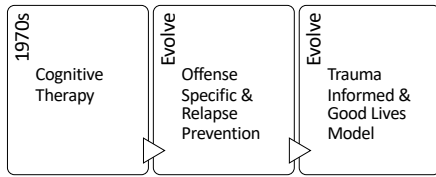


The Continuum of Treatment for Harmful Sexual Behavior: Prevention, Addiction, and Offending

Matthew L. Ferrara, Ph.D.
Austin, Texas
mferraphd@outlook.com

1

No More Victims!



2

Continuum of Victimization

Prevention of Child Sexual Abuse		Sex Addiction Treatment		Sex Offender Treatment
No Victims at All		Victimizing Self and Others		Victimizing Self, Others, and Community

3

Prevention

4

**Prevention Program
Discussed in this Presentation**

Providing therapy to individuals in the general public who have a sexual interest in children but are unknown to the authorities.

5

Prevention Program

Providing therapy to individuals in the general public

Prior Sex Offense Conviction	Undetected Child Sexual Abuse
No	No
Yes	Yes

6

Prevention Program: The Treatment Target

who have a sexual interest in children

7

**Prevention Program
The Clients**

but (the clients) are unknown to the authorities.

8

Primary Prevention Dunkelfeld (PPD)

Director Professor Klaus M. Beier, MD, Ph.D.
Institute of Sexology and Sexual Medicine, Berlin Charite Hospital

- Launched in 2005, in Germany; treating self-referral general public
- Between 2005 and 2011, PPD treated 319 clients
- Dunkelfeld means "dark field," the place where an individual with a sexual interest in children is unknown to authorities
- Hellfeld means "light field," where the criminal justice system has identified a person who has committed a sexual offense
- PPD uses the term "Sexual Preference" instead of "Sexual Orientation."
- PPD says a sexual preference in children manifests in childhood and remains fixed throughout life.

9

PPD Motto

You are not guilty because of your sexual desire
but you are responsible for your sexual behavior.
There is help!
Don't become an offender!

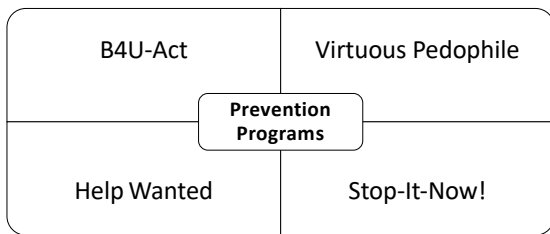
10

PPD Recruits Clients by Advertisement



11

North American Prevention Programs



12

The Zeitgeist of Prevention

- Association for the Treatment of Sexual Abusers changed its name to Association for the Treatment and Prevention of Sex Abuse
- Funding for prevention Programs and Research
 - Help Wanted - \$2 million to develop the program; recently \$1.6 million to assess the efficacy
 - Michael Seto/University of Ottawa - \$10.3 million from Geneva based Moore Foundation to identify and evaluate existing child sexual abuse prevention programs, across the globe
 - HHS – many child abuse prevention funding options for child abuse and neglect; could be used

13

A Rose by Any Other Name...Could Stink

MAPs or Minor Attracted Persons

VirPed or Virtuous Pedophiles

14

ATSA Listserve Posting

In August 2022 I was doxed by a group called Libs of TikTok who make it their business to identify, expose, and attack “Libs” who are doing things they don’t care for.

At the time I had an active website, YouTube channel, Instagram, and Facebook, and had been sharing psychoeducational videos and blogs, particularly on topics related to sexual safety.

15

ATSA Listserve Posting

I had posted an approximately ten-minute psychoeducational video about non-offending **minor-attracted persons**, and Libs of TikTok posted an excerpt of this video with inflammatory rhetoric accusing me of trying to normalize the sexual abuse of children.

16

ATSA Listserve Posting

As a result of this, the first 8-10 pages of any Google search for my name are now full of videos, articles, blogs, etc. demonizing me and calling for my head in various ways.

