

## Anatomy of Arousal:

### A Comparison and Contrast of Addictive Sexual Behaviors and Sexual Offending

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## OBJECTIVES

1. Recognize three (3) key similarities and differences between addictive sexual behaviors and sexual offending.
2. The role of power and control in cycles of eroticized rage and sexual violence.
3. Be able to accurately assess addictive sexual behaviors from sexual offending behaviors to effectively treat within a therapeutic framework.

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Sexually Offensive  
Is Not Always  
Sexual Offending

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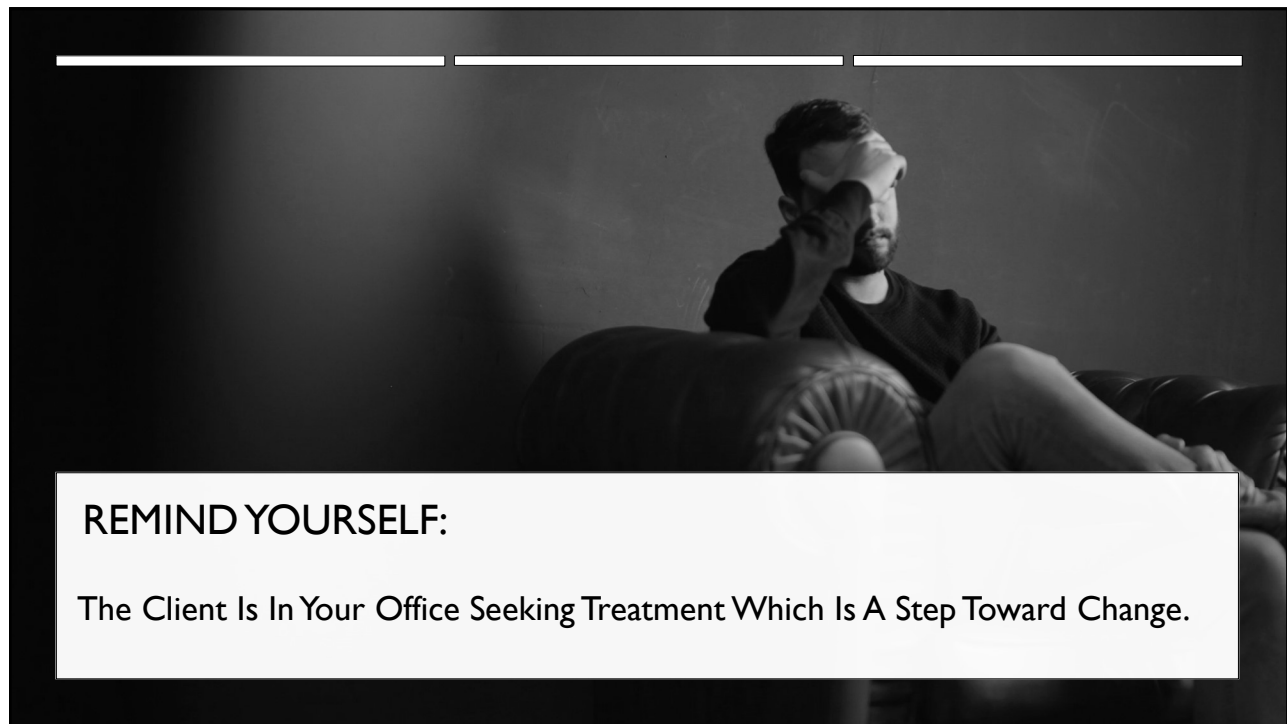


