Hypersexuality

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Ainslie.Heasman@camh.ca
416-535-8501 Ext: 34957
Sexual Behaviours Clinic

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale
History of Hypersexuality

- 1775 – English translation of M.D.T. Bienville’s dissertation
- Don Juan (Seducer of Seville) – 17th Century
- Dr. Benjamin Rush (1830) – “Morbid States of Sexual Appetite”
  - Repeated sexual conquests (Don Juanism & Nymphomania)
Media Portrayal

- Thematic analysis of lay media
  - Sept-Nov 2013; 120 media sources; 101 items (news, magazines, blogs)

- Most prominent themes
  - Pornography as addiction
  - Pornography is good for relationships
  - Pornography use is a form of adultery
  - Partner’s porn use leads to feelings of inadequacy
  - Pornography use changes expectations about sexual behaviour

- Media seen to employ porn/sex addiction in reference to wide range of sexual behaviours or interests

- Reliance on anecdotes and personal accounts

(Montgomery-Graham, Kohut, Fisher & Campbell, 2015)
Does it Matter?

- DSM-V rejected it for inclusion
- ICD-11 likely to include as Compulsive Sexual Behaviour Disorder in the Impulse Control Disorders section.
- Estimates between 3-6% of general population have hypersexuality
- Who cares what we call it right?
- It matters
  - Mental health providers
  - Society
  - Clients
Compulsive, Impulsive, Addiction or None of the Above?

**OCD (DSM-V) – “compulsive like behaviors”**
- Gambling, sex, substance use --- different from the compulsions found in OCD in that the person usually gets *pleasure* from the behaviour.
- Individuals with OCD are usually risk avoidant (versus risk/sensation seekers) (Kafka, 2001)
- Compulsive behaviours are typically resisted and usually don’t represent a prior thought (instead serve to neutralize the thought). (Schwartz & Abramowitz, 2005)
  - Hypersexuality is usually a purposeful enactment of a prior thought/fantasy.

**Impulse Control Disorders (DSM-V)**
- “…violate the rights of others…and/or that bring the individual into significant conflict with societal norms or authority figures.” (p. 461)
- Gambling Disorder now removed from Impulse Control Disorders
- Disinhibited behaviour is not necessarily indicative of impulsivity (Kingston & Firestone, 2008)
Sex as an Addiction?

- “Addiction” suggests a particular etiology/process.

- More than just behavioural manifestation

- When used for biologically mediated appetitive behaviours can be confusing (Kafka, 2001)

- Being “like” another disorder is “reasoning by analogy” (Ley, 2012)
Sex as an Addiction?

- American Association of Sexuality Educators, Counselors, and Therapists (AASECT)

- “..that linking problems related to sexual urges, thoughts or behaviors to a porn/sexual addiction process cannot be advanced by AASECT as a standard of practice for sexuality education delivery, counseling or therapy.”
Hypersexual Disorder

• See handout for proposed DSM criteria.
Co-occurring Substance Issues?

- Definition of “addiction” or hypersexuality varies between studies

- **Addiction Interaction Disorder** (Carnes, Murray & Charpentier, 2005)

- 25%-33% of individuals with substance use disorders identified as having **hypersexuality** (Brem, Shorey, Anderson & Stuart, 2017; Starvo, Rizkallah, Dinh-Williams, Chiasson & Potvin, 2013; Pedrelli et al., 2010)
  - 14% in women (Pedrelli et al., 2010)

- 29%-63% of individuals with hypersexuality also had substance use disorder (Hartman, Ho, Arbour, Hambley, Lawson, 2012; Raymond, Coleman & Miner, 2003)
Co-occurring Gambling Issues?

- Gambling Disorder part of the Substance-related and Addictive Disorders section.

