

Cybersex and The e-Family What Marriage and Family Therapists Should Know

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AHHHH!

This presentation & slide show contain material that some individuals may find uncomfortable or offensive.

Growth can come from discomfort. We hope you leave here at least two inches taller.

Take care of yourself.

Thoughts for the Day

- Terminology
 - Cybersex
 - Cybersex Compulsivity
 - Cybersex Addiction
 - Problematic Online Sexual Behavior
 - Out of Control Online Sexual Behavior
- Individuals, couples and families are struggling

Thoughts for the Day

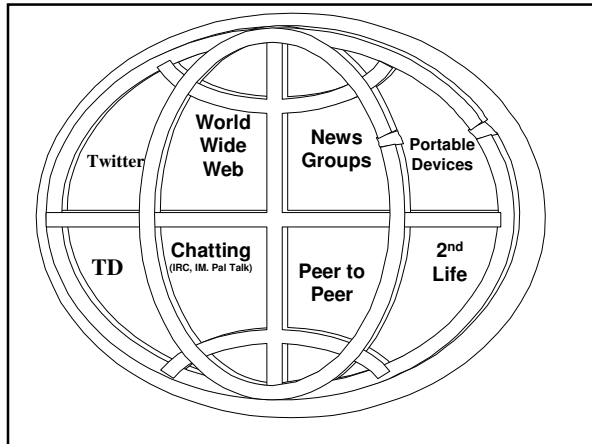
- The impact is felt throughout the family system
- Problematic online sexual behavior pulls whoever is struggling out of relationship with others resulting in emotional abandonment and/or neglect

Goal

- Provide a strong foundation
 - Understanding
 - Assessment
 - Treatment
 - Management
- Mantra for the day - **Foundation**

Emotional Intelligence

- EQ
 - Ability to maintain values and integrity
 - Ability to consider short/long term consequences
 - Ability to understand my impact on others
 - Ability to understand the inner workings of my "core"
 - Ability to stay in my "hoop"
 - Ability to be in an intimate relationship with others
 - Ability to maintain all of the above when the world is "screaming"



Psychology and Biology

- Psychology of Internet
 - Creates unique environment
 - Allows for behavior that would be less likely to occur offline
 - Decreases ability to think of consequences
 - Impairs empathy

Triple A Engine

- Anonymity
- Accessibility
- Affordability

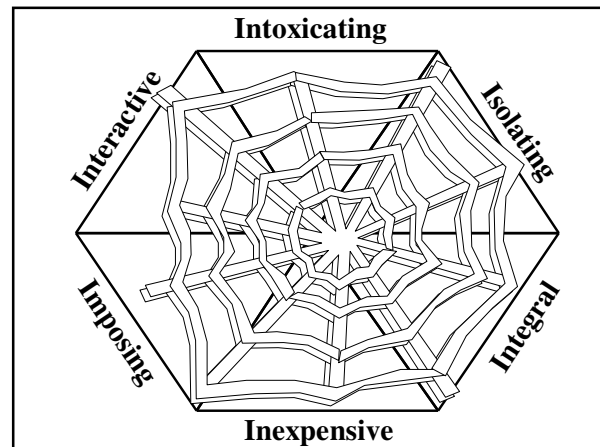


The Online Disinhibition Effect

- You Don't Know Me
- You Can't See Me
- See You Later
- It's All in My Head
- It's Just a Game
- We're Equals / Friends

Deindividuation

- Social psychology concept from the 1970's
- Offline deindividuation
- Online deindividuation
- The role of anonymity



Psychology of the Internet

- More than the Triple A Engine
- More than the CyberHex
- More than the Online Disinhibition Effect
- More than de-individuation
- Our thinking is evolving around what hooks people into the Internet
 - The Internet matches to personality and mood
 - The Internet matches to disorders
 - Both dynamic and static
 - Many senses are stimulated

Psychology of the Internet

- Society and Culture
 - No Rules Yet
 - Sex Will Become More Open, Understood and Varied
 - Sex Will Become More Casual, Trivialized, and Nonrelational

Psychology and Biology

- Autonomic Nervous System?
 - What did you experience?
 - What did your head tell you?
 - How did your body respond?
 - What did your stomach say?
 - Why did you experience it?



