


Scan For Handouts

**Anatomy of Arousal:
A Comparison and Contrast of Addictive
Sexual Behaviors and Sexual Offending**

Debra Kaplan, MA, MBA, LPC, CSAT-S



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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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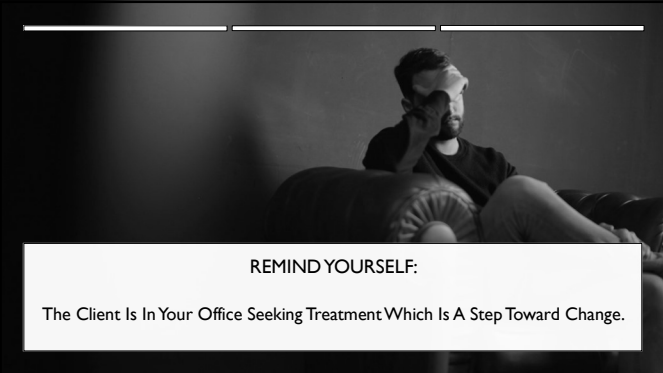


Notice
Your
Subjective
Experience of
the Client

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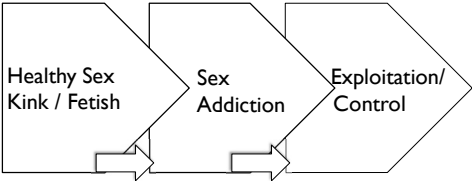


REMIND YOURSELF:

The Client Is In Your Office Seeking Treatment Which Is A Step Toward Change.

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Behaviors On A Continuum



Healthy Sex
Kink / Fetish

Sex
Addiction

Exploitation/
Control

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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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COMMUNICATION
& CONSENT

THE FUNDAMENTAL
PRINCIPLES OF BDSM

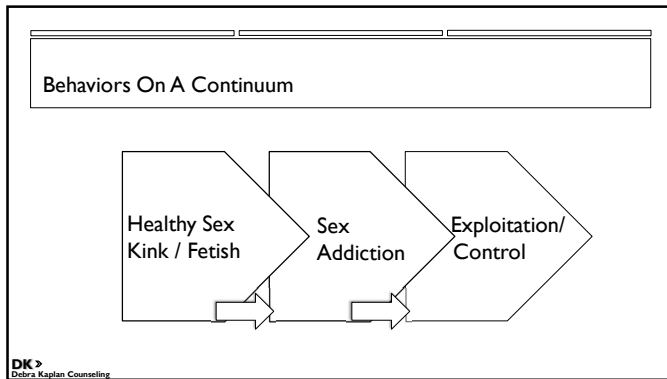
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Safe, Sane and Consensual (SSC)	Is the kink safe; Is it a sane thing to do; Do we consent to it?	COMMUNICATION & CONSENT THE FUNDAMENTAL PRINCIPLES OF BDSM
Risk Aware Consensual Kink (RACK)	Created to clear vagueness of SSC. Participants can name said risks and know how to prevent them.	

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

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SEXUAL ADDICTION

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

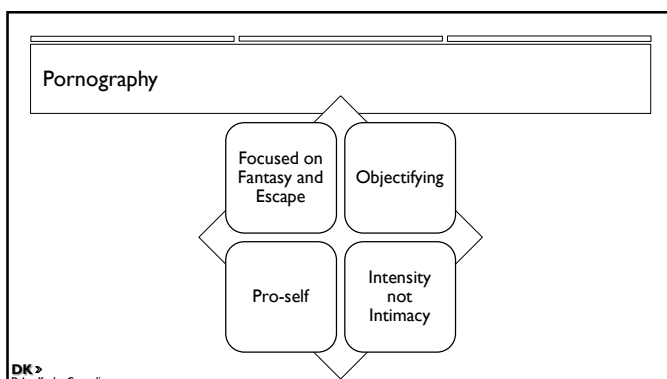
Persistent and escalating patterns of preoccupation related to sexual behavior including sexual fantasy that interferes with daily life.

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

Power or control heightens sexual arousal.

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“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.



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Francesco Ciccollella

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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 Intrusion - Use of force or manipulation to violate.
- Covert Intrusion - 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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Bestiality and Zoophilia

Bestiality is sexual interaction with a non-human animal (with or without an emotional connection to the creature).

Zoophilia is an emotional and/or sexual attraction to an animal.

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Sexual Hostility

Refers to a type of sexual harassment.

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

Actions often involve unwelcome sexual advances, remarks or conduct.

