worst moments

**Task 4: Limit Damage from Behavior**
- 1. Damage control plan
- 2. Disclosure plan

**Task 5: Establish Sobriety**
- 1. Sobriety challenges worksheet
- 2. Identify relapse scenarios
- 3. Fire drill plan
- 4. Abstinence list, boundaries list
- 5. Personal Craziness Index

**Task 6: Ensure Physical Integrity**
- 1. Physical exam
- 2. Sex addiction matrix
- 3. Sexual health matrix
- 4. Arousal Template

**Task 7: Participate in Culture of Support**
- 1. Attend regular meeting
- 2. Regular contact with sponsor
- 3. Meeting presentation
- 4. Outside activities
- 5. Daily rituals

**Recovery Start Up**
- 40 Days
- Meditations
- Core Dialogues
- Contracts
- Assessments
- Skill Building

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<table>
<thead>
<tr>
<th>RECOVERY TASK</th>
<th>PERFORMABLES</th>
<th>LIFE COMPETENCY</th>
<th>THERAPIST COMPETENCY</th>
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</thead>
<tbody>
<tr>
<td>1. Break Through Denial</td>
<td>Creates a problem list</td>
<td>Understands the characteristics of denial and self-delusion</td>
<td>Understands typical denial patterns of sex addicts</td>
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<td></td>
<td>Records a secret list</td>
<td>Identifies presence of self-delusion in life</td>
<td>Recognizes disclosure “testing” process</td>
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<td>Completes list of excuses</td>
<td>Knows personal preferred patterns of though distortion</td>
<td>Knows personal delusional patterns</td>
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<td>Completes Consequences Inventory</td>
<td>Accepts confrontation</td>
<td>Understands counselor transference issues in working with sex addicts</td>
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<td>Learns 14 ways to distort reality</td>
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<td>Recognizes signs that sex addiction is present</td>
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<td></td>
<td>Inventories 14 distortion strategies in personal life</td>
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<td>Understands and identifies stages of recovery</td>
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<td></td>
<td>Accountability – Victim Empathy exercise</td>
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<td>Confronts delusional patterns in clients</td>
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<td>Makes full disclosure to therapist</td>
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<td>Utilizes crisis to break through denial</td>
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<td>Capacity to gather data from all sources including client, family, victims, supervising agencies, and legal authorities</td>
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<tr>
<td>2. Understand the nature of addictive illness</td>
<td>Completes assigned readings on sex addiction</td>
<td>Knows information on addictive illness</td>
<td>Understands different ways of defining addiction</td>
</tr>
<tr>
<td></td>
<td>Learns different ways to define sex addiction</td>
<td>Applies information to personal life</td>
<td>Understands professional controversies around sex addiction</td>
</tr>
<tr>
<td></td>
<td>Understands addictive system</td>
<td></td>
<td>Understands key factors in the genesis of sex addiction</td>
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<tr>
<td></td>
<td>Understands deprivation system</td>
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<td>Assists client in understanding sex addiction diagnosis</td>
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<td></td>
<td>Maps out personal addictive system</td>
<td></td>
<td>Contracts with client to limit current behavior</td>
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<td></td>
<td>Understands criteria for addictive illness</td>
<td></td>
<td>Develops relationship with family members</td>
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<tr>
<td></td>
<td>Applies criteria to personal behavior</td>
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<td>Contracts with family members</td>
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<td>Learns key factors in the genesis of sex addiction</td>
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| **2. (Continued)** Sexual Addiction Component | Understands sexual modularity
Understands sexual hierarchy
Knows ten types of behavior
Reviews ten types for personal patterns
Completes and shares sexual history
Completes ideal fantasy list
Completes and shares fantasy contamination exercise | Understands sexually compulsive patterns
Knows specific stories/scenarios of arousal template | Knows personal sexual limitations as a therapist
Recognizes sexual modularity and hierarchy
Conducts effective sexual history
Identifies sexually compulsive patterns
Identifies “drivers” of arousal template
Discerns and interprets dysfunctional scenarios |
| **3. Surrenders to process** | Understands context of change, grief, commitment
Understands existential position on change – essence of recovery
Understands principles of anxiety reduction
Completes sexual addiction history
Completes powerless worksheet
Completes unmanageability worksheet
Identifies ten worst moments
Understands guidelines of step completion
Gives first step | Acceptance of addiction in life
Knows personal limitations
Discerns difference between controllable and non-controllable events | Uses first step methodology
Understands criteria for successful step work
Utilizes first step results for long-term commitment
Teaches existential position in twelve step principles |