Psychology and Biology

- Where do you use the Internet
- Internet provides very few clues/signals/horns
- No autonomic nervous system responses
- True for both recognizing danger that is on the Internet and for monitoring our own behavior

Psychology and Biology

- Adolescent Brain
 - Not just a mini-adult brain
 - Attending To Risk
 - It doesn't – Actually hormones are present that create a craving for risky behavior
 - Pre-frontal cortex (decision-making center) not fully developed – It is developing
 - Accounts for hit and miss syndrome
 - Generalization does not occur
 - Brain learns from experiencing modeling
 - Internet Modeling?

What's Kewl about the Internet?

(Psychological Development in Tweens/Teens)

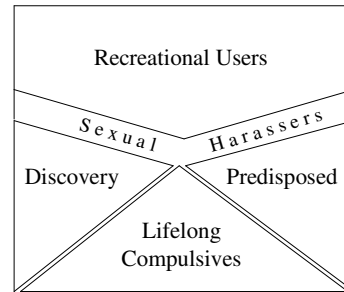
- Identity Experimentation & Exploration
- Intimacy and Belonging
- Separation from Family and Parents
- Exploring the Forbidden



Methods and Venues

- Chatting
 - IM Programs
 - Gmail
 - AOL
 - MSN
 - IM Programs with Portals to Chatting
 - Yahoo Messenger/Excite Chat
 - Web Cams
 - Skype/Pal Talk
 - Internet Relay Chat – IRC
 - f Servers

Cybersex User Categories



Discovery

- Smallest group
- Doesn't fit traditional profile
- "Clean" History
 - Sexual
 - Psychological
 - Family
- Often caught in sting operations

Predisposed

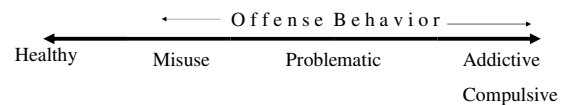
- Internet triggers the tripwire
- Internet sustains behavior
- Detectable predispositions in history
- Good external controls
 - Reduced by Internet
- "Edge Walkers"

Lifelong

Long Term and Persistent Pattern of Behavior
 Begins pattern in early adolescence or earlier
 Usually has history of abuse
 Ritualized and Need Driven Behaviors

Specific Sexual Interests
 Has paraphilic preferences - may be multiple
 Centers life around preferences

Sexual Activity Continuum



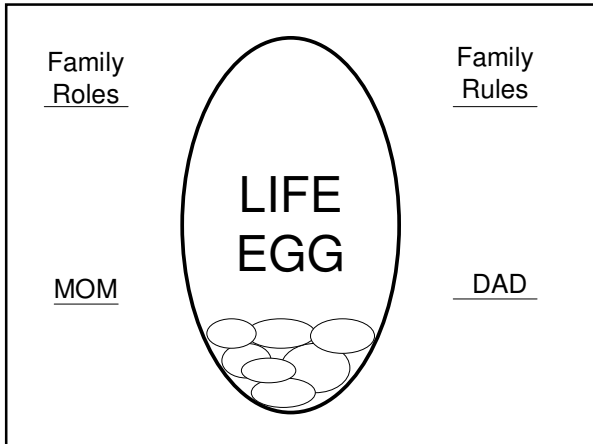
Defined by
 Society
 Ethnicity
 Religious Beliefs
 Family
 Attitudes / Values

Because of lack of standardized diagnostic criteria, rarely defined the same except in extreme cases

Assessment Non Internet Related

- Psycho-Social-Sexual Interview
 - Family/Childhood History
 - Abuse/Trauma History
 - Comprehensive Sexual History
 - Education History
 - Social/Relational History