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Sexual Addiction and Sexual Offending

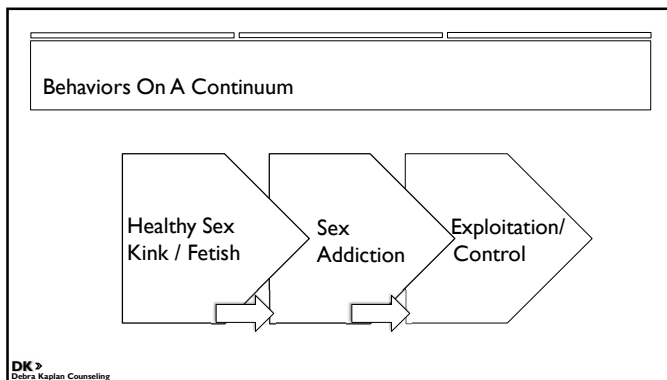
Similarities	Differences
Both groups exhibit narcissistic traits and shameless behavior	SA bxs are often shame based and ego dystonic
Bxs involve overt/covert hostility and aggression	SO bxs are often antisocial and ego sytonic
Bxs often non-consensual	Bxs often non-consensual w/ clear violation of laws

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Sex Addiction	Behaviors	Sex Offending
1. Some Impulse Control of Compulsive Behavior	Loss Of Control Over Sexual Urges and Behaviors	
2. Harm To Relationships and Well-Being	Direct Harm w/ Lasting Psych/Physical Impact	
3. Legal w/ Exception To Prost/Voyeur/Exhibition Bxs	Always Illegal, Violates Laws And Personal Rights	
4. Escalation In Sexual Risk Taking & Novelty Seeking	Escalation In Sexual Aggression and Violence	
5. Trauma Repetition, Stress and Mental Health Dx's.	Ritualized Trauma/Abuse, PD's, Dark Triad Traits	

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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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Erotic Asphyxiation

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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.

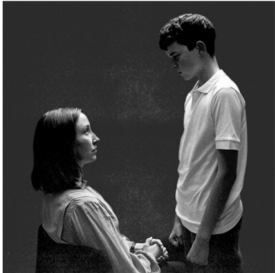
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Durham University, UK 2024

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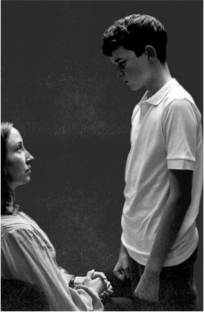
Tate-Pilled Boys Are a Problem for Schools

NYT, March 29, 2025



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

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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, Zepke, L, Fabbri, M, & Karandikar, S, (2023).

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Terminology



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

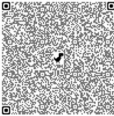
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Friendly Mother Illusion

- 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
Intrapyschic Traits	<ul style="list-style-type: none">Does not see their behavior as wrong, intends no harm toward the victimSeeks bond, partnership, emotional connection	<ul style="list-style-type: none">Lack of empathy and drive for power and control through exploitation	<ul style="list-style-type: none">Views self as powerlessJustifies participation with cognitive distortions
Behavioral Traits	<ul style="list-style-type: none">Victims are more likely to be an adolescentLess likely to commit other crimesImpulsive, lack of self-regulation	<ul style="list-style-type: none">Looks for/exploits vulnerable victimsTakes a leadership roleMore likely to offend at a younger age	<ul style="list-style-type: none">Present life dysfunction and generalized criminalityMost likely to have co-offenderMore diversely aggressive
Trauma Related Traits	<ul style="list-style-type: none">Trauma is likely not as significant as Predatory and ChaoticBoundary development, specifically around intimacyExperienced trauma as an adolescent	<ul style="list-style-type: none">Trauma was extensive and prolonged during their early childhood, and that trauma had an impact on connecting with other humansTrouble seeing the humanity in victims	<ul style="list-style-type: none">Childhood trauma and present life dysfunctionThe idea of being powerless stems from trauma

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

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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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Narcissism


- Inflated sense of self-importance w/ need for admiration.
- Avoid and deflect shame by lashing out or playing victim.
- Lack empathy for others.
- Understand consequences of their actions but prioritize own needs and desires.
- May feel guilt more when their actions cost them something, but not remorse.

Machiavellianism

- 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.

Psychopathy

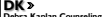
- Lack empathy, remorse, and guilt. Behaviors are impulsive, high risk, criminal, violent, and/or sadistic.
- Understands right from wrong but lack emotional capacity to care about the consequences and willingly disregard them.



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Assessment and Treatment
Sex Addiction, Inceldom, Sexual Offending

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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)
- 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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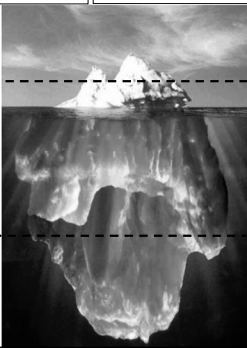
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Eroticized Rage Worksheet

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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)
- AI-Anon

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Assessment For Inceldom

Major depressive disorder	Anxiety disorder	Autism spectrum disorder
Global rate for men: 3.6%	Global rate for men: 2.6%	Global rate for men: 0.62%
Survey respondents: 38.6%	Survey respondents: 37.13%	Survey respondents: 18.38%

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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
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- 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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Debra Kaplan,
MA, MBA, LPC, CSAT-S


www.debrakaplancounseling.com
info@debrakaplancounseling.com



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