

# Understanding and Treating the Cybersexually Addicted

Cybersexual addiction, a subtype of Hypersexual Disorder, has become a profound problem in today's culture. Conservative estimates suggest that 6-8% of all online users are experiencing marked difficulties and negative consequences related to their use of internet sexual content. Cybersexual addiction is an emerging field and mental health providers report being unprepared to address the many individuals they are encountering in their practices with these issues. This seminar will provide an overview of what cybersexual addiction is, how to diagnose it, and how to treat it. Additionally, this seminar will provide an overview of the neuroscience behind cybersexual addiction and the impact of the addiction on the individual. Finally, a three phase and task oriented approach to treatment will be presented.

## Target Audience

Psychologist Social Workers Counselors  
Nurses Therapists Case Managers  
Marriage and Family Therapists Addiction Counselors  
This seminar is for intermediate to advanced level clinicians

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Identify at least six criteria for diagnosing cybersexual addiction
  2. Describe the Sexual Addiction Cycle and the role of shame in perpetuating the cycle
  3. Identify two brain structures and three neurotransmitters involved in cybersexual addiction
  4. Identify at least three ways cybersexual addiction impacts the addicted
  5. Describe the task oriented approach in treating the cybersexually addicted

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## Outline

**Begin 11:00am**

**What is Cybersexual Addiction**

**Justification of C. A.**

**Diagnosing C. A.**

**Legal & Ethical Matters**

**The Cybersexual Addictive Cycle**

**Core Beliefs of the Addict**

**Break 12:15pm (10min)**

**Biological Models of Addiction**

**Brain Structures & Neurotransmitters**

**Profile of Cybersexual Addict**

**How the addiction impacts the addict**

**Break 1:45pm (10min)**

**Treating the Cybersexually Addicted**

**Philosophy & Approach**

**Process: A Three Phase Approach**

**End at 3:20 pm**



## The Presenter

Charles N. Zeitler, Psy.D., CSAT is a clinical psychologist with a broad range of experience in the treatment and evaluation of children and adolescents with behavioral and emotional problems, adults with serious and persistent mental illness, couples in crisis and sexual addiction. He received his Doctorate in Clinical Psychology with a focus in child and family therapy and assessment from The American School of Professional Psychology in Washington, DC. Dr. Zeitler is a licensed Psychologist in Virginia, New York and his home state of Maryland and is a Nationally Registered Health Service Psychologist. Dr. Zeitler completed a Forensic Fellowship at Springfield Hospital Center in Sykesville, MD where he served as forensic psychologist for five years. Since 2017 he has been serving as the Director for the Addictions, Co-occurring, & Trauma Recovery Services for SHC. He performs violent risk assessments to include Risk for Sexual Violence Risk Assessments as well as performing consultative examinations on applicants for Social Security Disability Income and Supplemental Security Income benefits. Dr. Zeitler established his private practice in 2011, Assessments & Solutions, where he specializes in treating couples in crisis, particularly with regard to infidelity, and in treating sexual addiction. He treats individuals with sex addiction, and injured partners individually, as couples, and in groups. His interest in helping those effected by sexual addiction was a primary impetus for Dr. Zeitler to become a psychologist. His doctoral research project focused on creating guidelines to treat cybersexual addiction in the context of a committed relationship. Dr. Zeitler has lectured on Cybersexual Addiction and has served as a guest speaker and consultant for churches establishing sexual integrity ministries.

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