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the Client

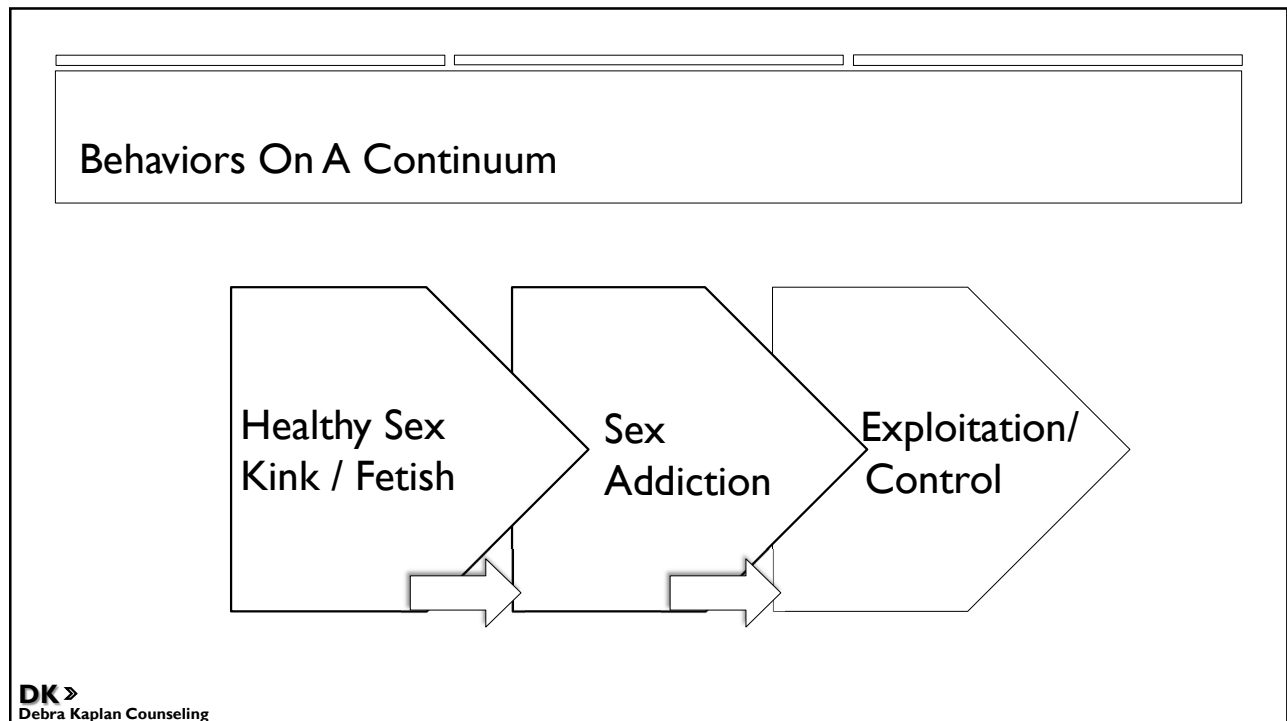
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Damien Hirst

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## KINK vs. FETISH

### Kink:

Deriving sexual arousal or pleasure from a nontraditional source but is not dependent upon it for arousal.

- Dominance/Submission
- Role-play

### Fetish:

Typically requires interaction with (or dependence upon) an object or situation for arousal or sexual gratification.

- Feet
- Rubber

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## BDSM...

- Is a form of sexual expression that uses role-play and enactments to explore and engage with interpersonal power dynamics.
- Can serve as a way to explore and process trauma or to (re)claim a sense of control and agency.
- Is not meant to (re)traumatize consenting partners.

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EROTIC ASPHYXIATION

Erotic Asphyxiation (EA) or breath play is a type of sexual activity that involves intentionally cutting off one’s own or a partner’s air supply.

When pressure is released oxygen and blood begin to flow. This creates a rush due to release of dopamine, serotonin, and endorphins that cause exhilaration.

Breath play can heighten sexual arousal and make orgasms more intense by lowering oxygen levels to experience lightheadedness or dizziness.