- 8-20% of individuals who engaged in problematic gambling also met criteria for problematic sexual behaviour (Grant & Steinberg, 2005; Grant & Kim, 2003; Black & Moyer, 1998)
Typologies

- Avoidant Masturbator (27 of 108 cases)
- Paraphilic Hypersexual (33 of 108 cases)
- Chronic Adultery (15 of 108 cases)
- Sexual Guilt (5 of 108 cases)
- Designated Patient (12 of 108 cases)
- Better Accounted for as a Symptom of Another Condition (11 of 108 cases)

Cantor, Klein, Lykins, Rullo, Thaler, & Walling (2012)
Sutton, Stratton, Pytyck, Kolla, & Cantor (2014)
Case Study

I am a 32 year old heterosexual female on ODSP for an intellectual disability. Starting last year I wondered if I was a lesbian, but don’t believe I am. I masturbate daily for around 10 minutes each time and fantasize of various celebrities. I don’t view pornography as it’s not appropriate.

A couple years ago I started working at an animal rescue and saw two dogs humping one another. Since then I have frequent sexual thoughts about dogs and imagine my family members having sex with dogs. I can’t go to work without thinking about the dogs in a sexual way so I’ve gone on sick leave. I don’t find these thoughts arousing, but I can’t stop thinking about them.
Assessment

- Inquire about mental health/medical/neurological conditions (e.g. head injury, pituitary/hypergonadal issues, Huntington’s, dementia, psychosis, manic state).

- Relationship to substance use

- If one area of deficit in self-regulation (e.g. gambling), assess for other areas as well (e.g. sex)

- Explore all areas of sexual behaviour
General Sexual History Questions

- Onset of puberty
- Hx of genital concerns
- Hx of functional difficulties
- Sexual orientation/hx of confusion
- Gender identity/hx of dysphoria
- Pregnancies, abortions, miscarriages
- Religious/moral concerns w/ sexual bx
- Sexual activity preferences
Sexual Experience Questions

- Age at first sexual experience
- Consensual
- Non-consensual
- Number of sexual partners
- Satisfaction w/ partners
- Preferred sexual activities, age preferences, body type
- History of infidelities (self/partner)
- Involvement with/as sex trade workers
- Hx of STI’s
Sexual Experience Questions

- Newsgroups/chat sites
- Webcam
- Filming/photographing others sexually
- Saunas/bathhouses
- Exotic dance clubs
- Massage parlours
- Phone sex/chat lines
- Nudism/naturist locations
- Sexual jokes/comments
- Personal ads
- Sex as coping
- Frequent sexual thoughts
VSS/Masturbation

- Frequency of masturbation/fantasies
- Stimuli for masturbation
- Hx of visual sexual stimuli (VSS)
- Types
- Frequency
- Location/Timing
- Devices
- Collection
- $ spent on VSS via Internet
- Child abuse images
Case Study

I am a 37 year old married heterosexual man and work as a paramedic. I was popular growing up and also a bit of a trouble maker. I was often in fights, stole, and vandalized property before age 15. At work currently, I’m often having problems with supervisors and co-workers. I don’t have any close friends currently, but have been married for 22 years and have three kids. I spend time at the gym when not working.

When I was 10 my female adult babysitter would touch me sexually. I first had sex when I was 13 and have had hundreds of sexual partners in total. My wife caught me cheating as she read my emails and saw text messages from my involvement on Craigslist and Backpages looking for sex, which I do 3-4 x/month. It’s fun to meet up with different women for sex, particularly since my wife isn’t putting out. I watch porn about 1-2 x/week for 30 minutes, and have sex with my wife 2-3x/week. My wife is very upset and wants me to go for therapy for sex addiction.
Paraphilias

- Paraphilias (DSM-V; 2013)
  - “...intense and persistent sexual interest other than sexual interest in genital stimulation or preparatory fondling with phenotypically normal, physically mature, consenting human partners.”

