

AN INTEGRATIVE CHRISTIAN APPROACH  
TO SEXUAL ADDICTION TREATMENT

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# RECLAIMING SEXUAL WHOLENESS



A COMPREHENSIVE RESOURCE FOR  
THERAPISTS, COUNSELORS, & PASTORS

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## CHAPTER 1

# SEXUAL ADDICTION:

## *A Contextual Overview*

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## CHAPTER 2

# SEX ADDICTION:

## *Circuits, Synapses, and Sobriety*

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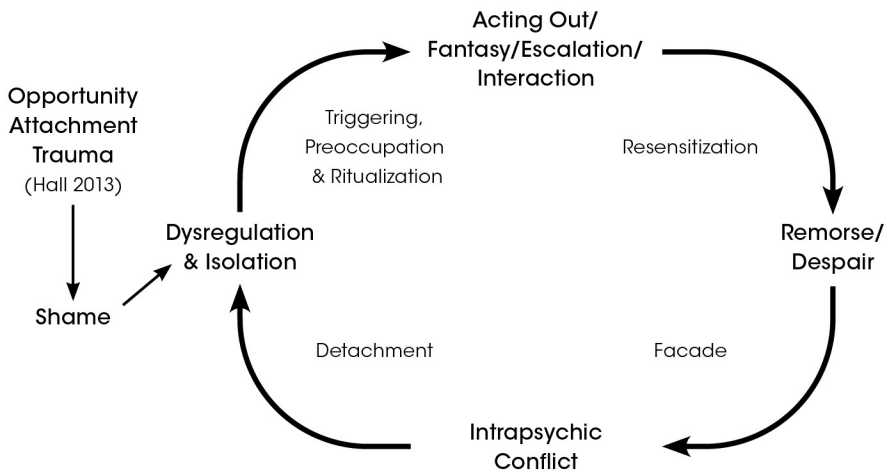
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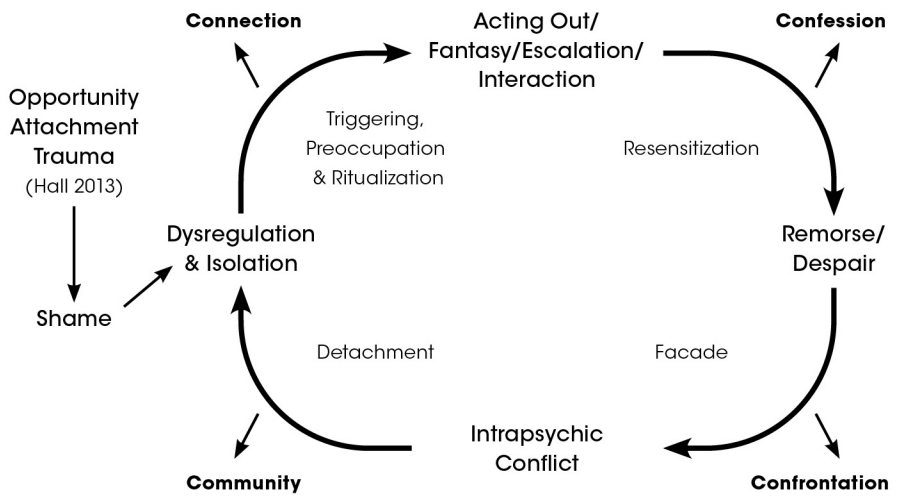


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## CHAPTER 3

# THE NEUROAFFECTIVE MODEL OF SEXUAL ADDICTION





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## CHAPTER 4

# SEXUAL ADDICTION AS AN ATTACHMENT DISORDER

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## CHAPTER 5

# THE DARK SIDE OF THE WEB:

## *Cybersex in the Twenty-First Century*

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# SEX AND GOD:

## *Toward a Theology of the Body*

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## CHAPTER 7

# REDISCOVERING JOY:

## *Disempowering Shame through Vulnerability*

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# ASSESSING COMPULSIVE SEXUAL BEHAVIORS:

## *Evidence Based Recommendations*

**Table 8.1: Proposed Diagnostic Criteria for Hypersexual Disorder**

- A. Over a period of at least 6 months, recurrent or intense sexual fantasies, sexual urges, or sexual behaviors in association with three or more of the following five criteria:
  1. Time consumed by sexual fantasies, urges, or behaviors repetitively interferes with other important (nonsexual) goals, activities, and obligations.
  2. Repetitively engaging in sexual fantasies, urges, or behaviors in response to dysphoric mood states (e.g., anxiety, depression, boredom, irritability).
  3. Repetitively engaging in sexual fantasies, urges, or behaviors in response to stressful life events.
  4. Repetitive but unsuccessful efforts to control or significantly reduce these sexual fantasies, urges, or behaviors.
  5. Repetitively engaging in sexual behaviors while disregarding the risk for physical or emotional harm to self or others.
- B. There is clinically significant personal distress or impairment in social, occupational, or other important areas of functioning associated with the frequency and intensity of these sexual fantasies, urges, or behaviors.
- C. These sexual fantasies, urges, or behaviors are not due to the direct physiological effect of an exogenous substance (e.g., a drug of abuse or a medication).

