

Week 8 Discussion: Addicted to Sex

Student's Name

Institutional Affiliation

Week 8 Discussion: Addicted to Sex

Based on the DSM-5-TR criteria and Sally's symptoms—frequent engagement in sexual behaviors, significant personal distress, and issues at work—it's plausible to consider a diagnosis of Compulsive Sexual Behavior Disorder. Sally's admission of persistent thoughts about sex and her behavioral patterns, such as paying for sex and engaging with strangers, align with the DSM-5-TR's criteria for this disorder.

Treatment Options

For treating Sally, three interventions could be considered:

Cognitive Behavioral Therapy (CBT)

This would address Sally's patterns of compulsive behavior and distorted thinking about sex. Techniques like cognitive restructuring could help modify her beliefs and reduce the urge-related stress.

Group Therapy

Participation in a support group with others facing similar challenges could provide Sally with peer support and reduce feelings of isolation or shame.

Pharmacological Intervention

Considering medication might be beneficial if her symptoms are severe and impairing, particularly if there's an underlying mood disorder component. SSRIs or anti-androgen therapy could be discussed with a psychiatrist.

Peer Response

Your approach to Sally's case, particularly emphasizing Cognitive Behavioral Therapy, is well-articulated and insightful. I appreciate how you've outlined specific therapeutic interventions while also considering group support, which is crucial for holistic treatment. Your

DISCUSSION 7-1 3

inclusion of pharmacological options provides a comprehensive view that could indeed benefit Sally's complex needs. This multifaceted strategy not only addresses the symptoms but also supports overall mental health, demonstrating a deep understanding of ethical and client-centered care in practice.

Reference

- Voegeli, R., Schoop, R., Prestat-Marquis, E., Rawlings, A. V., Shackelford, T. K., & Fink, B. (2021). Cross-cultural perception of female facial appearance: A multi-ethnic and multi-centre study. *PLOS ONE*, *16*(1), e0245998.
<https://doi.org/10.1371/journal.pone.0245998>