- Paraphilic Disorder – causes distress or impairment; causes personal harm or risk of harm to others

- Paraphilias generally fall into one of two groups
  - Anomalous activity or preference
Asking about Paraphilias

- **Exhibitionism** --- ever exposed yourself to someone who wasn’t expecting this?
- **Voyeurism** --- ever watched someone (in the nude; engaged in sexual activity) for your own sexual arousal who didn’t know you were watching them?
- **Frotteurism** --- ever rubbed up against someone (with your genitals) for own sexual gratification?
- **Transvestic Fetishism** --- ever engaged in cross-dressing or wearing clothing of the opposite sex for sexual arousal?
- **Fetishes** --- any inanimate objects you find sexually arousing; any nonsexual body parts you find sexually arousing?
- **Bestiality** --- any sexual interest in animals?
Asking about Paraphilias

- **Urophilia** --- sexual interest in urine?
- **Coprophilia** --- sexual interest in feces?
- **Telephone scatalogia** --- any sexual interest in making sexually obscene phone calls to someone who is not expecting?
- **Autogynephilia** --- any sexual interest in imagining yourself as female?
- **Gerontophilia** --- any sexual interest in the elderly?
- **Bondage** --- sexual interest in being tied up, blindfolded etc?
- **Sadism** --- any sexual interest in causing pain or humiliation to others?
- **Masochism** --- any sexual interest in receiving pain or humiliation?
- **Nonconsent** --- any sexual interest in someone who is asleep, unconscious or deceased?
Asking about Paraphilias

- **Coercion** --- any sexual interest in forcing someone to have sexual contact with you?
- **Pedophilia** --- any sexual interest in an immature/undeveloped body frame?
- **Hebephilia** --- any sexual interest in a developing body frame?
- **Any others?** Sexual interests/behaviours you were confused by or think others might not understand?
I am a 59 year old homosexual man in a partnered relationship for 20 years. I work full time as a painter in home renovations. My father was diagnosed with dementia about three years ago. He was my best friend and he no longer recognizes me. I have used meth weekly for several years, with my longest period of sobriety being four months. I don’t drink to excess and have not used other drugs. I have felt sad since my father’s diagnosis. I don’t have many friends and generally work and stay at home.

I have had about 120 male and 3 female sex partners, and have paid for, or traded drugs, for sex. My partner and I like different things sexually and we rarely are intimate. I prefer to experience a lot of pain during sexual encounters. I tend to masturbate 3-4 x/day while viewing videos of p & p porn for a few minutes each time. It’s only when using meth that I visit bathhouses or go on apps to meet men.
Treatment

• Address underlying MH issues
• MI & CBT
• Referral to Sexual Behaviours Clinic for additional assessment or treatment
  • Phallometric testing
  • Medication consultation
  • Telepsychiatry
• Creating safe space in your (non-sexual) treatment for disclosure
• Community referrals
  • [www.bestco.info](http://www.bestco.info) -- individual & couples’ tx
  • Specific provider recommendations for paraphilic interests via SBC
• SL/SAA/SLAA
CAMH SBC Treatment

- CAMH offers a 12-session Hypersexuality group for men approx. 3x/year.

- Motivational Interviewing, Cognitive Behaviour Therapy, Good Lives/Values Identification
  - Stages of Change; Decision Matrix
  - Goal Setting - sexual and non-sexual
  - Understanding & managing thoughts/feelings/behaviours
    - Managing urges
  - Thoughts/thinking errors
  - Triggers & 4 P’s
  - Self-Care (sleep, healthy balance)
  - Mindfulness & Coping strategies
    - Emotions (anxiety, stress); distress tolerance
    - Procrastination
    - Boredom
  - Healthy Relationships/Sexuality
    - Communication
    - Desire Discrepancy
    - Healthy Sexuality
Medication

- Medication (SSRI’s) has been shown to impact hypersexuality/sex drive
- Antiandrogen medication
Other Resources

- Cybersex Unplugged: Finding Sexual Health in an Electronic World
- Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure
Other Resources

- **The State of Affairs**
  - By Esther Perel
  - *New York Times Bestseller*

- **Mating in Captivity**
  - By Esther Perel
  - *International Bestseller*

- **The Myth of Sex Addiction**
  - By David J. Ley