

SHAPING THE FUTURE

2019 ATSA Conference | Wednesday November 6 | 8:30 AM – 12:00 PM

A-10

Optimizing Management of Hypersexuality and Sexual Preoccupation by the Combined Use of Medication and Behavioral Techniques

Angeline Stanislaus, MD
Missouri Department of Mental Health
Elizabeth Griffin, MA
Griffin Counseling and Consulting

Sexual preoccupation and hypersexual behaviors are risk factors associated with sexual recidivism. Hence, the adequate treatment of this risk factor, when present, is an important component of sex offender treatment. Several psychotherapeutic and behavioral techniques have been shown to be valuable in managing hypersexuality. Medications in combination with psychotherapeutic techniques appear to produce a better outcome with management of this risk factor, along with maintaining sustainability.

In this pre-conference session the following will be addressed:

- Physiology of male sexual arousal specifying the role of sex hormones and neurotransmitters
- Clinical assessment of the hypersexual behaviors
- Classes of medications that have been proven to affect male sexual arousal and sexual preoccupation/ hypersexual behaviors
- Mechanism of action of the various classes of medications in decreasing male sexual preoccupation/ hypersexual behaviors
- Cognitive-Behavioral techniques that are beneficial in decreasing hypersexual behaviors
- How to integrate therapy and medications for optimal management of sexual preoccupation and hypersexual behaviors

Learning Goals:

- Upon completion of this educational activity, learners should be better able to understand the healthy physiology of male sexual arousal.
- Upon completion of this educational activity, learners should be better able to understand the role of sex hormones and neurotransmitters in maintaining sexual arousal.
- Upon completion of this educational activity, learners should be better able to understand the elements of a comprehensive clinical assessment of the hypersexual behaviors.

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- Upon completion of this educational activity, learners should be better able to understand the role of medications in managing sexual preoccupation and hypersexual behaviors.
- Upon completion of this educational activity, learners should be better able to understand the mechanism of action of the various classes of medications in decreasing male sexual preoccupation/ hypersexual behaviors.
- Upon completion of this educational activity, learners should be better able to develop skills in using cognitive behavioral techniques to decrease hypersexual behaviors.

Angeline Stanislaus is a board certified forensic psychiatrist with expertise in the evaluation and treatment of sex offenders. She has experience treating Post-Traumatic Stress Disorder (PTSD) and trauma-related anxiety symptoms in victims of sexual abuse and other trauma. She is currently the Chief Medical Officer in the Missouri Department of Mental Health. In her current role, she serves as a consultant for the development of evidence based treatment programs for the seriously mentally ill patients and those civilly committed under the Missouri SVP Act.

Elizabeth Griffin is a licensed Marriage and Family Therapist with over thirty years experience assessing and treating adults who struggle with problematic sexual behaviors, including sexually compulsive behaviors and sexual offense behaviors. She specialized in assessing and treating individuals who have engaged in online sexual offense behavior. Ms. Griffin has worked in a variety of settings including in-patient, out-patient, military, prison, and civil commitment settings. She lectures and consults nationally on the assessment and treatment of problematic online sexual behaviors, sexual offending behaviors and sexual compulsivity. Ms. Griffin has published numerous academic articles on issues related to problematic sexual behavior. She is co-author of several books and workbooks including *In the Shadows of the Net*, *Cybersex Unhooked*, *Cybersex Unplugged* and *Illegal Images*.