

Always Turned On

Sex, Porn and Love

Addiction in

the Digital Age

Assessment and Treatment of

CyberSex Addiction

Richard Young, MDiv, LCSW, CSAT, CMAT

Life in the Digital Age

The internet and digital technology has created a transformational shift in how we interact, communicate and live in the world. We have more access to “life” than ever before.

Instant Connectivity

More devices connected to the internet than people on earth.

Facebook has 1 billion users, and each day users spend 10.5 billion minutes on FB. (20,000 years)

Statistics on Internet Usage

The US has over 283 million internet users that average 15.3 hours a week online.

- *96%-e-mail*
- *71%-surf without a destination*
- *60%-find news online*
- *43%-shop or find product information*
- *38%-online banking and financial services*
- *37%instant messaging*
- *54%-log onto online social networks such as Facebook, Instagram, LinkedIn.*

On-Line Dating and Sex

The internet has dramatically changed the norms and rules of traditional dating and romance.

Over 15 million people are estimated to subscribe to dating websites such as Match.com, Plentyofish, and eHarmony.

Millennials in the Digital Age

New rules especially for teens and young adults:

“Under the old model, you dated a few times and, if you liked the person, you might consider having sex. Under the new model, you ‘hook up’ a few times, and if you like each other, you might go on a date.”

Charles Blow (2008).

- Sexting is an accepted way to communicate. Snapchat is most popular app currently.
- Up to 25% of teenage girls post nude or semi-nude photos. Teenage boys-18%.
- More than one third of teens agreed that exchanging sexual content makes real-life sex more likely.
- Nearly one third of teen girls believed that exchanging sexually explicit content was expected to get a date.

Sexting 101

39% of teens and 59% of young adults have sexted.

In most states teens caught with 'sexting pictures' on their phones can be charged with possession of child pornography even if they are under the age of 18.

Common Sexting Terms

8

GYPO

IWS

POS

CU46

DUM

Pornography Explosion

- Porn sites have more monthly visits than Netflix, Amazon and Twitter
- 64% of American men view porn at least monthly.
- 79% of men ages 18-30 view porn monthly. 20 % of those sites involved children.
- 67% of men ages 31-49 view monthly
- 55% of married men view porn monthly.
- Porn is a 13 billion dollar industry.
- The US produces 89% of the world's porn.
- Initial age of porn exposure is 11 years of age.
- Between 2005 and 2013, teen porn was the fastest growing genre of the period.
- The largest group of internet porn viewers:
12-17 year olds.

Facts About CyberSex

- 56% of divorce cases had one person who was hooked on porn.
- More than 50% of porn users reported losing interest in sex with their partners.
- 40% of those who are sexually addicted lose their spouse.
- 1 in 3 visitors to porn websites are women.
- Women struggling with a porn addiction-17%.
- Sex is the No. 1 searched topic on the internet.
- There are 1.3 million porn sites.
- One in five men view pornography during work hours.
- 63% of men and 36% of women admit watching porn at work. Average visits lasts 6 minutes.

Facts About CyberSex

- 90% of therapists see more problems related to porn use.
- 94% of therapists have seen a rise in people addicted to porn.
- 67% of men and 49% of women say that porn is acceptable.
- 45% of porn viewed on smartphones, 44% on PC's, and the rest on tablets.

The Darkside of Porn

Nearly 90% of representative scenes in top-rented and downloaded porn films have been found to contain aggression. Physical aggression, including spanking, slapping and gagging, occurred in over 88% of scenes. Verbal aggression – calling the woman names such as “bitch” or “slut” – was found in 48% of the scenes.

***Pornography
is Today's
Sex Education***

Options for Girls/Women

Visible, be scene: How?

Young, white, thin, sexy

Invisible

The Female Trap:

Look like a slut

Act like a slut

Buy like a slut

BUT DON'T BE A SLUT!

Impact for Boys/Men

Shaping Arousal: Men/boys are taught they are supposed to see women or teens as sexual commodities/objects for their use. A 'perp' culture is evolving.