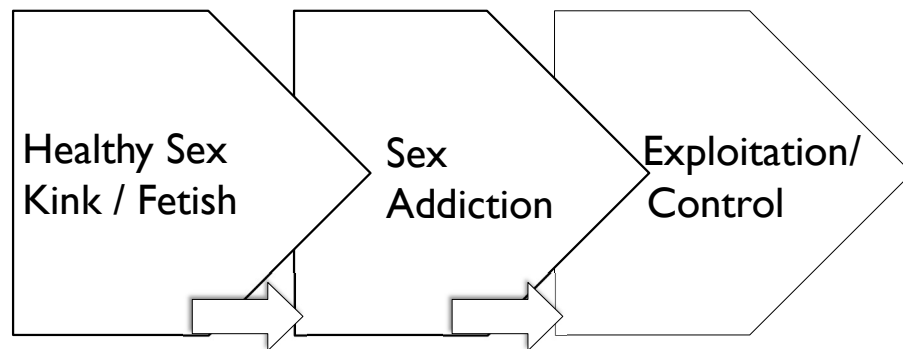
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<b>Safe, Sane and Consensual (SSC)</b>	Is the kink safe; Is it a sane thing to do; Do we consent to it?
<b>Risk Aware Consensual Kink (RACK)</b>	Created to clear vagueness of SSC. Participants can name said risks and know how to prevent them.
<b>Personal Responsibility Informed Consensual Kink (PRICK)</b>	Makes clear that all involved should take personal responsibility.

COMMUNICATION & CONSENT

THE FUNDAMENTAL PRINCIPLES OF BDSM

## Behaviors On A Continuum



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## SEXUAL ADDICTION

Also known as compulsive sexual behavior disorder (CSBD) or hypersexuality.

Persistent and escalating patterns of preoccupation related to sexual behavior including sexual fantasy that interferes with daily life.

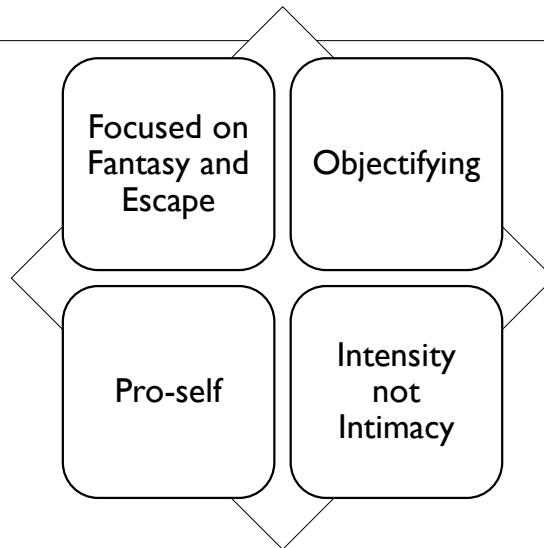
Often linked to emotional dysregulation, anxiety, and impaired impulse control.

Power or control heightens sexual arousal.

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## Pornography



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“Yeah, But’s...”

1. Looking at porn takes the pressure off *you*, because I have a higher libido.
2. When did appreciating a beautiful body become a problem?!
3. What do you suggest that I do? We work together.
4. If you wanted to have sex and I didn’t, I would do it for you because I love you.
5. We’ve been through so much together—don’t throw it all away.
6. They came on to me.

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## Sex Addiction is Often About Power and Control



**Power:**  
The ability or  
*potential* to  
influence others

**Control:**  
Involves *exercising*  
influence over  
others

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## Eroticized Rage

Sexual behavior fused with  
anger (rage), shame and  
humiliation.



Francesco Ciccolella

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## Eroticized Rage: Examples

- Using binoculars or telescopes to watch people.
- Touching people but acting as if it were an accident.
- Having sex with others to get even with a primary partner.
- Using a power position to exploit or be sexual with another person.

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## Power and Control Elements of Eroticized Rage

- Overt Invasion - Use of force or manipulation to violate.
- Covert Invasion - Predatory trading on positions of power.
- Boundary Invasion - “Penetrate” others w/o knowledge.
- Reverse Invasion - Abuse of the self, eroticized self hatred.

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## Power and Control Elements of Eroticized Rage

- Humiliation – Level unresolved powerlessness (Degrading Sex)
- Revenge / Rage – Act out old betrayals and abuse (Revenge Porn, Rape, Sexual Aggression)
- Retaliation – Sex used as a weapon (Affairs)
- Perversion – An act in defiance of convention (Zoophilia, Pygmalionism, Bestiality)

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## Sexual Hostility

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Refers to a type of sexual harassment.

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Behavior creates a hostile, intimidating, or offensive environment for someone based on their sex or gender.

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Actions often involve unwelcome sexual advances, remarks or conduct.

