

Definition of Out of Control Sexual Behavior (OCSB)

(Braun-Harvey & Vigorito, 2016)

A sexual health problem in which a person's consensual sexual urges, thoughts or behaviors *feel* out of their control.

Sexual Health Problem:

OCSB is a sexual health problem within the normal range of sexual expression.



Sexual Health Problem:

- Imbalance between sexual safety and sexual pleasure
- Living out of alignment with principles of sexual health.
- Not keeping sexual relationship agreements

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Sexual Health-Oriented System:
Centers sexual health as the
destination for changing out of
control sexual behavior



Sexual Health Treatment Narrative:
Balance sexual safety with
sexual pleasure.



Method for Balancing Sexual Safety and Sexual Pleasure While Ensuring Sexual Rights?

- Align with the Six Principles of Sexual Health
- Aspire

OCSB Unique Clinical Picture

Sexual Health	Vulnerability Factors	Self Regulation	Attachment Regulation	Sexual & Erotic Conflicts
<ul style="list-style-type: none"> • Sexual problems • Motivation for change • Relationship with sexual health principles • Vision for sexual health 	<ul style="list-style-type: none"> • Physical safety • Physical health • Mental health • Relationship with drugs and alcohol 	<ul style="list-style-type: none"> • Ingredients¹ <ul style="list-style-type: none"> ◦ Standards ◦ Monitoring ◦ Willpower ◦ Motivation • Activation Regulation <ul style="list-style-type: none"> ◦ Affect regulation ◦ Sexual activation regulation 	<ul style="list-style-type: none"> • Attachment-related anxiety • Attachment-related avoidance • Relationship agreements • Sexual narcissism 	<ul style="list-style-type: none"> • Conflict with self • Conflict with others • Fixed arousal pattern • Unconventional arousal pattern

TREATING OUT OF CONTROL SEXUAL BEHAVIOR clarifies commitment to change and introduces accountability

Sexual Health Plan

Boundaries	Ambivalence	Sexual Health

Treating Out of Control Sexual Behavior: Rethinking Sex Addiction

(Braun-Harvey & Vigorito, 2016)



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Teşekkürler

Thank you

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