- Life Egg



Assessment Non Internet Related

- Psychological Testing
- Addictive Disorders
- Anxiety/Depression
- ADHD/ADD
- Offline Sexual Compulsivity
 - Lifelong Sexual Compulsive
 - Narcissistic/Dependent/Antisocial/Borderline

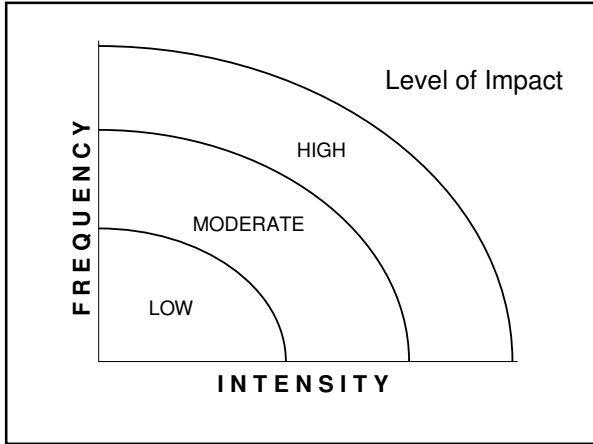
- 65%-80% of Lifelong Sexually Compulsives have some type of co-morbid issue

At Risk Youth

- Youth with offline hx of physical or sexual abuse
- Youth who are alienated from their parents
- Youth who struggle with social interactions
- Youth who suffer from depression
- Youth who have delinquent tendencies
- Youth engaged in sexual risk taking
- Girls and boys who are gay/questioning sexuality
- Youth who experience extreme pressure to succeed, strive to be perfect

Global Internet Assessment

- Typical Critical Criteria to Consider
 - # of hours
 - Frequency vs Intensity
 - Online for Sex : Total Online Time



Global Internet Assessment

- Internet Disclosure Form
- Internet Sex Screening Test
 - ISST, ISST-R, ISST-A
- Internet Assessment
 - IA-Q, IA

Internet Sex Screening Test

- General SC vs Non SC
- 5000 males/1000 females
- No difference
 - Age (average 30-34)
 - Amount of time online-general (20-22 hrs per week)
- Significantly Different
 - Amount of time online in sexual activity (3-4 hrs per week vs. 9-10 hrs per week)
 - Other than home use – equal for males & females
 - Accessed illegal material (SC) - 52% male / 37% female

ISST-R Study

- OSBS – Online Sexual Behavior Social
 - I use sexual humor and innuendo with others while online
 - My online relationships help support me in my day to day life
 - I have had physical sexual contact with someone I met while online
- OSBI – Online Sexual Behavior Isolated
 - Even in chat rooms I prefer to observe than to participate
 - I hate when others interrupt me while I am online
 - Instant messaging is really a distraction to what I to be doing

ISST-R Study

- NHU – Non Home Computer Use
 - I have use the company laptop for online sexual behavior
 - I have paid to use a computer (e.g., cybercafe) for sexual purposes
 - I have accessed sex from a friend's or colleague's computer
- ILL - Illegal
 - I have talked to minors online about sex
 - I have run across illegal sexual material while on the Internet
 - I have deleted files from my computer that bordered on being illegal

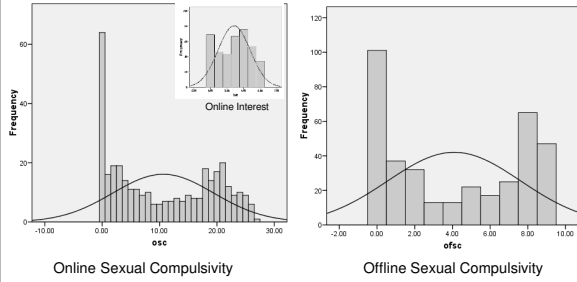
ISST-R Study

- INT – Online Sexual Interest
 - I have some sexual sites bookmarked
 - I am curious about online sex
 - I have interest in what is online sexually
- OFSC – Offline Sexual Compulsivity
 - Before sex I want it afterwards I regret it
 - When I have sex I feel depresses afterwards
 - I continue my sexual behavior despite the problems it has caused
- DEC – Deception