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## Sexual Addiction and Sexual Offending

### Similarities

Both groups exhibit narcissistic traits and shameless behavior

Bxs involve overt/covert hostility and aggression

Bxs often non-consensual

### Differences

SA bxs are often shame based and ego dystonic

SO bxs are often antisocial and ego syntonic

Bxs often non-consensual w/ clear violation of laws

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## Sex Addiction ↔ Behaviors ↔ Sex Offending

1. Some Impulse Control or Compulsive Behavior
2. Harm To Relationships and Well-Being
3. Legal w/ Exception To Prost/Voyeur/Exhibition Bxs
4. Escalation In Sexual Risk Taking & Novelty Seeking
5. Trauma Repetition, Stress and Mental Health Dxs.

Loss Of Control Over Sexual Urges and Behaviors

Direct Harm w/ Lasting Psych/Physical Impact

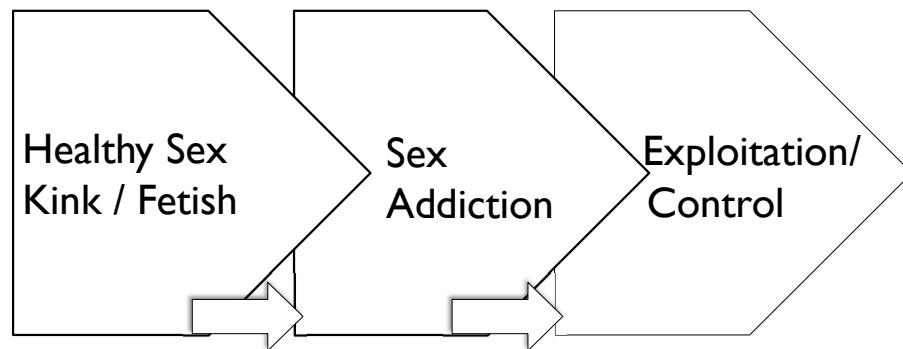
Always Illegal, Violates Laws And Personal Rights

Escalation In Sexual Aggression and Violence

Ritualized Trauma/Abuse, PDs, Dark Triad Traits

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## Behaviors On A Continuum



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## EXPLOITATION / CONTROL

Encompasses illegal sexual behaviors that violate the rights of others.

Behaviors on a continuum of severity; relatively minor-to-moderate acts of aggression (e.g., verbal) at the lower end of the spectrum and excessive physical harm (e.g., homicide) at the high end of the spectrum.

Offenses include sexual assault, child exploitation, and non-consensual sex.

Motivated by power, control, deviant arousal, or impulse dysregulation.

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## Strangulation

The creep of strangulation into legitimate and normalized behavior makes it more difficult for women to escape (and avoid) violent relationships. This normalization leads many women to feel like they cannot speak up about nonconsensual choking.

A growing number of homicides of women by men involve claims that the death was an accident resulting from "rough sex" gone wrong.

*Durham University, UK 2024*

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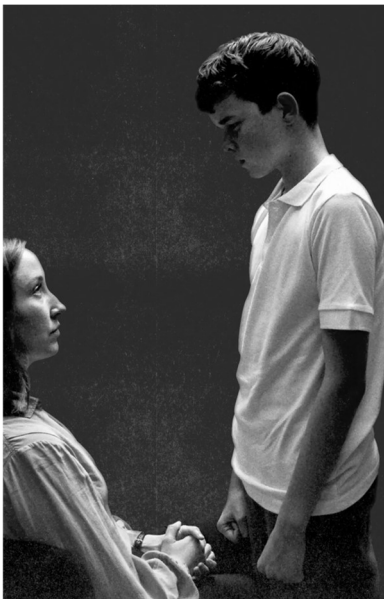
## Tate-Pilled Boys Are a Problem for Schools

*NYT*, March 29, 2025



The New York Times; source image by Ben Blackall/Netflix

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“I think that our preoccupation with this show, with the extreme expression of this kind of radicalization, will mean that the other sort of daily and maybe more mundane expressions of misogyny in schools will be ignored,” she said. They shouldn’t be.”

