

# 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

Dr. Charles Zeitler is a clinical psychologist and certified sex addiction therapist. He is the Director for Addictions, Co-occurring, & Trauma Recovery Services at Springfield Hospital Center. His private practice focuses on treating compulsive sexual behavior disorder as well as those affected by it. He also serves as a guest speaker and consultant on compulsive sexual behaviors. Dr. Zeitler teaches a monthly webinar on sexual and cybersexual addiction as well as seminars on a variety of topics including Motivational Interviewing, Transtheoretical Model, Short-Term Assessment of Risk and Treatability, and Culture & Diversity. In addition to being licensed in his home state of Maryland, Dr. Zeitler is licensed in Virginia and New York. He conducts disability evaluations as well as risk assessments to include risk for sexual violence.

## Continuing Education Credit

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