17

ATSA Listserve Posting

I was investigated at my full-time job (and eventually left voluntarily as the workplace climate began to feel unsafe), was fired from my part-time job due to pressure from a small but vocal group of people in my community on the agency social media page, lost multiple job opportunities

18

ATSA Listserve Posting

I sought new employment, took a break from presenting at conferences and community events, shut down my webpage and all social media and changed my phone number and email due to ongoing harassment and threats, felt unsafe going out in my community,

19

ATSA Listserve Posting

navigated politicians in my state putting out press releases demanding my firing and revocation of my professional license, endured being featured on outlets such as Fox News an Info Wars, had my name in the mouths of folks like Tucker Carlson and Ron DeSantis

20

ATSA Listserve Posting

was investigated by my licensure board for numerous allegations of unprofessional conduct made against me by people who have never met me and have never been clients of mine.

21

**Treatment Program for the
Prevention of Child Sexual Abuse**

22

**Components of a Child Sexual Abuse
Prevention Treatment Program**

Orientation	Moral Foundation	Life Story & Sex Hx	Prevention Assignments
Child Porn Assignments	Empathy for Children	Relapse Prevention	Co-Occurring Problems

23

Orientation Overview

- Prevention and Protection
- Define prevention
- Sexual Interest in Children
- Pedophilic Disorder
- Program Overview
- Vocabulary

24

Orientation: Defining Prevention

Stopping yourself before you ever have sexual contact with a child. The result of prevention is no child gets sexually abused. No New Victims!

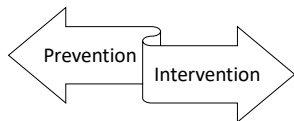
25

Mythological Types of Prevention

- Primordial Prevention
- Primary Prevention
- Secondary Prevention
- Tertiary Prevention
- Quarternary Prevention

26

**Prevention is Before
Everything Else is Intervention**



27

Orientation: Sexual Interest in Children

Sexual interest in children. If you have recurrent sexual urges, fantasies, or arousal to children, you have a sexual interest in children. If you are interacting with a child and you have sexual feelings, your sexual interest in children has been activated.

28

Orientation: Child Sexual Orientation

Child sexual orientation. Persons who discovered around puberty that they are sexually attracted to children have a child sexual orientation. A sexual orientation is discovered, not chosen. A sexual orientation determines the type of sexual partners that are sexually arousing. Sexual orientation does not change over time. There are two gender-related sexual orientations: heterosexual and homosexual. There are three age-related sexual orientations: pedophilic, hebephilic, and ephebophilic.

Fred Berlin (2011) and Michael Seto (2012)

29

Orientation: Pedophilic Disorder

- At least six months of sexually arousing fantasies, urges, or behaviors regarding prepubescent children **and** the person has acted on the urges **and** this causes distress or interpersonal difficulty
- **Exclusive Type:** sexual orientation; onset and awareness in puberty
- **Nonexclusive type:** situational, opportunistic, or learned
- Pedophilic interest doesn't always lead to diagnosis
- Child pornography is not sufficient to diagnosis a pedophilic disorder
- Things that affect pregnancy can result in sexual interest in children

30

Moral Foundation

- Duty to Self and Others
- Aristotle's Four Virtue: Justice, Courage, Moderation & Wisdom
- Seligman's Six Virtues: Add Spirituality and Humanity to Aristotle's Four Cardinal Virtues
- Haidt's Six Moral Foundations
- Create Your Life's Moral Theme: Do the Next Right Thing

31

Haidt's Six Moral Foundations

- Care vs Harm
- Fairness vs Cheating
- Loyalty vs Betrayal
- Authority vs Subversion
- Sanctity vs Degradation
- Liberty vs Oppression

32

Life Story and Sexual History



33

Sexual History Questionnaire

- Sexual Development
- Relationship with Parents
- Sexual Exploration
- Sexual Abuse Victim
- Sexual Imagery
- Masturbation
- Dating History
- Sexual Partners
- Illegal Sexual Behavior
- Adventurous Sex
- Power Sex
- Fetishes
- Sexual Addiction
- Sex through Electronics
- Sex without a Relationship
- Manipulative sex

34

Prevention Assignments

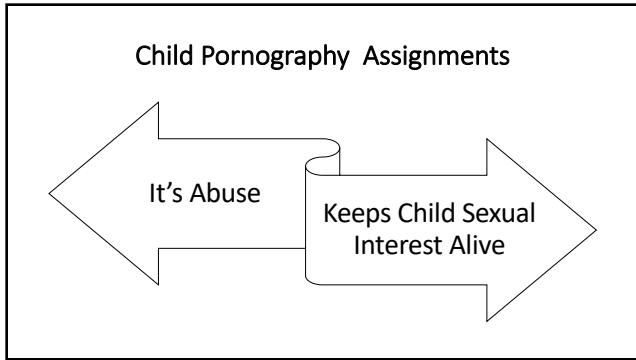
- Anti-Prevention Thinking Errors
- Pathways Assignments
 - Passive Pathway: No Coping
 - Paradoxical Pathway: Self-Sabotaging
 - Impulsive Pathway: Impulsive Personality Trait
 - Approach Pathway: The Superhighway to Child Sexual Abuse
- Imagery for Positive Relationship
- Intimacy