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<tr>
<td>4. Limits damage from behavior</td>
<td>Understands 1st and 2nd order change&lt;br&gt;Understands concept of paradigm shift&lt;br&gt;Records provisional beliefs&lt;br&gt;Completes damage control plan&lt;br&gt;Completes a disclosure plan&lt;brWrites a “turning it over” letter to higher power&lt;br&gt;Completes and second and third step</td>
<td>Integrates self-limitation into personal paradigm&lt;br&gt;Responds to crisis plan fully&lt;br&gt;Uses boundaries at a minimum level&lt;br&gt;Has internal skills for anxiety reduction&lt;br&gt;Develops resolve for change and commitment</td>
<td>Understands core process of paradigm shift&lt;br&gt;Assists in crisis management&lt;br&gt;Utilizes damage control plan to teach boundary development&lt;br&gt;Utilizes disclosure plan to teach boundary development&lt;brIntegrates second and third step work into therapeutic processes of trust, control, anxiety, boundaries, change</td>
</tr>
<tr>
<td>5. Establish sobriety</td>
<td>Understands sobriety as boundary problem&lt;br&gt;Commits to and completes celibacy contract&lt;br&gt;Writes sobriety statement&lt;br&gt;Understands relapse process&lt;br&gt;Writes relapse plan&lt;br&gt;Establishes a date</td>
<td>Uses clearly stated boundaries of sobriety&lt;br&gt;Manages life without dysfunctional sexual behavior</td>
<td>Facilitates relapse prevention planning&lt;br&gt;Utilizes sobriety definition and celibacy process as part of boundary restoration&lt;br&gt;Supports sexual health plan of client&lt;br&gt;Understands sexual health dimension from a twelve step framework</td>
</tr>
<tr>
<td>6. Ensure physical integrity</td>
<td>Learns physical aspects of addiction&lt;br&gt;Completes physical&lt;br&gt;Completes psychiatric assessment&lt;br&gt;Learns neuropathways of addiction&lt;br&gt;Maps person neuropathway interactions&lt;br&gt;Understands arousal template&lt;br&gt;Maps personal arousal template</td>
<td>Understands physical aspects of addiction&lt;br&gt;Identifies neuropathway interaction&lt;br&gt;Identifies dysfunctional arousal patterns</td>
<td>Identifies co-morbid mental health problems&lt;br&gt;Understands breadth of physical complications&lt;br&gt;Identifies neuropathway activity&lt;br&gt;Conducts neuropathic interview&lt;br&gt;Conducts an arousal template assessment</td>
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## Tasks #1 - #7

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<tr>
<td>7. Participate in a culture of support</td>
<td>Participates in a twelve step program</td>
<td>Maintains a healthy support system</td>
<td>Knows differences in fellowships</td>
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<td>Develops relationship with sponsor</td>
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<td>Maintains relationships with members of recovering community</td>
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<td>Completes sponsor debriefing</td>
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<td>Knowledge of twelve step work</td>
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<td></td>
<td>Does service in program</td>
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<td>Knows signs of healthy support group</td>
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<tr>
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<td>Knows signs of a healthy group</td>
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<td>Uses steps “therapeutically”</td>
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<td></td>
<td>Has celebration date</td>
<td></td>
<td>Understands control/anxiety paradigm of twelve step life</td>
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For more information on the tasks or to view all 30 tasks, please see *Facing the Shadow*.

*Available at [www.gentlepath.com](http://www.gentlepath.com)* or [www.amazon.com](http://www.amazon.com)
Additional Information
For more on the Certified Sex Addiction Therapist (CSAT) trainings, the task-centered approach to addiction recovery, and assessment testing for sexual, work and financial issues go to:

www.IITAP.com

or email

Info@IITAP.com

or call

(480) 575-6853
Gentle Path Press

For books, workbooks, CDs & DVDs on the subject of sex addiction and recovery, please visit:

www.GentlePath.com

or call

(800)708-1796
For additional information about Dr. Patrick Carnes, links to other resources, current topics in research, and popular literature, go to:

www.SexHelp.com