Pornography: Defining Your First Five Clinical Sessions Based on Theory, History, Societal Impact, and Future Tech

Pornography is ubiquitous: adjective present, appearing, or found everywhere

The First “Take Home”

The First Session

• Confidentiality Agreement
• Consent to Counselling/Therapy
• Q#1 - “How are you??”
• Q#2 – “How did you get here?” [both ways – who referred you? Where are you living – how did you physically get here?]
• Start Graph process – Timeline - “How long has this been going on and what sort of frequency?”
• Start to get some social positioning data – “What do you do?” “Who is the most important person in the world to you?” “Can you tell me more about ____?”
• Family data and friends/social supports
Time Graph/Chart

- Demonstrates (to some extent) whether the behaviour is event/circumstance driven or compulsion driven
  - Responding to life events or constant and growing
  - Is it a coping mechanism (STABLE – Sex as Coping??)
  - Or is it compulsion/sexual deviance driven
  - Compulsion/sexual deviance driven – tends to have a much more regular pattern – constant – no big gaps – (as a general rule!? !? !?)

The Second “Take Home”

Pornography has “always” been used as a weapon

Modern Expression

- Revenge Porn
- Tumblr -- X-girlfriend sites
- Snapchat
- Sites that put a new face on another body
  - Photoshop
  - FalseFace App
  - Photochop App
  - Faceswap App (many more)
  - DeepFake Porn
The Third “Take Home”

**Pornography drives technological change**

The Fourth “Take Home”

**The whoop-ti-do about pornography is about social control**

The Second Session

- Check-in – How are you?
- Relapse Checklist? [For crying out loud!!! Why do you bother with this now?]
- You need a theory #1
- Time Graph/Chart – What is going on?
The Relapse Checklist – A How-to Guide

- **Get Exhausted** – allow yourself to get tired. Do not follow appropriate self-care routines such as eating regular meals, getting good rest, and exercising.
- **Be Dishonest** – tell small lies to your partner (family members, friends, co-workers, and therapists) to cover for your inappropriate thoughts and behaviors. For extra effect, lie to yourself that “one will not matter” or that “this time” is a special circumstance.
- **Get Frustrated** – with how things are going, take on too much for your current situation. Have unreasonable expectations of others’ behavior toward you and set yourself some overly ambitious goals.
- **Be Hard on Yourself** – deprive yourself of the good things in your life to the point where you feel resentful and deny yourself life’s everyday treats because you feel you do not deserve them.
- **Avoid those who might help you** (psychologist, physician, probation officer, therapist) – if you experience periods of feeling down and blue, keep it all to yourself.
- **Self isolate** – don’t talk to people you can normally trust and remove yourself from others that have meaning to you. Withdraw from as much social contact as you can so you are “alone”. Especially avoid close long-term friends and relatives.
- **Get Cocky** – adopt a “I’ve got this licked” outlook and then place yourself in high risk situations where relapse would be easy so you can test if your behavior change will “hold”.
- **Use mood altering substances** – these work nicely to defeat any natural inhibitions you might have about doing the problem behavior again.

The Third Session

- **Check-in – How are you?**
- **You need a Theory #2 – What is sustaining this behavior?** Relate to gambling – Slot machines
- **Time Graph/Chart - Mood**

Time Graph/Chart -- Mood

- Can be hard to graph mood
- I give them reference points – analogous to temperature
  - -30 Celcius you feel very bad – cold and alone
  - +30 Celcius you feel very good – warm and sunny
Add in the Affective component

Is pornography dangerous?
Malamuth, Addison, & Koss (2000)
• Moderator variables change relationship between pornography and sexual aggression
  • Cultural background (Esp. gender equality)
  • Home Background (Education about sexuality)
  • Personality characteristics
  • Content of sexual stimuli
  • Emotional state of the viewer
  • Environment where the exposure occurs

The Fifth (ish) Session
Consider teaching **Though Stopping Techniques**
• Need to change cognitive track (say “STOP!” in your mind, rubber band)
• Recognize common negative thought patterns and Cognitive Distortions
  • All or nothing thinking
  • “Should” statements
  • Overgeneralizations
• Mindfulness – focus on the present
• Journal – write out your thoughts – better dealt with on paper
• Use a distraction technique – call a loved one, count your blessings, (practice relaxation???)
• Make affirmative statements to self – “I have good friends”
Is pornography dangerous?