35

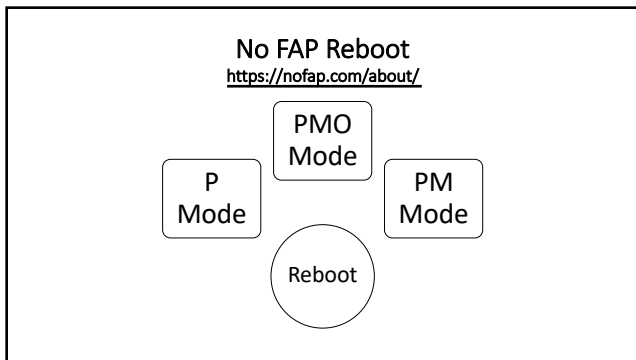
Anti-Prevention Thinking Errors

- The Child Won't Know
- Children Are Sexual
- At Least I Didn't Rape
- Harm Blindness
- Pure Heart

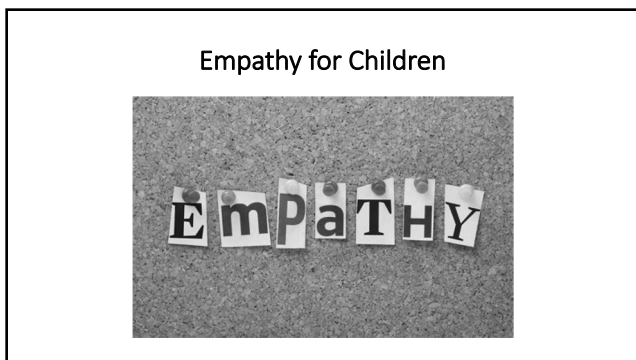
36



37



38



39

Victim Empathy Exercises

- What is Empathy
- Who is a Victim
- How was the Victim Hurt
- The Victim's Good Qualities
- Victim Reminders
- Victim Losses
- Questions Victims Ask

40

Relapse Prevention

RELAPSE

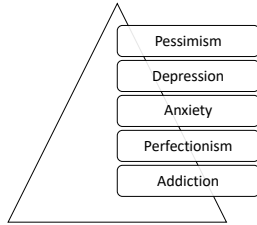
41

Relapse Prevention Exercises

- Define relapse prevention
- Explain relapse prevention
- Coping Cards for High-Risk Situations
- SUDS Worksheet
- Plans for high-risk Situations

42

Types of Co-Occurring Problems



43

Overlap and Uniqueness Prevention and Sex Offender Treatment

Overlap

- Sex History
- Pathways Assignments
- Victim Empathy Assignments
- Relapse Prevention Assignments

Unique to prevention

- Dealing with the whole person
- No government agency to report to
- Must have good therapy skills
- Define and Explain Prevention
- Child pornography treatment
- Dealing with Co-Occurring Problems

44

Sexual Addiction

45

Continuum of Victimization

Prevention of Child Sexual Abuse		Sex Addiction Treatment	Sex Offender Treatment
No Victims at All		Victimizing Self and Others	Victimizing Self, Others, and Community

46

**No More Victims!
Who Are the Victims of Sexually Addictive Behavior**

Sexual Addict	
Sexual Addict's Life Partner and Family	
Sexual Addiction Sexual Partner and Family	
Family, Friends, Employer & Coworker	
Generational Effect	

47

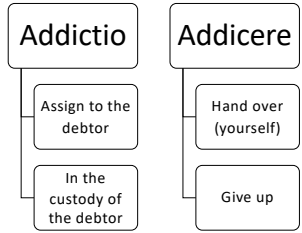
How Many Sexual Addiction Victims are There in Texas?

