



The New Face of Sex and Internet Obsession

Dale R. Doty, Ph.D.

Christian Family Institute

www.christianfamilyinstitute.com



Traditionally when we think of the problems people get into on the internet, we think of internet pornography. New technologies have opened up new ways for people to get into trouble. From Facebook to “sexting,” clients are getting caught up in habits and compulsions that are destructive to their lives and relationships. This workshop will outline the technologies and habits, and treatment strategies for dealing with these new problems.

We live in a world where technology develops at a staggering rate, far faster than our society can predict it's implications

- CES – 1.7 million square feet of exhibits – 30 football fields
 - 3000 exhibitors, 150,000 attendees

- Portable Phone 1968
 - (19 lbs. costing \$2000.)

- VCR 1970

- Camcorder 1981

- CD Player 1981

- Commodore 64 1982
 - Beginning of the Personal Affordable Computer



- Public Access to the internet in the early to mid 1990's

- First Text Messaging Cell Phone 1993

- DVD 1996

- Cell Phones with built in camera 1997

- DVR 1999

- Xbox 2001

- iPhone 2007

- Not surprisingly the Adult Entertainment Expo has overlapped with CES in LV for the last 10 years or more



As each of these products are released, it sometimes takes years to measure their impact on our culture, and our families.

Who would have guessed that the cell phone with a camera would lead to the eventual arrest of teenagers for distributing child pornography of themselves?

How have these technologies changed our lives, for better or worse?

Social Media sites

 friendster®

 space.com®
a place for friends

faceb
ok

You  Tube

Broadcast Yourself

twitter

For Better or for Worse?

New client complaints and symptoms associated with technology and the internet

- "sexting"
- obsessive / excessive texting
- Texting and cell phone use while driving
- cell-phone-centric
- lack of cell phone etiquette
- relational betrayal
- "just friends" **NOT** "just friends"
- secret internet relationships
- Cyber-sex
- Pornography
- Child pornography
- affair sites, posting personal information
- "married and looking"
- Teens viewing pornography
- Teens making and posting pornography
- computer addiction
- game addiction
- workaholism, failure to set work boundaries
- Cyber Bullying
- Secret webcams, voyeurism
- Internet predators

What makes people vulnerable to technological obsessions

- Curiosity
- Lack of clear boundaries in marriage
- Lack of clear rules of Etiquette
 - in families
 - in society
- Parents who do not understand the dangers or risks of technology
- Parents who are naïve and overly trusting
- Parents who are too lazy or self-absorbed to provide supervision to their children
- Marital dissatisfaction, drifting or dying marriages
- Sexual addiction (chicken vs. egg)
- Dangerous experimentation and curiosity, drifting deeper
- Being a victim of sexual abuse
- Depression
- Personality disorder

The danger and harm associated with internet obsessions

- Divorce
- Seriously damaged marriages
- School failure, lowering achievement
- Job loss
- Depression
- Risky sex
- Increases in STIs
- Stunted social development
- Criminal charges
 - Solicitation
 - Exhibitionism
 - Voyeurism
 - Molestation
 - Rape
 - Pornography
 - Murder
 - Abduction
 - Serial rape / murder

Skills and strategies for engaging and treating obsessed clients

- Differential diagnosis
- A Systems Approach
 - Engaging the “customer” who often motivates the “perpetrator”
 - The customer insists upon new boundaries
 - Non-negotiable, ultimatum
 - Negotiation of new boundaries
 - Consequences
 - In Marriage
 - Threats of divorce
 - An acknowledgment of the seriousness of the problem
 - Commitment to an appropriate level of treatment
 - Individual therapy
 - Couples Therapy
 - Group / 12 Step / etc.

Skills and strategies for engaging and treating obsessed clients

- Involuntary therapy
 - Court ordered treatment
 - EAP referral
 - School suspension with required therapy
 - Parent Imposed
- Elements of Involuntary Therapy
 - Psychoeducational therapies
 - Longer term insight therapies with extensive family history
 - Exploration of possible denied sexual abuse
 - Confrontational “offenders” groups
 - Polygraph

Prevention

- Education about technology and its dangers
- Research (Texting and Driving, etc.)
- Presentations to parents, and teens
 - Dangers
 - Contracts
 - Cox Communication

Prevention

Premarital Counseling

- Encouraging Couples to negotiate boundaries
 - Nature of relationships with members of the opposite sex
 - Texting, phone calls, email, lunch
 - Internet use
 - Social media
 - Web site access
 - Pornography

Prevention

- Marriage Enrichment
 - Assisting couples to “upgrade” their marital contract to cover new risks from technology
 - Nature of relationships with members of the opposite sex
 - Texting, phone calls, email, lunch
 - Internet use
 - Social media
 - Web site access
 - Pornography