- Stephanie Wescott

The New York Times; source image by Ben Blackall/Netflix

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All participants described mistreatment by their partners in three primary categories:

- Control
- Manipulation
- Personal Maltreatment

*How Can I Love You If You Don't Let Me Do This: Evaluating The Effects Of The Red Pill Seduction Community Experienced By Intimate Partners*

*Journal Of Aggression, Maltreatment & Trauma, Zapic, I., Fabbri, M., & Karandikar, S. (2023),*

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## Terminology



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## Manosphere

- Online forums that promote masculinity, misogyny, and opposition to feminism.
  - Red Pill Society
  - Men Going Their Own Way (MGTOW)

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## Terminology

### **Incel – Involuntary Celibate**

- Community was founded in 1997—‘Alana's Involuntary Celibacy Project’ for those who were struggling to form loving relationships. The mixed gender community evolved over 20 years and has become synonymous with hatred and violence towards women.
- Person unable to find a romantic or sexual partner despite desiring one.
- May blame, objectify and denigrate women and girls as a result.

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The Woman Who Founded The “Incel” Movement, BBC, Aug. 2018

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## Terminology

### **Negging –**

- Neither a compliment nor an insult. A neg is meant to momentarily lower a woman's self-esteem and to suggest an intriguing disinterest. (Nice hair. Is it natural or a wig? Well, it looks nice anyway)
- Term coined by Erik von Markovik, a.k.a. Mystery

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## Terminology

### Femcel – Female Involuntary Celibate

- The pink pill community created in response to the red pill society.
- Proposes that unattractive women are underprivileged including in sexual relations. Both incel and Femcel communities have been banned on Reddit for inciting hate, yet some pink pill communities remain.
- The emphasis is less on hate or resentment towards men, but rather against the prevalent beauty standards for women and a strong desire to achieve these very beauty standards through “softmaxxing” (using makeup, styling, perfume) and “hardmaxxing” (cosmetic surgery, botox).

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## Biases Toward Female Sex Offenders

Denial and disbelief due to societal norms and gender stereotypes

A tendency to perceive female offending as less severe

Caused by emotional or mental instability rather than sexual gratification or power dynamics

Collaboration only due to male coercion



Ghislaine Maxwell



Aileen Wuornos

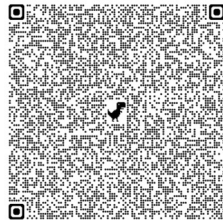
Wanda Barzee

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## Friendly Mother Illusion

- Findings from this study showed that female perpetrators were identified in one out of every five substantiated cases of child sexual abuse as the first listed or theoretically implied primary perpetrator. When two perpetrators were listed, the number of females identified as co-offenders in a secondary capacity was over 42%.

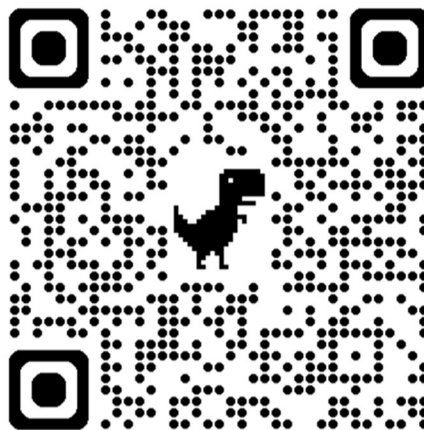


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Female Offenders in Child Sexual Abuse Cases: A National Picture, *Journal of Child Sexual Abuse*

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## Modernized Female Sex Offender Typologies