- 2,325 adults complete the Compulsive Sexual Behavior Inventory
- 8.6% have difficulty managing sexual urges, fantasies, and behavior
- 10.3% of males and 7.0% of females
- 23,972,935 adults in Texas
- 2.4 million male sex addicts and 1.7 million female sex addicts = 4.1 million
- 20.5 million victims of sex addiction; assume each sex addict has 5 victims

• Dickenson, JA, Gleason, N, Coleman, E, & Miner, MH. (2018) Prevalence of distress associated with difficulty controlling sexual urges, feelings and behaviors in the United States. JAMA Netw Open. (7):e184468. doi:10.1001/jamanetworkopen.2018.4468

48

Root of the Word, "Addiction"



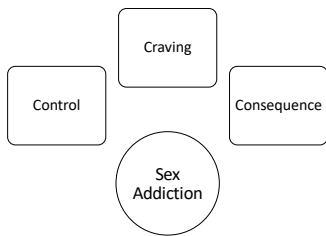
49

Sexual Addiction

Sex addiction is continued use of sexual behavior that harms the addict and others that is the result of a vehement, urgent, and consuming sexual craving.

50

The Three Cs of Sexual Addiction



51

American Society of Addictive Medicine

-Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences. Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases."

52

First Sentence of ASAM Definition of Addiction

- *Addiction is a treatable*
- *Chronic medical disease*
- *Involving complex interactions among (a) brain circuits, (b) genetics, (c) the environment, and (d) an individual's life experiences.*

53

Second Sentence of ASAM Definition of Addiction

- *People with addiction use substances or engage in behaviors that become compulsive and*
- *often continue despite harmful consequences.*

54

Third Sentence of ASAM Definition of Addiction

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

55

Effectiveness of Addiction and Mental Health Interventions

- Correlation = .00 sugar intake and cognitive processing by children
- Correlation = .02 aspirin and reduced risk of death by heart attack
- Correlation = .08 ever smoked and lung cancer in the next 25 years
- Correlation = .11 antihistamine use and reduced runny nose and sneezing
- Correlation = .14 non-steroidal anti-inflammatory and reduced pain
- Correlation = .14 **Relapse prevention for substance abuse**
- Correlation = .20 **between clozapine and symptom reduction in schizophrenia**
- Correlation = .23 **between family/couples therapy and less substance abuse**
- Correlation = .23 **effectiveness of educational and behavioral treatments**
- Correlation = .30 sleeping pills and improvement of insomnia
- Correlation = .32 **psychotherapy and general well-being**
- Correlation = .38 Viagra and sexual performance
- Correlation = .44 weight and height

Meyer, JM, Finn, SE, Eyde, LD, Kay, GG, Moreland, KL, Dies, RR, Eisman, EJ, Kubiszyn, TW, & Reed, GM (2001) Psychological Testing and Psychological Assessment. American Psychologist, 56,128-165

56



**Warning!!!
Rabbit Hole**



- Blood test for colorectal cancer = 65% accuracy in Stage 4 patients
- **Static-2002 = 72% accuracy**
- Emergency room hip x-rays = 74% accuracy
- **Level of Service/Case Management Inventory = 74% accuracy**
- X-rays for lung cancer = 75% accuracy
- Mammograms for breast cancer = 80% accuracy
- Digital mammograms for breast cancer = 99.9% accuracy

57

“Sex Addiction” is not a DSM Diagnosis and It Never Will Be

- Alcohol Use Disorder
- Caffeine Use Disorder
- Cannabis Use Disorder
- Hallucinogen Use Disorder
- Inhalant Use Disorder
- Opioid Use Disorder
- Sedative/Hypnotic Use Disorder
- Stimulant Use Disorder
- Tobacco Use Disorder
- Other Substance Use Disorder
- Pathological Gambling Disorder (in the substance use disorder section of DSM-5TR)
- Compulsive Sexual Disorder ICD-11 based upon the Three Cs

58

Explanation by DSM Why Sex Addiction Diagnosis is Not In DSM-5TR (p. 543)

- The term “addiction” is not used in DSM-5TR, even though it is used in many countries
- DSM-5TR committee said “Addiction” has a negative connotation. “Substance Use Disorder” is more neutral
- DSM-5TR committee said “Addiction” has an uncertain definition and possible negative connotations
- DSM-5TR committee said there is insufficient peer-reviewed evidence to establish sex addiction diagnostic criteria, course of behavior and descriptors needed to identify sex addiction as a mental disorder