*Specify if:*

- Masturbation
- Pornography
- Sexual Behavior with Consenting Adults
- Cybersex
- Telephone Sex
- Strip Clubs
- Other: (e.g., prostitutes, adult massage parlors, strip clubs/adult bookstores)

*(Kafka 2010; 2014; Reid et al. 2012)*

**Table 8.2: Compulsive Sexual Behavior Disorder**

Compulsive sexual behaviour disorder is characterized by a persistent pattern of failure to control intense, repetitive sexual impulses or urges resulting in repetitive sexual behaviour.

*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 behaviour;
- and continued repetitive sexual behaviour 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 behaviour 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 behaviours is not sufficient to meet this requirement.

*(Kraus et al. 2018; World Health Organization 2018)*



**Table 8.3: Cyber-Pornography Use Inventory—4**

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
I believe I am addicted to Internet pornography	1	2	3	4	5	6	7
I feel unable to stop my use of online pornography	1	2	3	4	5	6	7
Even when I do not want to view pornography online, I feel drawn to it	1	2	3	4	5	6	7
I have put off things I needed to do in order to view pornography	1	2	3	4	5	6	7

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## CHAPTER 9

# GROUP STRATEGIES FOR TREATING PROBLEMATIC SEXUAL BEHAVIOR

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## CHAPTER 10

# UNDERSTANDING AND ADDRESSING BETRAYAL TRAUMA

**Chart 10.1: TIPSA Results**

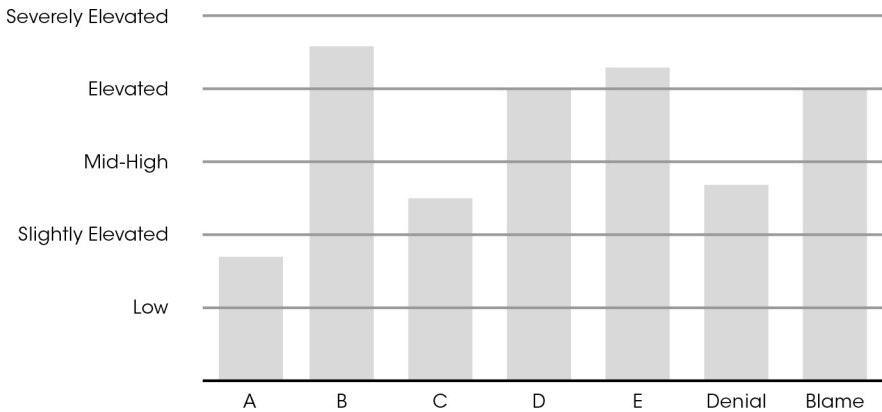
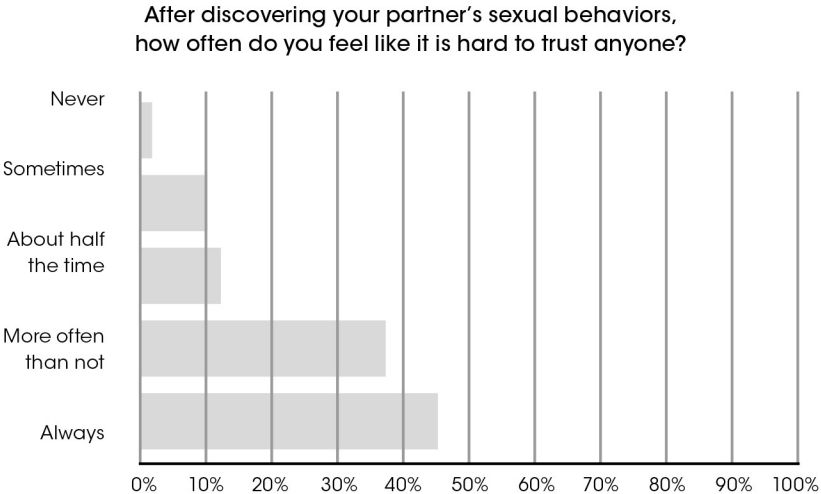


Chart 10.2: Trust After Sexual Betrayal



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## CHAPTER 11

# FROM TRAUMA TO TRANSFORMATION:

## *Posttraumatic Growth for Women Who Have Been Relationally Betrayed*

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