



Objectives

- ▶ Participants will gain a working knowledge of what sex addiction is and the different types
- ▶ Participants will briefly explore the DEC-R Model which is the foundational skill of sex therapy
- ▶ Participants will learn the importance of self-care and why it is critical to implement consistently

Rules

- ▶ Have an open mind
- ▶ Actively Participate
- ▶ Laugh at "All" of my jokes!!!

WHAT IS ADDICTION?

- ▶ Risky Behavior
- ▶ Irresistible Urges
- ▶ Compulsive Behavior
- ▶ Social & Interpersonal Issues (distress/impairment)
- ▶ Brain Disease

(alcohol, gambling, drug, sex)



Does It Exist?





Pornography, Sexting, Compulsive Engaging In Sex, Excessive Masturbation, Exhibitionism/Voyeurism, Pedophilia (sometimes)

Sex Addiction Controversy

Pathologizing
normal behavior



HOW CAN I
HELP?

DEC-R

In order to be effective with clients that are communicating or exhibiting hypersexual behavior need to have knowledge of the DEC-R to be effective.



DEC-R

D is for Dialogue

- ▶ You must be able to effectively communicate with your client about sex
- ▶ You must be ok and at peace with your sexuality
- ▶ Be able to effectively communicate your sexual theology
- ▶ Be able to take the lead by modeling appropriate vocabulary

DEC-R

E is for Educate

- ▶ Learn basic anatomy and sexual functions
- ▶ Understand myths, false attributions and unrealistic expectations
- ▶ Understand and be able to teach key sexual topics (language, gender differences)

DEC-R

C is for Coaching

- ▶ Effective coaches utilizes good manuals
- ▶ Effective coaches understand basic counseling techniques (listen, empathy, genuine, unconditional positive regard)
- ▶ Be able to trouble shoot the problem and history of the problem
- ▶ Conditioning and Desensitizing
- ▶ Cognitive Restructuring
- ▶ Sensate Focus

DEC-R

R is for Refer

- ▶ Most important part of sex therapy are resources!
- ▶ Second most important thing is knowing when to refer
- ▶ You can refer in D-E-C
- ▶ Build relationships with people in the field
- ▶ Refer when your skill set is low
- ▶ You need to be aware of (support group, psycho-ed group, therapy group, other sex therapists)

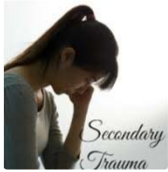
Trauma and Addiction

Kaiser Permanente's Adverse Childhood Experiences (ACE) study indicate that a child who experiences four or more traumatic events is five times more likely to become an alcoholic, 60% more likely to become obese, and up to 46 times more likely to become an injection-drug user than the general population. Other studies have found similar connections between childhood trauma and addiction



Beware

Secondary Trauma



- ▶ Helping field (it's inevitable)
- ▶ Takes an individual approach to reduce secondary trauma

Self-Care

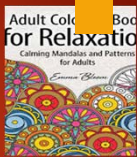
- ▶ Self-care is not an option but a professional responsibility
- ▶ Self-care is a critical prerequisite for patient care
- ▶ Without attending to our self-care, we can't help others
- ▶ Discard self-sacrifice at all costs and embrace self-care; use multiple techniques and strategies of self-care



**No Cookie Cutter
approach with us!**

Self-Care

- ▶ Relaxation In The Office!
- ▶ Muscles Relaxation
- ▶ Deep Breathing
- ▶ Laughter & Humor
- ▶ Reading
- ▶ Schedule a day off (regularly)
- ▶ Color
- ▶ Retreat
- ▶ Play
- ▶ Responsible scheduling







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