The nature of sex addiction
- Compulsive masturbation
- Compulsive use of pornography
- Multiple ongoing affairs
- Exhibitionism (Yorkshire No.1)
- Fetishes - objects, parts of the body, items of clothing, specific textures,
- Paraphilias - behaviours
- Dangerous sexual practices
- Anonymous sex - one night stand
- Voyeurism - up skirting
- Telephone sex
- Chat rooms/on line sex/webcams/hook up apps
- Illega sexual practices

Defining sex addiction
- Sex addiction isn’t about the orgasm but the anticipation
- Fantasy of orgasm, role of orgasm
- Edging, Escalating, searching, looking, anticipation
- Rituals, cruising or cottaging for the optimum level of emotional and
  neurochemical stimulation - poppers
- Powerlessness of being high - breath play

Wanting dissociated from liking
- In reward the are separable components in liking and wanting & learning
- Liking is from a pleasant experience, amplified by opioid and related signals
  within discrete sites located within the limbic related brain areas
- Wanting is incentive salience; a motivational component to a reward to a stimulus.
  Mediated by much larger areas of the brain including dopamine
- Liking the subjective experience of pleasure
- Wanting; attention grabbing reward cues! They have the ability to trigger bursts of
  reward seeking motivation. The cue becomes a magnet.
- Dopamine stimulation can cause behavioural addictions

Where on the cycle?

2) A Brief overview of what is sex addiction/compulsivity?

“The difference between passion and addiction is that between a divine spark and a flame that incinerates.”
- GABOR MATÉ

Hypersexuality? sexual compulsion? Cybersex? pornosexual?
- SLAA ‘76
- SA ‘79
- SAA ‘77
- COSA ‘80
- SCA ‘85
- S-Anon
- S-teen


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Triple A
44% of six-year-olds are going online in their bedrooms.
Internet Matters OL research 2016.

Social Implications
- 2013 National Survey of Sexual Attitudes and Lifestyles (NATSAL)
  2013 16-44: 51% a month was 6.2
- 2014 Australian National Survey of Sexual Activity 1.4 down from 1.8
- 2017 Japan 16-25 46% women and 25% men “despise” sexual contact
- Porn?
- Social media?
- Low marriage rates?
- The nature of modern life: lower sexual activity, depression, sexual dysfunctions, less happy?
- “Real sex is never as good as porn” Young male 19 28x a day (BBC Documentary)
- “Don’t want a hairy Janet 24/7”

28% of 10 year-olds have a social media profile.
Internet Matters OL research 2017.

Pornography and teenagers
2007 13-14 yrs. of age. 46% boys 72% girls seen SEM at least once. 33% too many times to count.
2008 14-17 yrs. of age boys. YouGov 25% once a week. 9% daily.
2006 Before 13 yrs. of age. 14% boys 9% girls exposed to porn 32% b 18% seen bestiality. 18% b 10% rape
2009 Before 12 yrs. of age n.29k 51%M 32%F viewed SEM 32% &18% seen bestiality. 18% & 10% rape
2010 Before 10 yrs. of age 14-16 (London) 33% SEM 75% said parents had never discussed internet porn

Pornography and teenagers
2016 A total of 109 publications that contained 135 studies were reviewed.
Findings provided consistent evidence that both laboratory exposure and regular, everyday exposure to pornography are directly associated with a range of consequences:
- Higher levels of body dissatisfaction
- Greater self-objectification
- Greater support of sexist beliefs and of adversarial sexual beliefs
- Greater tolerance of sexual violence toward women
Moreover, experimental exposure to this content leads both women and men to have a diminished view of women’s competence, morality, and humanity.

Challenging the porn we watch

- The clit list - curate porn for the survivors of sexual assault
- Inside Flash - celebrate aesthetic beauty of fetish
- Make love not porn - intimacy and awkwardness of sex scenes

Porn FREE OF VIOLENCE AND VIOLENCE
Pink & white Productions - Trans and queer sex. Alternatives to lesbian porn tailored to men

Pornceptual - Magazine. A platform to show you why porn is key to growing the visibility of their sexualities.

Porn a fix for loneliness in young people

2016 "significant amount of screen time is also spent accessing pornography, which may also be a significant contributor to teen loneliness, isolation, and relationship void"

2017 May become interlocked and trap users in a vicious cycle and addictive void, while relationship connection and meaning remain elusive.

"study suggests a close and painful partnership between pornography and loneliness for some users"

2018 If loneliness can lead to pornography use, pornography use may bring about or intensify loneliness. These circular linkages may create a vicious cycle, pulling the user even further from health-promoting relationship connections.

In the cultural context of emotionally disconnected sexual hook-ups scripted by pornography, loneliness may deepen and become increasingly painful. In response, pornography use may only intensify."