Creates hyper-sexuality which drives the belief that girls can take it all and that boys can have their way. Unprotected oral and anal sex is becoming the new 'normal'. Kissing is the obscene act.

What Men/Boys Say

- *Man, it's just sex. What's wrong with you?*
- *Other guys/girls like/do it...*
- *What are you the sex police?*
- *It will teach you stuff.*
- *No one's getting hurt. It's harmless!*
- *Who needs a date when you've got this.*
- *It doesn't affect me...*
- *Porn's always been around, no big deal!*

Consequences

- *Relationship Disturbances*
- *Decreased Social Integration*
- *Dissatisfaction with Offline Life*
- *Detachment from Sexual Partner*
- *Decreased Life Functioning*
- *Negative Impact on the Family*
- *Normal Sex is Diminished*
- *Erectile Dysfunction*

The Three “A’s” of CyberSex

The Internet's Triple-A Engine:

Accessibility

Affordability

Anonymity

What is Sex Addiction?

A maladaptive attempt to self-regulate mood and tolerate life stressors.

Viewed also as an attachment disorder:
people who are afraid of intimacy and compulsively try to connect with others in highly impersonal ways such as prostitution, masturbation, fantasy, cybersex, emotional affairs.

Harvard Mental Health

Habitual use causes less dopamine (less pleasure) in the brain. Research shows that substance abusers and sex addicts form a dependency on the brain's pleasure center neurotransmitter dopamine. The problem when so much dopamine is being released at once is that all the other pleasure generating activities of life start to feel dull and non-motivating. The brain has been "hijacked" by the addictive behavior.

The Science of Pornography



***CyberSex
Addiction
Diagnosis***

Process Addictions

- Any compulsive-like behavior that interferes with normal living and causes significant negative consequences
- Similar physiological responses in the brain as compared to addiction to a substance such as drugs/alcohol
- Behaviors often occur prior to first usage of a substance
- There is a strong component between chemical and process addictions so it can be hard to recognize most acute issues/cross addictions
- Shame/Guilt associated with the process addictions often leads to the need to “medicate” – i.e. with drugs/alcohol

Diagnostic Criteria

1. *Preoccupation with cybersex.*
2. *Frequently engaging in cybersex for longer periods of time than intended.*
3. *Repeated unsuccessful attempts to limit or stop engaging in cybersex.*
4. *Restlessness or irritability when attempting to limit or stop engaging in cybersex.*
5. *Using sex on the Internet as a way of escaping problems or relieving feelings such as helplessness, guilt, anxiety or depression.*

Diagnostic Criteria

6. *Returning to cybersex on a daily basis in search of a more intense or higher-risk sexual experience.*
7. *Lying to family, friends, therapists or others to conceal involvement with cybersex.*
8. *Committing illegal sexual acts online, such as sending or downloading child pornography or soliciting illegal sex acts online.*

Diagnostic Criteria

9. *Jeopardizing or losing significant relationships, jobs, educational or career opportunities because of online sexual behavior.*
10. *Incurring significant financial consequences as a result of engaging in cybersex.*

Phone Sex?



Sexnology 101

Viewing or downloading porn photos or videos from people, commercial porn sites, blogs or news groups.

Exchanging texts, emails and photos with others for the purpose of sexual/romantic fantasy possibly leading to solo masturbation, mutual masturbation via webcam or in-person sexual encounters.

Sexnology 101

Simultaneous mutual sexual activity in private chat rooms i.e. writing back and forth while masturbating or masturbating on video chat.

Using Apps to find casual or anonymous sexual hook-ups such as Grinder, Tinder, Scruff.

Cruising Social Media or dating sites to view intimate photos or locate potential sexual partners such as PlentyOfFish, Ashley Madison, craigslist, Friend Finder.

Sexnology 101

Sexting (sending sexual texts or images) via Smartphones as a way to flirt with an existing partner or new acquaintance.

Playing virtual sex games that allow users to create customize avatars that are then used to participate in interactive on-line sexcapades.

