

**Treatment of an Atypical Paraphilia:
Implications for the Malleability of Human Sexuality**

Dennis Kalogeropoulos, PhD

Executive Director
Psychologia Clinic
Montreal, Quebec
Canada

514-733-495-9223

dkalog@videotron.ca

The seminar will outline the case of a 27 year old male presenting with a paraphilia involving a non- human object choice. The patient had never experienced attraction, desire or arousal to men or women and had never engaged in any interpersonal sexual activity. He had not divulged his sexual interests to anyone as he felt ashamed and had hesitated consulting over a long time. He finally decided to do so as he felt like a “freak” and was tired of telling people he was asexual as his friends and family members often questioned why he avoided romantic relationships or never dated. The evolution of the therapy will be outlined employing a multifaceted, integrative theoretical framework drawing from cognitive-behavioral, sex therapy and object relations paradigms. The therapy addressed unresolved sexual, intrapsychic and interpersonal issues in an attempt to facilitate the development of an interpersonal sexual orientation identity. The presentation will highlight some of the challenges therapists confront when treating atypical paraphilias. The implications of this case for the malleability of human sexuality will also be discussed.

BEHAVIORAL LEARNING OBJECTIVES

By attending the presentation, participants will be able to:

1. Identify the role that early erotic conditioning can exert on sexual development.

2. Identify the interplay of sexual, intra-psychic and interpersonal issues in contributing to the etiology of a paraphilia.
3. Determine whether it is possible to be sexual but not identify with a typical sexual orientation identity.
4. Decide whether it is necessary to weaken, or significantly reduce, sexual arousal to the inanimate object choice to facilitate the development of an interpersonal sexual orientation. Are there implicit risks in doing so?
5. Identify whether it is possible to develop a desire for, and arousal to, human sexual contact when there is a complete absence of such desire and/or arousal.

References

- Ahlers, C. J., Schaefer, G. A., Mundt, I. A., Roll, S., Englert, H., et al. (2011). How unusual are the contents of paraphilias?: Paraphilia-associated sexual arousal patterns in a community-based sample of men. *The journal of sexual medicine*, 8(5), 1362-1370.
- Johnson, S. (2017). An emotionally focused approach to sex therapy. In Z.D. Peterson (Ed.), *The Wiley handbook of sex therapy* (pp. 250 – 265). New York: Wiley.
- Kleinplatz, P. J. (2014). The paraphilias: an experiential approach to “dangerous” desires. In Y. M. Binik & K.S. K. Hall (Eds.), *Principles and practice of sex therapy* (pp. 195 – 218). New York: Guilford.
- Kohut, H. (1977). *The analysis of the self*. New York: International Universities Press.
- McKay, M., Fanning, P. & Ona, P. Z. (2011). *Mind and emotions: a universal treatment for emotional disorders*. Oakland, CA: New Harbinger.

BIOGRAPHY

Dr. Dennis Kalogeropoulos is the former Director of the Sex and Couple Therapy Service of the Psychology Department of the McGill University Health Center. His

clinical interests include the multifaceted assessment and treatment of a wide range of sexual and interpersonal difficulties. Dr. Kalogeropoulos employs an integrative approach to sex and couple therapy which incorporates elements of CBT and third-generation CBT, emotionally-focused and object relations paradigms. He was formerly a lecturer in the Departments of Psychology of McGill and Concordia Universities and the psychological consultant to the Urology Department of the Faculty of Medicine of McGill University for several years. Dr. Kalogeropoulos has been actively involved in training senior doctoral candidates in sex and couple therapy for close to three decades. In addition to his enthusiasm for clinical work and clinical teaching, he has a passion for enlightening individuals on issues related to sexual and interpersonal well-being and lectures extensively to health professionals and community groups and organizations.

DISCUSSANT

Gerald Wiviott, MD

I remember very well the day 37 years ago that Dr. Irv Binik sat down with me on a bench outside the Allan Memorial Institute in Montreal and spoke about a clinic that he wanted to start. He wondered whether I would be interested in joining him as the psychiatric consultant to the Couple and Sex Therapy Clinic, a training program primarily for psychologists interested learning theory and practice of both couple therapy and sex therapy. Without hesitation I said yes. Now, I can feel proud of the achievements of the clinic. Many of our trainees have gone on to distinguished careers as directors of their own clinics and a number have served important leadership roles at SSTAR.

I continue to be privileged to play a role in the training of future clinicians and researchers as a member of the Couple and Sex Therapy Clinic. Besides offering teaching on basic mental health issues such as psychopharmacology and DSM terminology, I bring an existential and self-psychological framework to my role as supervisor of the more senior trainees.

I was an inpatient psychiatrist for 30 years, and now I work on the out-patient mood disorders service. In addition, I run a family therapy program.
Background: I was born in Wisconsin, did a BA at the U. of Wisconsin, and received my MD at NYU. After a year as a Battalion Surgeon in Vietnam, I came to Canada for my residency in psychiatry at McGill. I've been on staff at the Allan since 1975, and I've never regretted my decision to stay in Canada.