ISST-R Study

	Sex Addict	Non-Addict
OSC-27	17.93	5.02
OSS-15	3.64	1.07
DEC-5	.25	.37
NHU-7	2.42	.60
ILL-10	2.67	.87
OSBS-19	7.08	4.02
OSBI-19	11.63	6.85
INT-6	3.85	2.05
OFSC-9	6.96	1.81

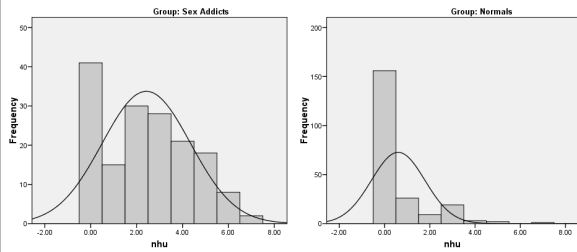
Measures of Sexual Compulsivity – All Subjects



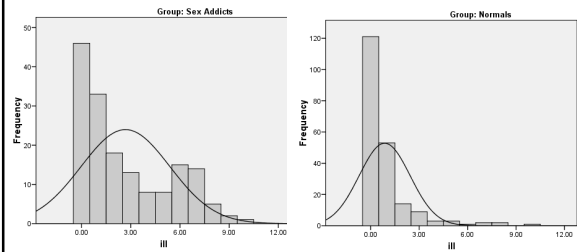
Internet Assessment Themes

- *Arousal*
- *Tech-Savvy*
- *Risk*
- *Illegal*
- *Secrecy*
- *Compulsive*

Non-Home Use: Addicts vs. Normals



Illegal Online Sex Activity – Addicts vs. Normals



Internet Assessment A Semi-Structured Interview

- Over the past six months, on average how many hours per week is your computer logged on to the Internet? On average, how many of those online hours do you sit in front of your computer and use the Internet (not necessarily for sexual purposes)?
- Have you ever posted/traded any sexual material on or through the Internet? This would include self photos, photos of others, sexual stories, videos, audio clips, sexual blogs, sexual profiles, etc.
- Do you use any of Peer to Peer software programs

Internet Assessment A Semi-Structured Interview

- Has your offline sexuality ever been impacted by your online sexual behaviors?
- Has there ever been a relationship between your masturbation and cybersex behaviors?
- Have you ever noticed a progression in your sexual risk taking behavior (either on or offline) as a result of your cybersex behavior.
- Have you ever experienced consequences, or jeopardized important life areas (e.g., work, family, friends) as a result of your online sexual behaviors?
- Has your partner ever complained about your Internet sexual behavior?

Methods and Venues

- World Wide Web
 - Web Sites
 - Google Search
 - Commercial vs Amateur
 - Pay vs Free

Methods and Venues

- Newsgroups
 - 50-70 Thousand Newsgroups
 - View and Print Pornography
 - Access to Web Sites and E Mail Addresses
 - Anonymous Posting
- Social Networking

Peer to Peer

- Limewire, Kazaa, Bear Share, Morpheus
- 92% of teens download music online
- Large % of all activity illegal

Child Abuse Images

- COPINE Project
 - Over a 3 year period of time
 - 300% increase in the number of new children in child abuse images
 - 140,000 child sex images – 35,000 images were of new children
 - 30,000 of the images depicted children posing erotically – However 1,000 images depicted highly abusive sexual behavior towards children, including sexual activity, assault, and gross assault

The Internet and CP

- What is Child Pornography
 - Most states – Under 18
 - Visual depiction of sexually explicit conduct
 - Exhibition of the genital area – even when clothed
 - Sexually suggestive