Problems with the research

• Most research uses samples of convenience
• A lot of self-report data
• A lot of research is dated
• “on the whole” media format either not controlled for or old – magazines, VHS tapes versus internet and mobile phones

• However, It’s all correlational – Do people with deviant interests seek out deviant porn? No Double-blind Randomly Controlled experiments!!

Is pornography dangerous?

Kingston & Malamuth (2011)

• Those who exhibit more risk factors more likely to be negatively impacted
  – {risk factors included: psychopathy like anti-social characteristics such as grandiosity, arrogance, lack of empathy, short temperedness, & impulsive irritability}


• N = 33 Pornography and Non-sexual aggression
  – Exposure to more violent pornography = more aggression

It appears

• Use of pornography makes sexual aggression more likely in those already at high risk for sexual aggression (hostile masculinity & impersonal sex present)
• Exposure to violent pornography looks like it increases risk of sexual aggression

(Allen et al., 1995)
Diamond & Uchiyama (1999)

- Japan
- 1972 to 1995 – a time of increasing availability of pornography in Japan
- Rape decreased by 68% in that time frame
- Similar study from Denmark (1970)

D’Amato (2006)

- Timeframe: 1973 to 2003
- 53% increase in rape for states with lowest rate of Internet access [AR, KY, MN, WV]
- 27% decrease in rape for states with highest rate of Internet access [AL, CO, NJ, WA]
- This finding statistically significant


- N = 341 contact sex offenders
- All had victims less than 16 years old
- Counting charges and convictions
- Average follow-up of 8.4 years
- Found that the use of violent pornography predicted recidivism for contact sexual offenders
- Frequency of use predicted violent recidivism but not sexual recidivism
Child Pornography Offender Risk Tool (Seto & Eke, 2015, CPORT)

- Structured risk checklist designed to predict sexual recidivism in adult male offenders with a conviction for child pornography offenses (N = 286; follow-up M = 8.3 years).
- Five year fix follow-up, predicts (moderate levels of prediction) "any recidivism", any sexual recidivism, and contact sexual recidivism.
- CPORT does not predict sexual recidivism in the subgroup of offenders with only child pornography offenses.
- As a result, recidivism percentages presented in the CPORT paper do not directly apply to “porn only” guys - interpretation requires extrapolation.

<table>
<thead>
<tr>
<th>Item Number</th>
<th>Item Description</th>
<th>Final Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Offender age at the time of index investigation (&lt; 35 years = 1)</td>
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<tr>
<td>2</td>
<td>Any prior non-sexual history</td>
<td></td>
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<tr>
<td>3</td>
<td>Any prior or index sexual offense history</td>
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<td>4</td>
<td>Any prior or index failure on conditional release</td>
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<tr>
<td>5</td>
<td>Indication of pedophilic or hebephilic interests</td>
<td></td>
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<tr>
<td>6</td>
<td>Ratio of boy to girl content in child pornography (&gt; 51% coded as 1)</td>
<td></td>
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<tr>
<td>7</td>
<td>Ratio of boy to girl content in nudity and other child content (&gt; 51% coded as 1)</td>
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The Fourth Session (ish)

- Check-in – How are you?
- Review Time and Behaviour Graph/Chart – “So what do you make of that?”
- Form a theory of the “crime”?
- NOTE: Be aware of Fundamental Attribution Error
  - We do what we do because we judge based on the situation
  - Others do things due to internal dispositions
- You have to ask them why they did/do what they do and what factors come into play
The Fifth (ish) Session