ICD 11

- Adolescence is a time of heightened sensitivity to emotional stimuli
- Immature connections between PFC and emotional brain regions
- Thus difficult to override inappropriate impulses
- Health - "slipping"

WHO with an ICD code of 6C72 is choosing to call the issue Compulsive Sexual Behaviour Disorder

1. Compulsive sexual behaviour disorder is characterized by a persistent pattern of failure
2. To control intense, repetitive sexual impulses or urges resulting in repetitive sexual behaviour.
3. Symptoms may include repetitive sexual activities becoming a central focus of the person’s life
4. To the point of neglecting health and personal care or other interests, activities and responsibilities
5. Numerous unsuccessful efforts to significantly reduce repetitive sexual behaviour
6. Continued repetitive sexual behaviour despite adverse consequences or deriving little or no satisfaction from it.
7. The pattern of failure to control intense, sexual impulses or urges and resulting repetitive sexual behaviour is manifested over an extended period of time (e.g., 6 months or more)
8. Causes marked distress or significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.
9. Distress that is entirely related to moral judgments and disapproval about sexual impulses, urges, or behaviours is not sufficient to meet this requirement.
Supernormal Stimuli

Unending stimulation and activation of the reward system

overriding an evolutionary-developed genetic response.

animals encounter them when we build them

humans can produce our own

Impacts on the reward system and PFC which modulates pleasure, reward, memory (amygdala emotions too), attention and motivation

Preoccupation and or craving. Tel Fos B; increases sensitivity in the reward system, promotes reinforcement of the behaviour. Deaf builds up slowly, elevated levels remain for extended periods.


Escalation

“Sexual arousal in decision making interferes with feedback processing and leads to advantageous decision making. Executive function is affected when confronted with addiction-related cues, eliciting craving reactions “

Gonzo - choking, beating
Where we’ve come from - Playboy and soft porn into pop culture
Porn can be a gateway, a teaser (baiting) into paid for
Industry argument - dominance romance and erotica is a universal turn on that binds all of us
The money shot - ejaculate outside penetration, onto torso. Face. Film ending to face and eyes. Power! Stand over her.

Gross & Gallinat (2014) Brain structure and functional connectivity associated with pornography consumption: the brain on porn. JAMA Psychiatry

Trigger cues

When abstinent CREB levels drop QUICKLY, tolerance fades and sensitization begin – the amplification of a response

DeltaFosB now becomes the predominant factor

DeltaFosB suppresses dynorphin. Increase sensitivity in the reward pathway

CREB thus is a negative reinforcement of an addictive behaviour

DeltaFosB promotes positive reinforcement of the behaviour

CREB build up quickly and dissipates quickly

DFB builds up slowly and remains for extended periods. Enhancing response to rewards and reward-related cues

Were now left sensitive to reward related cues, vulnerable to compulsive behaviours and relapse

Craving-the dark horse of addiction

Aristotle “ it is in the nature of desire not to be satisfied ”

The reward system exists to ensure we seek out what we need

Wanting aka Desire is a vast and powerful system. Easy to turn on intense wanting

Liking aka pleasure is a anatomically tiny, far more fragile. Harder to trigger

“This is why life’s intense pleasure are far less frequent and less sustained than intense desires”

Dopamine is Why?

Pleasure comes from a cocktail of opioids “painting a gloss of pleasure on good experiences”

Dr Kent Berridge University of Michigan
The need for an assessment

- The inner world of compulsive sexual behaviour; fantasies, urges, unrestricted unfulfilled desires. How do they affect other areas of life & functioning. It needs an assessment


- Defining sexual anorexia – excessive consumption – loss of libido – delayed ejaculation – an image that is skewed from real life

- Sexual anorexia (2011), the inverse of sexual addiction. a compulsivity with their aversion to sex.

- Suppress or repress their sexual addictive compulsions by denying their own sexuality avoiding all sexual encounters rebuking others.

- comes with a binger purge cycle. A woman may uncontrollable act out, followed by sexual shut down Persistent fear of intimacy preoccupation to obsession


Cross addictions

- Whack a mole/white knuckling
- Treat one area and another addiction pops up
- Elimination of one compulsive behaviour does not cure one underlying problem.
- Focus on one at a time is ineffective – Magen Todd

- It is the relationship between the person and the object of the addiction that matters. Not the object – Prof. Howard Schaffer (2010)

Sex addiction ...

- More than the behaviour(s).
- Inability to consistently abstain
- Craving
- Diminished recognition of significant problems - RISK TAKING
- The power of external cues to trigger craving
- Persistent risk and/or recurrence of relapse
- Emotional changes in addiction
- Lies vs Honesty

Chemsex The un-holy trinity

- Crystal Meth aka ‘The meth’ ice glass crack CLASS A
  - Stimulant. Inhaled through a pipe (smoked) / injected
  - Less than ‘hero’ high, euphoric intense, not overtly violent do what you look like etc
  - It’s really only for the brats, if you’re not into these integers you know
- Mephedrone aka ‘meth’ ri ice glass crack CLASS B
  - Meth, morphine
  - Stimulant drug. In United Kingdom, if you can be sure it can keep you high incredibly under affordable to proper around £20-£30
- GBL/GHB CLASS C 2 years in jail 14 for dealing
  - ‘Glue’ euphoric
  - It is converted into GHB after it is consumed
- Relish addiction from a drug either physical or psychological
- DISTINCTION IS KEY