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	Relational	Predatory	Chaotic
Intrapsychic Traits	<ul style="list-style-type: none"><li>• Does not see their behavior as wrong, intends no harm toward the victim</li><li>• Seeks bond, partnership, emotional connection</li></ul>	<ul style="list-style-type: none"><li>• Lack of empathy and drive for power and control through exploitation</li></ul>	<ul style="list-style-type: none"><li>• Views self as powerless</li><li>• Justifies participation with cognitive distortions</li></ul>
Behavioral Traits	<ul style="list-style-type: none"><li>• Victims are more likely to be an adolescent</li><li>• Less likely to commit other crimes</li><li>• Impulsive, lack of self-regulation</li></ul>	<ul style="list-style-type: none"><li>• Looks for/exploits vulnerable victims</li><li>• Takes a leadership role</li><li>• More likely to offend at a younger age</li></ul>	<ul style="list-style-type: none"><li>• Present life dysfunction and generalized criminality</li><li>• Most likely to have co-offender</li><li>• More diversely aggressive</li></ul>
Trauma Related Traits	<ul style="list-style-type: none"><li>• Trauma is likely not as significant as Predatory and Chaotic</li><li>• Boundary development, specifically around intimacy</li><li>• Experienced trauma as an adolescent</li></ul>	<ul style="list-style-type: none"><li>• Trauma was extensive and prolonged during their early childhood, and that trauma had an impact on connecting with other humans</li><li>• Trouble seeing the humanity in victims</li></ul>	<ul style="list-style-type: none"><li>• Childhood trauma and present life dysfunction</li><li>• The idea of being powerless stems from trauma</li></ul>

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McLeod, D.A., & Dodd, M. (2022)

# Dark Triad

Narcissism

Machiavellianism

Psychopathy

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## The Dark Triad

A psychological theory of personality first published by Delroy L. Paulhus and Kevin M. Williams in 2002.



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**1. Narcissism —**  
characterized by a  
grandiose sense of self-  
importance and excessive  
self-love

**2. Machiavellianism —**  
centered on  
manipulativeness and  
indifference to morality

**3. Psychopathy —**  
characterized by a lack of  
empathy and antisocial  
behavior

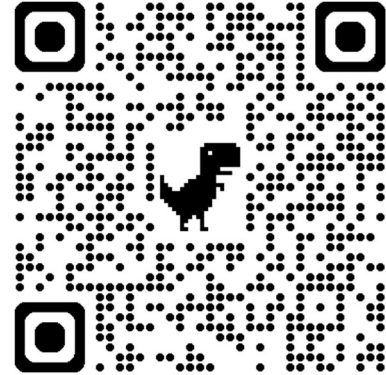


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- Manipulative and exploitative interactions toward others.
- Difficulty maintaining relationships due to manipulation and attempts to gain power.
- Lack emotion and empathy in interpersonal relationships.
- Disregard for morality w/ focus on self-interest.

## Sex Addiction Assessment

- Sexual Addiction Screening Test (SAST) —————→
- SDI-R
- SDMI
- CAGE Alcohol
- Internet Addiction

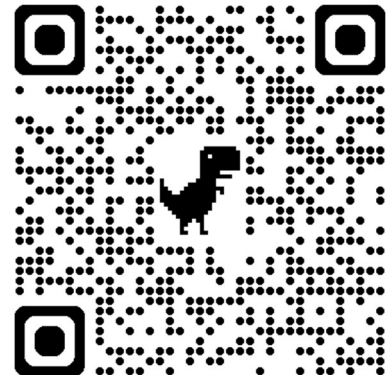


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## Sex Addiction Assessment Cont'd.

- PTSD Checklist for DSM-5 (PCL-5) —————→
- Minnesota Multiphasic Personality Inventory (MMPI)
  - MMPI-A (version for adolescents)
  - MACI-II® (Millon Adolescent Clinical Inventory-II)
  - MACI® (Millon Adolescent Clinical Inventory)
  - M-PACI® (Millon Pre-Adolescent Clinical Inventory)
  - MAPI® (Millon Adolescent Personality Inventory)
- Millon Clinical Multiaxial Inventory (MCMI)



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## Sex Addiction Treatment

- Establish sobriety / Recovery (Indiv./Group/Couples)
- Trauma treatment – Attachment and FOO messages
- Sex therapy – Healthy sexual exploration
- Address cognitive distortions
- Rule In/Rule Out sexual offending behaviors