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The Fifth (ish) Session

Consider teaching **Impulse Control Strategies**

- Record and try to recognize pro-dromal symptoms
  - Be mindful – what are your thoughts? – what are you feeling? – how does your body feel? Work the pattern backwards with the ABC’c Chart
- Challenge Negative Thoughts - “I’ll never get through with this” – set a kitchen timer for a short relaxing break
- Make it harder to be impulsive – Don’t carry phone/laptop at all times – hand it over after supper [Environmental Restriction]
- There is only 100% of behaviour – fill the time in other ways (organized) activities – commit to other things to do

The Fifth (ish) Session

Some other considerations

If the guy is lapsing: -- Do ABC Charting –

**Antecedents, Behaviour, Consequences**

- What was he doing/what was happening when the urge started?
- What exactly happened – type of image – how long – multiple orgasms – what “should” he have been doing?
- Where there any consequences – What might they be?

**Environmental Restrictions**

- Should the guy leave the laptop/phone at the office?
- Should he give up having internet access? Does he have a choice?
- Can he stay away from it at work?
The Fifth “Take Home”

Internet Rule #34:
If you can imagine it, there is already porn about it

Ogi Ogas
&
Sai Gaddam

(2012)

Assessment
• Frequency of use (per day/week)
• Time spent using (per day/week)
• What time of day do you tend to access porn (Mood) [STABLE Sex as Coping]
• Do you seem to lose track of time when you are surfing porn?
• How do you generally feel when you decide to access porn [STABLE relationship between mood and sexual expression]
• Types of porn – youth – aged – violent – child – fetish - some of everything
• Do you collect images or books or go inline and leave it online?
• Is your partner aware you use porn? What do they think?

Here is the quantum leap !!!!
• What are you missing out on when you are surfing for porn? (Note: this would never be an “early” question – this may be the most critical question in your whole treatment)
• Is this what you want? What would you prefer to be doing?
Suggested questions

Get the party started!!! Possibly for use with younger men

• Does the film The Matrix present fighting in a realistic way?
• Would you learn self-defence from watching The Matrix?
• What do you think of these American Apparel ads?
• Toddlers in Tiaras?

Do you think that porn represents sex realistically? Why/Why not?
• Do you think that porn represents women realistically?
• Does porn present women in a positive or a negative light? How does it present men?
• Do you think that porn presents men and women in a healthy way?
• Does porn use stereotypes? (gender, racial, age)

In Interview

• How was the porn accessed? Did you pay for it – Pay Sites? -- Individual images -- “Incest” porn -- Peer-to-Peer Sites – Newsgroups – “batch downloads” -- FTP downloads -- Blogs, chat rooms
• What don’t you like to see – delete? (Compare to what has been deleted in computer forensics)
• How did you organize this stuff – “good” – by gender, by activity, by age
• How much of each do you have? (Compare to computer forensics report and your review of the evidence)
• Question paraphilias – Esp. Voyeurism & Exhibitionism
• Masturbation – particular events/states, frequency (Sex as Coping)
NOTE: This isn’t even where the Porn is!!!

- Newsgroups (What offenders tell you about “I didn’t even know I had . . . )
- FTP (File Transfer Protocol) Sites
- Peer to Peer File Sharing (Pirate Bay)
- Torrents (is this one thing?)
- ?? Pay Services ?? (Wacky Data)

Trending

- Use of meta-data to target you as a porn consumer – send you what “they” think you want {Extinction and hotter/different stuff?}
- Movement from static platforms to mobile platforms {smartphones/tablets}
- **Increased Interactivity** – Snapchat/Snapcash, teledildonics, Oculus Rift,

Good Reads


- Important because it starts the work of comparing porn use in the general pop’n to acts of physical and verbal aggression.
Good Reads


• Describes strategies for talking about porn to teens
• Ideas about what various jurisdictions are doing

Good Reads

doi: 10.1177/1079063215603690

• Good recent summary review article – balanced – and clearly written – no scientific/stats knowledge is assumed