Advances in Computer Technology

- **Actual Images:** Live (webcam) & Recorded (digital photos; streaming video)
- **Morphed Images:** Electronic manipulation of real human images (e.g. minor's head on adult body)
- **Virtual Images:** Electronic creation of digital images using NO real humans (e.g. animated Disney characters; creation of virtual minor)

Process of Internet CP Offending for the Discovery User

- Interaction with the Internet allows for the emergence of offending behavior that was not part of a previous repertoire of behavior.
- Usually WWW – Starts with adult sites, moves to fetish, then to Lolita, and then to CP
- Level of social engagement with others that created a "social norm"
- Further social isolation from reality, creating few reality checks
- Having "sex" with the computer allows offenders to distance themselves from the children in the images and videos (Quayle, Holland, Taylor, 2000)

Physiological Assessment

- Polygraph
- Abel
- PPG

e-Secrets

- Hiding, Deleting and Destroying
 - File shredding
 - Stealth surfing
 - Renaming the files
 - Anonymous surfing / emailing
 - www.anonymizer.com
 - Workaround webpages
 - www.cexx.org
 - Windows cleaners
 - DOD
 - Removable Media
 - Stealth Surfers / External Hard Drive / Flash Drives
 - Remote Storage

Treatment - 1st Order

- Abstinence?
- Management (Also Prevention)
 - Simple Strategies
 - Internet Health Plan
 - AUP
 - Electronic Management
 - Medication

Treatment – 1st Order

- Simple Management Strategies
 - Computer in high traffic area
 - Time limits, also times of day
 - Using only when others are around
 - Monitor visible to others
 - Family/friends screensavers

Treatment – 1st Order

- Acceptable Use Policy (AUP)
 - Can be used as a management technique or a preventative measure
 - Should have one for every family
 - Modify when necessary
 - Therapist TQ needed

Treatment – 1st Order

- AUP Components
 - Preamble
 - Time and Place
 - Privacy
 - Meeting others
 - Respectful Communication
 - Blocking/Filtering/Monitoring
 - Usernames, Passwords and Buddy Lists
 - Unacceptable Activities
 - What to do if...
 - Consequences
 - Concluding Statements
 - Signature

Treatment – 1st Order

- Electronic Management
 - Blocking Software/Filters
 - www.filterreview.com
 - ISPs
 - Searching
 - Super Winspy
 - Monitoring

Treatment – 1st Order

- Monitoring
 - Spector (Spectorsoft.com)
 - E-Blaster (Spectorsoft.com)

Treatment – 1st Order

- Tools for Monitoring
 - Spector Pro
 - Installs on computer
 - Runs in the background monitoring activities such as keystrokes, web sites, chat, and collects screen captures.
 - Allows for restricted content
 - E - Blaster
 - Also directly installs on computer
 - Sends reports to designated adult's e-mail summarizing activities on the computer, sites visited, and keystrokes
 - Requires no "on-site" review of materials

Treatment - 1st Order

- Filtering, Searching, Monitoring
 - Cell Phones
 - MP3 Players
 - X Box
 - PSP

Treatment – 1st Order

- Medication History of Inappropriate Behaviors
 - History of Addictive Behaviors
 - ADD/ADHD
 - OCD or OCD Features
 - Depression/Anxiety
 - Impulse Control Problems
 - Bi-Polar
 - Other Psychiatric Conditions
- Brain Issues – Lifelong

Treatment – 1st Order

- Medications

- SSRI's
 - More serotonin in the brain
 - Prozac, Zoloft, Luvox, Celexa
- SNRI's
 - More serotonin and norepinephrine
 - Axis II Disorders
 - Cymbalta
 - Effexor

Treatment – 1st Order

- Medication

- Opiate Blockers
 - Blocks pleasure reward center
 - Decreasing dopamine and euphoric nature of fantasy
 - Naltrexone – Compliance difficult
 - Vivitrol (Extended Release, Injection)
- Stimulants
 - Can increase problematic sexual behavior
 - Often combined with SSRI
 - Ritalin

