

The Immigration of Theory to Practice: Twenty Five Years of Individual and Group Therapy for a Cisgender Gay Man with Out of Control Sexual Behavior

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In 1993 David was 25-year-old international cisgender gay male in the United States on a Student Visa. He presented with crystal meth sex/drug-linked behavior and ambivalence about his sexual life as a gay man. David has remained in combined group and individual OCSB therapy since 2015 after two attempts at Out of Control Sexual Behavior (OCSB) group therapy, multiple periods of sex/drug-linked crystal meth abuse in combination with anonymous crystal using sex partners. David's course of intermittent 25-year therapy parallels the development of the Braun-Harvey/Vigorito sexual health model for addressing men feeling out of control in their sexual behavior. It is a rare opportunity for a therapist to discuss a clinical history of a single client to demonstrate development of their clinical model.

This case study will illustrate the clinical application of the five elements of the OCSB Unique Clinical Picture (sexual health vision, vulnerability factors, regulation, attachment and erotic conflicts). The clinical case discussion will emphasize parallel events within the development of the OCSB theory, assessment and treatment and the course of one long term psychotherapy relationship.

BEHAVIORAL LEARNING OBJECTIVES

After attending this presentation, participants will be able to:

1. Describe the appropriate use of the Braun-Harvey & Vigorito OCSB outpatient assessment and treatment protocol for men presenting with consensual, out of control sexual behavior.
2. Organize client problematic and out of control sexual behavior within the OCSB Unique Clinical Picture.
3. Identify six sexual health principles that provide the framework to develop a client's vision of sexual health and evaluate treatment outcomes.
4. Construct a comprehensive assessment and course of treatment that explores various factors that contribute to OCSB, including self-regulation, attachment patterns and unresolved sexual/erotic identity conflicts.

REFERENCES

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BIOGRAPHY

Sexual health author, trainer and psychotherapist **Douglas Braun-Harvey** bridges sexual and mental health and facilitates organizational change. In 2013 Doug Braun-Harvey and Al Killen-Harvey co-founded **The Harvey Institute**, an international education, training, consulting and supervision service for *Improving health care through integration of sexual health*. The Harvey Institute curriculum "Sexual Health Conversations" was the catalyst for a 2017 statute mandating over 100,000 California foster youth professionals and parents to receive training on methods for talking with youth about sexual health.

Since 1993 he has been developing and implementing a sexual health based treatment approach for men with out of control sexual behavior (OCSB). His new book "*Treating Out of Control Sexual Behavior: Rethinking Sex Addiction*" written with co-author Michael Vigorito was selected as the 2018 Health Professional Book by the Society for Sex Therapy and Research (SSTAR). Previous publications include "*Sexual Health in Recovery: Professional Counselor's Manual*" (2011) and "*Sexual Health in Drug and Alcohol Treatment: Group Facilitator's Manual*" (2009).

Mr. Braun-Harvey is Licensed Marriage and Family Therapist, Certified Sex Therapy Supervisor and Certified Sex Therapist. As alumni of the University of Minnesota, Doug is honored to join their Leadership Council for the Program in Human Sexuality in which he is a founding donor of the Doug Braun-Harvey Fellowship in Compulsive Sexual Behavior. He has been providing individual and group therapy in his San Diego private practice since 1987. He is on the web at www.TheHarveyInstitute.com.

DISCUSSANT

Sharon Nathan, PhD, MPH

Sharon G Nathan has been a SSTAR member since 1981 and has served as Development Officer, Treasurer, Newsletter Editor, and Local Arrangements Chair. After earning her PhD in Clinical Psychology from NYU, she trained in sex therapy under Helen Singer Kaplan in the Human Sexuality Program at Cornell University Medical College; she stayed on with the program as a supervisor and Associate Director. Sharon also has an MPH in epidemiology from the Columbia University School of Public Health, where she did research on the epidemiology of the DSM sexual dysfunctions. Currently she is in private practice in New York City.