

# SEXUAL COMPULSIVITY: EFFECTIVE ASSESSMENT & TREATMENT

A Practical Workshop for counsellors, social workers, sex therapists and health professionals

By Joseph Winn, *MSW, LICSW, CST*

Date : 7th & 8th April, 2011

Time : 9:00 a.m. - 4:00 p.m.

Venue : Room 5, Magna Education Center, 6/F,  
Sino Cheer Plaza, 23 Jordan Road, Kowloon.

Fees : \$ 2000 (Certified & General Member)  
\$ 2500 (Non Member)

*Sexual compulsivity is a controversial and hotly debated topic that is frequently referred to as addiction, impulsive / compulsive sexual behaviour, hypersexuality, and paraphilias — all of which may resist the best efforts of skilled counsellors, social workers and health professionals.*

*In this 2-day training, we identify terms, outline major clinical models, and provide step-by-step suggestions for effective assessment and treatment of a wide range of personal problems and relational impasses associated with sexual compulsivity. We explore different diagnoses, systemic issues, medical conditions, and pharmacological agents that may actually trigger sexual compulsivity. We also explore emotional and spiritual implications for clients, along with our own attitudes about what constitutes “normative” sexual behaviour. Training session is interactive, with encouragement for participants to offer cases for creative group supervision.*

## **Contents include:**

### **1. Sexual Compulsivity: What Is it and How Can We Help Our Clients?**

Masturbation, affairs, cybersex, BDSM, polyamory, coercion, prostitution, use of sex toys and pornography — which of these qualify as sexually compulsive behaviour, and why? How do stereotypes related to gender roles and sexual orientation impact the perception of sexually compulsive behaviour? What are the findings of brain research? In this opening session, we investigate these and other issues, arrive at operational definitions, and sift through the growing glut of information that may lead even seasoned clinicians to feel confused about helpful approaches to diagnosis and treatment.

### **2. Models of Treating Sexual Compulsivity, from 12-Step Groups to Medicalization**

An introduction to the major approaches to sexual compulsivity: the Addiction model, the Impulsive / Compulsive Sexual Behaviour model, and the Social Control / Medicalization models—all of which present a continuum of treatment modalities. We examine each of these models along with their practical applications to specific cases brought by participants.

### **3. Practice: Assessing and Treating Difficult Cases**

The nuts and bolts of biopsychosocial evaluation, risk assessment, history-taking to determine motives and consequences, and strategies for motivating clients and their partners to pursue positive change. We investigate clinical nuances of treatment, including when to intervene, when to back off, and when to refer. We consider boundary issues such as transference and countertransference and their effects on both clients and participants.

**At the conclusion of this two-day course, the attendee will be able to:**

1. List current attempts to create a cohesive diagnostic category for compulsive sexual behavior.
2. Identify at least three theoretical models for assessing and treating compulsive sexual behavior.
3. Name family-of-origin and co-morbidity issues common to clients who struggle with compulsive sexual behavior.
4. Recognize differential diagnosis and systemic issues that may better account for the presence of compulsive sexual behavior.
5. Recognize normative developmental life stages and transitions that may account for compulsive sexual behavior.
6. Specify the clinical skills necessary for assessing compulsive sexual behavior.
7. Specify the clinical skills necessary for identifying and co-creating targeted treatment goals specific to compulsive sexual behavior.
8. Specify various intervention modalities, e.g., individual and couple clinical skills, necessary for the treatment of compulsive sexual behavior.
9. Detail how clinician discomfort with issues of sexuality, eroticism, and diverse sexual practices can contribute to misdiagnosis and/or over-diagnosis of compulsive sexual behavior.

*Joseph Winn MSW, LICSW, CST, is a licensed clinical social worker and an AASECT certified sex therapist. He is currently in private practice where he works with individuals, couples, and families presenting with a variety of sexual, chemical dependency, and trauma related, concerns and issues. He has lectured widely on issues related to working respectfully with gender variant populations, treating sexual-compulsivity, and various sexuality related topics. He is a board member for The Center for Sexual Pleasure and Health, a member of the AASECT Mentor Committee, and a clinical member of The Society for Sex Therapy and Research. He consults with various organizations in New England, US, related to sexuality and gender identity issues, and provides supervision to clinicians of various disciplines related to his specialties.*

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**Questions?** To contact Secretariat at

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Phone: 3583 4184 Fax: 3583 4185 Email: [info@hkasert.org.hk](mailto:info@hkasert.org.hk)

**To Register**, please fill in the form below and send it back to the Secretariat with the correct amount of enrolment fee by cheque. (Make cheque payable to "Hong Kong Association of Sexuality Educators, Researchers and Therapists Ltd.")

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**Name (Eng)**

**Name (Chi)**

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**Tel (1)**

**Tel (2)**

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**Email**

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**Address**

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**Current Occupation**

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**Qualifications**

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\* Registration for workshop is limited to 40 participants.

This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 12 CE's. These CE's may be applied toward AASECT certification and renewal of certification