Treatment – 1st Order

- Technology

- Staying in touch with others
 - Cell/PDA/iTouch
 - Social Networking
 - Chat and IM

- Internet

- Peer Support
- Information

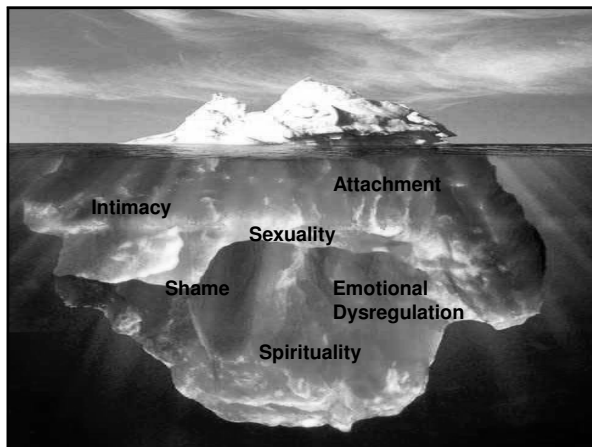
- Online Mentors

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Treatment

- With problematic sexual behavior on the Internet expect...

- More difficulty with honesty
- Staying sober to be more difficult
- Relapse, relapse, relapse



Treatment

- Many different ways to shape treatment
- After management, cybersex issues are not necessarily unique
- Cannot cover all the different needs or elements of treatment

Why Multimedia?

- Develops a common language with clients
- Converts psychological jargon into manageable concepts (ah ha moments)
- Lowers resistance and denial
- Considers that clients have different learning styles – Taps into senses

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Why Multimedia

- Accesses the core and the hidden world
- Builds awareness
- Keeps both the client and the therapist interested in the process
- Develops empathy (Medussa)
- A lot more fun!

Why Multimedia

- Brain Research
 - Right Brain is important
 - Attachment
 - Affective states
 - Social and emotional processing center
 - Stress Responses
 - Right brain responds well to kinesthetic, and creative interventions that also build relationship and understanding

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Treatment

- Emotional Intelligence (Glory)
 - Ability to maintain values and integrity
 - Ability to consider short/long term consequences
 - Ability to understand my impact on others
 - Ability to understand the inner workings of my "core"
 - Ability to stay in my "hoop"
 - Ability to be in an intimate relationship with others
 - Ability to maintain all of the above when the world is "screaming"

Developing EQ in Your Hoop

#1 Knowing dynamics of the behavior

Cognitive Behavioral Therapy/Relapse Prevention

Exercises

Acting Out Cycle

Internet Health Plan

Hermes Web

HERMES' WEB Fundamental Concepts

- A psychological communication tool
- The ego
- The core
- The barrier
- The flip
- The Truthful Lie

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The Ego



- The Ego/Conscious
 - Who we think we are
 - What we identify with
 - What we prefer to show others
- Chronological age
- Self-preservation and protection

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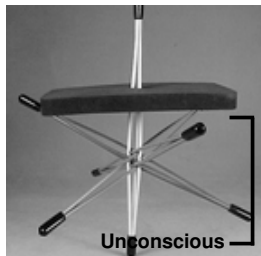
The Unconscious The Core



- The imaginal center, or soul, where all parts of the human personality meet
- The dangers of an untended, ignored core
- Psychological age regression
- The hidden world

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The Unconscious The Core

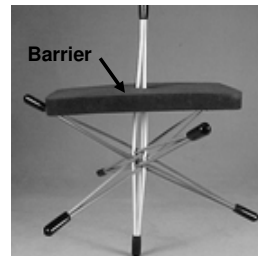


- The various parts of the personality
- Typically separated from the ego

The right hand doesn't know what the left hand is doing

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The Barrier



- The dividing line
- Defense systems
- The power of the barrier
 - Stops output, unless compromised via stress, drugs, alcohol, sex
 - Cannot stop input or protect the core from life events

