**AGPA Connect 2023 Presenter Information**

**Course Code:** 218

**Course Title:** Group Approaches to Sexual Behavior Dysregulation and Erotic Conflicts

**Course Times:** 7:00 AM - 8:00 AM

**Course Dates:** Saturday, March 11

**Instructors:** Adam Fisher

Adam Scalese

Kersti Spjut

**Course Description:** This panel will introduce three group approaches to working with clients in a group setting, who feel either out of control with their sexual behaviors, or conflicted in some way. The panel will first present research on the topic on “sex addiction” or “12-step” groups, followed by a presentation on a non-pathologizing approach to group therapy for partners, and a final presentation on two models: Out of Control Sexual Behavior (OCSB), and Acceptance and Commitment Therapy (ACT) applied to this population.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎Describe benefits and drawbacks of utilizing or referring to 12-step groups in treating dysregulated ‎sexual behavior.‎
2. ‎Summarize Acceptance and Commitment Therapy (ACT) principles and interventions for addressing ‎erotic conflicts in a group therapy setting.‎
3. ‎Compare and contrast an ACT-based psychoeducational group and the sexual health-based OCSB ‎group treatment.‎

**Significant Articles:**

1. Braun-Harvey, D., & Vigorito, M. A. (2016). Treating out of control sexual behavior: Rethinking sex ‎addiction. Springer.‎
2. Crosby, J. M., & Twohig, M. P. (2016) Acceptance and commitment therapy for problematic internet ‎pornography use: A randomized trial. Behavior Therapy, 47, 355-366.‎
3. Grubbs, J. B. Exline, J. J., Pargament, K. I., Hook, J. N., & Carlisle, R. D. (2014). Transgression as ‎addiction: Religiosity and moral disapproval as predictors of perceived addiction to pornography. ‎Archies of Sexual Behavior, 44, 125–136.‎
4. Leonhardt, N. D., Willoughby, B. J., & Young-Peterson, B. (2018) Damaged goods: Perceived ‎pornography addiction as a mediator between religiosity and relationship anxiety surrounding ‎pornography use. Journal of Sex Research, 55, 357–368.‎

**Agenda:**

1. Sexual Addiction or 12-step model history (15 min. Obj. 1, Adam Scalese, Lecture) --Religious individuals may be higher utilizers of 12-step groups to treat OCSB --Benefits of 12-step groups for OCSB --Drawbacks of 12-step groups for OCSB --Implications for treatment planning
2. Understanding the need for a partner group (15 min., Obj. 2, Kersti Spjut, Lecture)
   * Rationales for creating this group
   * Similarities and differences between this group and “betrayal trauma” groups
   * The intervention
   * Overview of group content
   * Sharing stories
   * Media literacy
   * Sexual health education
   * Mindfulness and acceptance
   * Value-based living
   * Common relational dynamics
   * Common themes and questions of group members
   * Future directions
3. Psychoeducational (ACT) vs. Sexual Health-based Group Therapy (OCSB) (15 min., Obj. 3, Adam Fisher, Lecture)
   * Basic ACT interventions in group
   * quantitative and qualitative research on ACT approach relevant to sexual dysregulation and erotic conflicts
   * Introduction of OCSB model
   * comparison of the two models and future directions

**Assessment Questions:**

Question 1 (include possible answers)

1. Which relational dynamic for individuals whose partners engage in value-incongruent sexual behavior tends to be the most egalitarian? a. Using a parent-child dynamic b. Being an “accountability partner” c. Value-based partnership

Correct Answer 1

c. Value-based partnership

Question 2 (include possible answers)

3. Which of the following themes is/are commonly discussed in the partner groups from today’s presentation? a. Media literacy b. Sexual health c. Value-based living d. Mindfulness and acceptance e. All of the above

Correct Answer 2

e. All of the above

Question 3 (include possible answers)

Religiously conservative clients whose partners use erotic media always show signs of PTSD when they learn about their partners’ behavior. (True/False)

Correct Answer 3

False

Question 4 (include possible answers)

Are religious individuals more OR less likely than irreligious individuals to identify as pornography addicts?

Correct Answer 4

More likely

Question 5 (include possible answers)

What are the benefits of 12-step groups to treat OCSB? Possible answers: Shame reduction, a sense of connectedness with others

Correct Answer 5

Shame reduction, a sense of connectedness with others

Question 6 (include possible answers)

What are the drawbacks of 12-step groups to treat OCSB? Possible answers: Possible increase in shame, hyper focus on behavioral outcomes, narrowed focus on improving sexual health.

Correct Answer 6

Possible increase in shame, hyper focus on behavioral outcomes, narrowed focus on improving sexual health.

Question 7 (include possible answers)

Which of the following is not one of the sexual health principles in the OCSB approach? a. Shared Values b. Pleasure c. Self-awareness d. Non-exploitation

Correct Answer 7

c. Self-awareness

Question 8 (include possible answers)

Lists one of the key interventions the ACT-based group? Possible answers: defusion, sharing of history of sexual concern, willingness, values

Correct Answer 8

defusion, sharing of history of sexual concern, willingness, values

Question 9 (include possible answers)

Which one of the following is one of the 3 clinical areas in the OCSB approach? a) Self-regulation b) Differentiation c) Acceptance

Correct Answer 9

a) Self-regulation

Question 10 (include possible answers)

Describe some of the main differences between the two models. Possible answers: ACT is a psychoeducational group; OCSB is a therapy group. OCSB utilizes more process. ACT group directly teaches strategies.

Correct Answer 10

Possible answers: ACT is a psychoeducational group; OCSB is a therapy group. OCSB utilizes more process. ACT group directly teaches strategies.