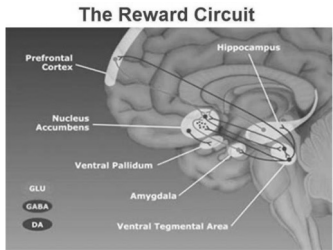
59

What Can Sex and Cocaine do that Broccoli Can Not Do



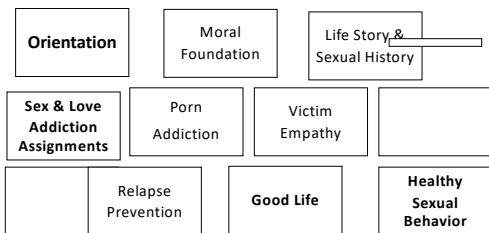
60

Pleasure Pathway, Dopaminergic Pathway, Reward Center, Reward Pathway, Mesolimbic System



61

Components of a Sexual Addiction Treatment Program



62

Interventions for Sex and Love Addiction

- Sex Addiction Thinking Errors
- Opportunity-Attachment-Trauma (OAT)
- Pleasure Pathway
- ACE Self-Control Techniques
- Why Sandwich
- Sexual Addiction Cycle Worksheet
- Coping with Triggers
- Coping with Cravings
- Coping with Unpleasant Emotions
- Exiting the Set-Up

63

OAT Lays the Foundation for Sexual Addiction

- **Opportunity.** Opportunity refers to the increased availability of sexual outlets in this electronic age. Online porn is the most obvious but also include hookup apps, solicitations for prostitution, sexual chatrooms, sexual webcams, and such.
- **Attachment.** The only healthy attachment style is a secure attachment. Sex addicts tend to have unhealthy attachment styles. **Anxious.** Individuals with this style tend to be worried that other people will harm them or be untrue, so they never fully commit to the relationship. **Avoidant.** Individuals with this style are never fully in the relationship because they reject closeness and prefer to be distant in relationships.
- **Trauma.** Research has shown that multiple or chronic adverse childhood experiences are linked with relationships problems, sexual problems, abnormal brain development, impulsivity, a four-fold increase in substance abuse, depression, poor health and vocational underachievement.

64

Porn Addicts Do All the Sex Addiction Assignments Plus...

- Pornography
- Supernormal Stimuli
- Pleasure Pathway
- No FAP
- Child pornography

65

Supernormal Stimuli

- A supernormal stimulus is an exaggerated version of a stimulus to which there is already a natural response.
- Supernormal stimuli create a supernormal dopamine response in the pleasure pathway, which creates a craving. A craving is an urgent, vehement and consuming desire.
- Researchers have studied how insects, birds, and humans respond to supernormal stimuli.

66

Supernormal Stimuli and Insects

- A 2011 Nobel Prize was awarded to two scientists who study insects.
- They showed that a particular type of beetle will try to mate with an empty beer bottle because the beer bottle had glass beads on the outside, which served as supernormal stimuli.
- All animals, including insects and humans, prefer amplified versions of real stimuli.

67

Supernormal Stimuli and Birds

- In 1951, researchers studied birds who normally produce blue-grey eggs.
- The researchers created fake eggs that were bright blue and very large. The eggs were so large that the birds who sat on them slid off.
- The researchers observed that birds preferred the supernormal stimuli eggs (larger and brighter eggs) over their own eggs that contained their own offspring.
- In this study, researchers showed that supernormal stimuli can make birds act in a harmful manner, i.e., the eggs they laid never hatched.

68

Supernormal Stimuli and Porn Addicts

- Common supernormal stimuli in pornography includes women with artificially large breasts or large butts and men with large genital.
- Habituation can and does occur
- Supernormal stimuli switches to novelty, fetish, taboo, surprising, or shocking

69

The Good Life

- Authentic Happiness (2004), by Martin Seligman
- Positive Psychology: The psychology of what makes life worth living.
- Flourish (2012) by Martin Seligman
- PERMA
 - Positive Emotions
 - Experience of Flow
 - Positive Relationships
 - Meaning
 - Achievement

70

Healthy Sexuality

- Define Healthy and Unhealthy Sexuality
- Sex Therapy Workbook

71

Sex Addiction Treatment Informs Sex Offender Treatment

- Improved insight into victim issues
- Sexual addiction treatment give more depth and understanding to the offense cycle
- Understanding the neurochemical chemical basis to sex addiction provides insights to the compulsive nature of sexual offending behavior
- OAT – gives you more treatment targets
- Transfer techniques from prevention and

72



73