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The Barrier



- Provides an illusion of safety and comfort to the ego
- Prevents honesty, clarity, and the ability to make informed choices

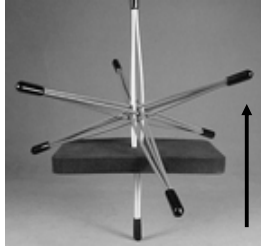
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The Flip: Set Up

- The ego's refusal to acknowledge facts about the psyche as a whole
- Lack of mirroring
- Core-level hunger and unmet needs
- What we bury doesn't die

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The Flip: Revolution



What has been ignored, disavowed, and left hungry:

- Temporarily revolts
- Rebels
- Takes center stage
- Acts out/Offends

With no interference from morality.

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The Flip: Denial

- The greater the discrepancy between the ego and the core:
 - The more likely a flip will occur
 - The less likely its consequences will be acknowledged

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The Flip: Denial

- Once the core is fed, the unconscious flips back over
- The ego is horrified and either:
 - Pretends nothing happened OR
 - Works to cover up, explain away, and clean up the aftermath
- The core remains volatile, leading to flip after flip

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The Truthful Lie

- Despite all evidence....
- Suppress or repress awareness of your own behavior
- Evade awareness because of the potential cost to self-esteem and dignity, a form of psychological self-protection

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Emotional Intelligence (EQ)



➤ The degree to which a person can move past the barrier and into the core while maintaining:

- Self
- Integrity
- Values

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Without EQ

People who do not have EQ:

- Ignore the contamination in their core
- Are unable to handle negative emotions
- Suppress their emotions, leading to addiction, violence, dissent, and dissociation
- Can become morally void or let their inner pain rule everything, no matter what the cost

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With EQ

People who possess EQ have:

- A stable bridge in between
- A functional ego
- Contact with the core
- An ego and a core that work together (neither one is in control of the other)

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Developing EQ in Your Hoop

#1 Knowing dynamics of the behavior

Cognitive Behavioral Therapy/Relapse Prevention

Exercises

Acting Out Cycle

Internet Health Plan

Hermes Web

Individuals/Partners/Couples/Families

Partners often see underneath the core – Medusa

Often need acknowledge that someone else sees it

Can then let it go some – focus on their issues

Developing EQ in Your Hoop

#2 Understanding Your Story – Life Egg

Dracula

Wicked

Dispatches from the Edge

Life Egg

Partners/Couples/Families

Understanding others' stories (Hoodwinked)

Individuals/Partners/Couples/Families

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Developing EQ in Your Hoop

#3 Knowing Your Characters

The Lawyer

The Toad

The Servant/Vampyre

The Core Whore (Kingpin)

The Wurm (Fairy Tale)

The Spider

The Warrior

Inviting all the characters to the feast

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Partners

- Partner Characters
 - Barbie
 - Princess and The Pea
 - Cerces
 - Snow White
 - Beauty
 - Queen from Alice
 - Wonder Woman
 - Miss Piggy
 - Dead Girl
 - Hello Kitty
 - Mom

Typical Partner Dynamics

- Collusion
 - Keeping the secret
 - There isn't really a problem- "boys will be boys"
- Obsessive Preoccupation
 - How can I fix it/Control it/Make it better
 - Partner "Cop"

Typical Partner Dynamics

- Denial about own feelings/life
 - Business to avoid
 - Overextended
 - It really doesn't bother me
- Emotional Turmoil
 - Out of control emotions
 - Emotional Binges
 - Free floating anxiety/shame
 - Always having crisis

Typical Partner Dynamics

- Manipulation
 - Playing hero, martyr, or victim roles
 - Using sex to manipulate
 - Threats to leave but never really meaning it
- Excessive Responsibility
 - Blaming yourself
 - Believing that if you will change it will change his behavior
 - Believing you can change his behavior
 - Taking control of everything to take the stress out