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Acting Out Apps

Safari

Chrome

Facebook

Twitter

Snapchat

Craig's List

Pinterest

Instagram

KIK

Pandora/iTunes/

Podcasts –

to access explicit audio

Acting Out Apps

What's App (messenger) Secret Folder Icon

Secret Apps Lite

Secret Contacts

4chan –

often used by gamers

Hook-up Apps

Grinder

Tinder

Scruff

Jack'd

The VR Revolution?

It's the technology that transports users into 3 dimensional, 360 degree worlds.

Example: Samsung Gear VR, Oculus Rift

The porn industry is already creating the media to support this new technology.

A example of the progress in that direction is the use of teledildonic masturbatory devices that warm, lubricate, pulse and grip in tandem with sexual activities taking place on-screen such as porn videos or live performances

Consequences of Sex Gone Awry

- *Emotional Problems*
- *Relationship Problems*
- *Disruption of Family Life*
- *Poor Self-Care*
- *Sexual Dysfunction*
- *Work Problems*
- *Financial Issues*
- *Legal Issues*

*Sexual
Addiction
Assessment*

'Pathos'

1. Do you often find yourself preoccupied with sexual thoughts? (Preoccupied)
2. Do you hide some of your sexual behavior from others? (Ashamed)
3. Have you ever sought help for sexual behavior you did not like? (Treatment)
4. Has anyone been hurt emotionally because of your sexual behavior? (Hurt others)
5. Do you feel controlled by your sexual desire? (Out of Control)
6. When you have sex, do you feel depressed afterwards? (Sad)

Initial Assessment

Sexual Addiction Screening Test – Revised (SAST-R) available on recoveryzone.com.

- *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.*

Psychosocial-Sexual Assessment

- *Sexual; Trauma; Relationship Histories; Timelines*
- *Family-history of addictions*
- *Compulsivity/Rituals with behaviors/fantasy*
- *Consequences: how has behavior impacted self and others*
- *Belief system including core beliefs, trauma, family of origin issues*

Treatment Model

- *Individual Therapy*
- *Group Therapy*
- *Twelve Step Meetings*
- *Sponsor-Step Work*
- *Healing of negative core beliefs about self and sexuality*
- *Self Care-improving overall lifestyle*
- *Reducing risk of relapse*
- *Couples Recovery*

Relapse Prevention Plan

1. *Decode feelings*
2. *Develop spiritual strategies*
3. *Avoid trigger situations*
4. *Forgive self for slips*
5. *Avoid keeping cravings secret*
6. *Find alternative passions*
7. *Acknowledge consequences*
8. *Work on nurturing self*
9. *Develop healthy boundaries*
10. *Address and heal shame*

Walking the Talk-Action Steps

- 1. Find the “right” therapist.*
- 2. Find a support group.*
- 3. Find an accountability partner.*
- 4. Throw out all material related to your problem.*
- 5. Clean out your computer and phone with accountability partner.*

Walking the Talk-Action Steps

6. *Cancel any memberships to websites, apps, stores that provide access.*
7. *Stay away from “gray area” activities.*
8. *Orient home or work computer in a public facing direction.*
9. *Purchase and install filtering/ accountability software.*

Blockers and Filters for Computers, SmartPhones, i devices

Mobicip.com: Safe Browser also works on iPhones and iPads.

NetNanny.com: Once installed it becomes the default browser, blocking other browsers from operating unless overridden with an administrator password.

SafeEyes Mobile: iOS Systems only

BSecure.com: Blocks search engine videos, pictures, and can cover entire household networks.

CovenantEyes.com

Help for Sex Addiction

Sex Addicts Anonymous

(SAA)

P.O. Box 70949

Houston, TX 77270-0949

(800) 477-8191

saa-recovery.org

Sexaholics Anonymous

(SA)

P.O. Box 3565

Nashville, TN 37024

(866) 424-8777

sa.org

Sexual Compulsives Anonymous

(SCA)

P.O. Box 1585

Old Chelsea Station

New York, NY 10011

(800) 977-4325

sca-recovery.org

Sex and Love Addicts Anonymous

(SLAA)

1550 NE Loop 410, Ste. 118

San Antonio, TX 78209

(210) 828-7900

slaafws.org

Society for the Advancement of Sexual Health (SASH)

P.O. Box 725544

Atlanta, GA 31139

(770) 541-9912

sash.net

Additional Help
Sexhelp.com

*Society for the Advancement
of Sexual Health*
Sash.net

Recoveryzone.com

Yourbrainonporn.com

*Partner/Spouse
Assessment
and
Treatment*

What is Infidelity in the Digital Age?