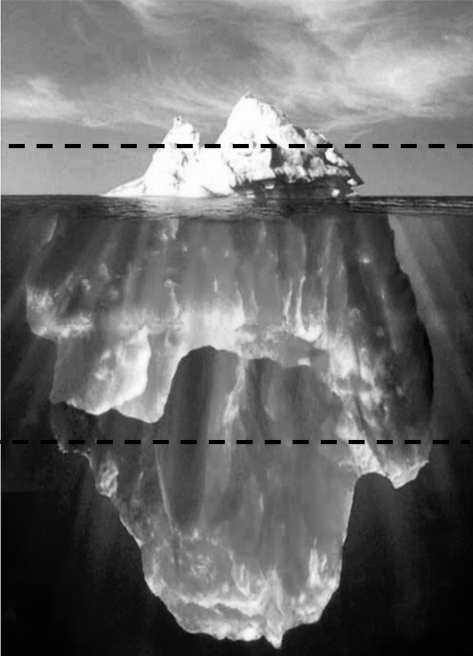
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Eroticized Rage  
Worksheet

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**Current Sexual Behavior**

- Contact patients for dates.
- Pay or barter for sexual favors.
- Flirting with others outside relationship.

**Current Sources of Anger**

- Got speeding ticket for going +5 mph.
- Feels insulted by coworker.
- Passed over for a raise and promotion.
- Resents partner for not wanting to be sexual.

**Historical Sources of Anger**

- Mom denigrating dad.
- Worked all summer w/o pay.
- Molested by neighbor - told not to tell.
- Received beatings with pants down.

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## 12-Step Fellowships

- SA (Sexaholics)
- SAA (Sex Addicts Anon)
- SLAA (Sex and Love Addicts Anon)
- ACOA (Adult Child of Alcoholics)
- Al-Anon

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## Assessment For Inceldom

Major depressive disorder

Global rate for men: 3.6%

Survey respondents: 38.6%

Anxiety disorder

Global rate for men: 2.6%

Survey respondents: 37.13%

Autism spectrum disorder

Global rate for men: 0.62%

Survey respondents: 18.38%

Speckhard, A., & Ellenberg, M. (2022)

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## Assessment For Inceldom Cont'd.

Evaluate:

- Mood disorders
- Potential for violence and suicide risk
- Neurodiversity and social support

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## Treatment For Inceldom

Mood  
Disorders

Increase social  
support and  
prevention-based  
support

Domestic violence  
and suicide  
interventions

Individual and Group  
Therapies

- Neurodiversity-Affirming
- Narrative therapy
- REBT therapy
- Person-centered therapy

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## Assessments for Sex Offending

- Buss Perry Aggression Questionnaire (BPAQ) →
- SDI-R
- SDMI
- Big 5 Personality Test (FFM)
- Empathy Quotient (EQ)
- Hare Psychopathy Checklist (Original) (PCL-22)
- Personality Type Indicator (PTI)



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## Assessments for Sex Offending cont'd.

- Attachment wounds
- Negative peer influences
- Deficits in sexual and emotional self-regulation
- Impulse control (Impulsive or planned)
- Anger Management
- Offense-supportive attitudes (Beliefs, justifications, and rationalizations that act as a cognitive filter to support and enable perpetrator's behavior)

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## Sex Offender Treatment

The Association for the Treatment and Prevention of Sexual Abuse (ATSA)

Recognize ethical standards for therapeutic competence specific to working with sexual abusers.

Seek Qualified Psychiatric and Psychotherapeutic Practitioners.

Sexual offenders frequently have comorbid Axis I psychiatric disorders that may be managed w/ medication.

Know the Law—  
Utilize legal avenues when appropriate.

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## Sex Offender Treatment - Individual Therapy

### I. Cognitive-Behavioral Therapy

- Risk-Need-Responsivity (RNR):  
The risk principle speaks of who should be treated (the higher risk offender), the need principle speaks to what should be treated (criminogenic needs) and the responsivity principle helps determine how to treat.
- Good Lives Model (GLM):  
This model emphasizes helping offenders identify and pursue their "primary goods" (goals and values) to achieve a fulfilling life, which is incompatible with reoffending.

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## Sex Offender Treatment - Individual Therapy

2. Intervention models should focus on traits that are causal and not simply correlates of sexual aggression.
  - a. Trauma resolution
  - b. FOO messages
  - c. Addiction

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*Thank  
you!*

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