Typical Partner Dynamics

- Compromise of Loss of Self
 - Giving up your interests
 - Acting against your own morals, beliefs, values
- Blame and Punishment
 - Self righteous
 - Destructive to others
 - Sexually acting out to punish
 - Withholding love, affection and/or sex as a punishment
- Sexual Reactivity
 - Numbing your own sexual needs and wants
 - Emotionally absent during sex
 - Making excuses not to be sexual
 - Demanding sex

Partner Stages

(The Porn Trap - Maltz)

- Being in the dark
 - Something is wrong – What is it?
 - I thought it was no big deal
 - Could he have a problem with pornography
 - Coming out darkness
- The Shock of Discovery
 - I thought he had quit
 - I had no idea he liked porn
 - I can believe he is turned on by this
 - My whole life changed in a moment
 - It feels like sexual abuse all over again

Partner Stages

(The Porn Trap - Maltz)

- Emotional Wounds
 - How can I ever trust him again
 - I have lost respect for him
 - I feel sexually unattractive and inadequate
 - I am uncomfortable having sex with him
 - He has abandoned me/I feel unloved
- Trying to Cope
 - Becoming a porn cop
 - Competing with porn

Developing EQ in Your Hoop

#4 Understanding the process of change

Satir's Stages of Change

status quo, new element, chaos, integration, practice, new status quo

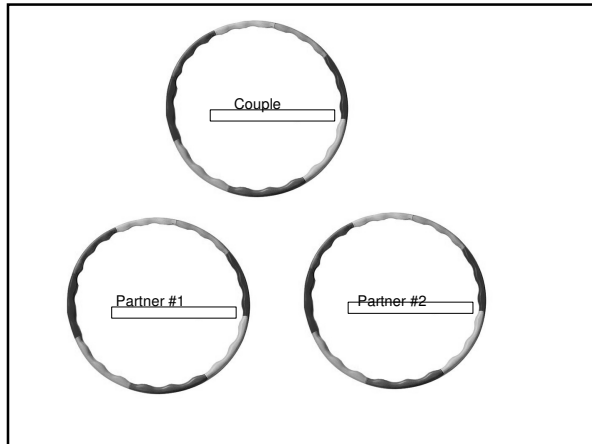
The Two Towers

Partners/Couples/Families

#5 Learning to tolerate your hoop

Living in your hoop and not jumping into other's hoop

Individuals/Partners/Couples/Families



Developing EQ in Your Hoop

#4 Understanding the process of change

Satir's Stages of Change

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The Two Towers

Partners/Couples/Families

#5 Learning to tolerate your hoop

Living in your hoop and not jumping into other's hoop

Individuals/Partners/Couples/Families

Developing EQ Summary

- Knowing the dynamics
- Knowing your story and hearing others
- Knowing and accepting your characters
- Understanding the process of change
- Learning to tolerate your hoop

Latest, Greatest, & The Future

- Teledildonics
 - highjoy.com
 - realtouch.com
 - ibuzz.com
 - simulator.com
- Second Life

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Prevention

- Start and start early
 - Schools
 - Elementary
 - JH/HS
 - Colleges/Universities
 - Counseling
 - Religious Settings
- Use Accurate, Relevant Information
 - Psychology of the Internet
 - Grooming
 - High Risk Behaviors
- Make it fun

Psychology of Grooming

- Friendship Forming Phase
 - Finding common interests, attitudes
- Relationship Forming Phase
 - Connecting privately, u r special,
- Risk Assessment Phase
 - Will u tell
- Exclusivity Phase
 - Gifts, Money
- Sexual Phase
 - I care about u, I love u, I will be there for U 4ever



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Risky Teen Behaviors

- Interacting with unknown people
- Having unknown people on buddy/friends list
- Using the Internet to make rude/nasty comments
- Sending personal information to unknown people met online
- Downloading images from file-sharing programs
- Visiting X-rated sites on purpose
- Using the Internet to embarrass/harass people
- Talking online to unknown people about sex

Prevention

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