- *Infidelity can be defined as “the keeping of secrets in an intimate relationship.”*
- *Infidelity is not about sex-it’s about trust.*
- *Seen in this light-the ‘mode’ of infidelity is less important than the reality of it. Each couple determines what infidelity means.*

Partners/Spouses of Cybersex Addicts

P/S can experience a wide range of emotions when first discovering their partner is addicted to cybersex. It signals to a P/S that something else has her partners sexual interest and emotional attention, not her. Wendy Maltz describes 4 stages that P/S can go through after discovering sexual behavior:

- 1. Being in the dark.*
- 2. The shock of discovery.*
- 3. Emotional wounds.*
- 4. Trying to cope.*

Treatment Plan for Partners

- Stabilize during the crisis/shock stage.
- Survive disclosure for spouse and children.
- Provide psycho-education for spouses.
- Establish personal recovery process for partner using therapy, 12 step recovery groups, etc.
- Help partner in grieving losses around relationship and trust.
- Help partner to create a network of support.

Help For Partners

Partners of sexual addicts, like partners of alcoholics, can also benefit from counseling and support groups. Normally these partners are codependents, and they, too, suffer from the extreme adverse effects of the addiction. Inpatient and outpatient programs, counseling, and support groups are all available to help them regain control of their lives and support the recovery of their partner.

S-Anon International Family Groups
P.O. Box 17294
Nashville, TN 37217
800-210-8141
sanon.org

Codependents of Sex Addicts (CoSA)
9219 Katy Freeway
Suite 212
Houston, TX 77024
866-899-2672
cosa-recovery.org

Healthy Sex vs. Porn-related sex

Porn-related Sex	Healthy Sexuality
Sex is using someone.	Sex is caring for someone.
Sex is “doing to” someone.	Sex is sharing with a partner.
Sex is compulsive.	Sex is a natural drive.
Sex is a public commodity.	Sex is a personal treasure.
Sex is watching others.	Sex is about genuine connection.

Healthy Sex vs. Porn-related sex

Porn-related Sex	Healthy Sexuality
<i>Sex can be hurtful.</i>	<i>Sex is nurturing.</i>
<i>Sex involves deception.</i>	<i>Sex requires honesty.</i>
<i>Sex is based on visual imagery.</i>	<i>Sex involves all the senses.</i>
<i>Sex feels shameful.</i>	<i>Sex enhances self-esteem.</i>
<i>Sex is impulse gratification.</i>	<i>Sex is lasting satisfaction.</i>

Goals of Treatment

The goal of recovery from sexual addiction is not anorexia or celibacy.

The guiding principle is to have individuals put their sexuality into a healthy perspective and to learn how to use it in a way that respects themselves and others.

In short - to learn healthy intimacy with self and others.

Porn = Public Health Crisis

CultureReframed.org

Gail Dines, Pornland

Fightthenewdrug.org

Cordeliaanderson.com

*Pornproofkids.org (tips and
tools to protect young minds)*

Contact Information

Richard Young, MDiv, LCSW, CSAT

314-550-2251

richardyoung@richardyounglcsw.com

richardyounglcsw.com

Thanks for attending today!

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Gary Wilson, "Your Brain on Porn," <http://yourbrainonporn.com/research.>"

Deborah Converse, *Internet Addiction to Cybersex and Gambling*, Social Work.EliteCME.com, 2015.

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Gail Dines, Pornland: How Porn Has Hijacked Our Sexuality (Boston: Beacon Press, 2010)

Cordelia Anderson, The Impact of Pornography on Children, Youth and Culture

International Institute for Trauma and Addiction Professionals

Resources and training notes.

Statistical information provided by the following online resources:

Family Safe Media.com

The Digital Future Project

comScore Media Metrix.com

Covenant Eyes.com