



Managing Unhealthy Sexual Arousal: A Sex-Positive Approach to Treatment

Presenters: Ted Jackson, LCSW, PhD and Bud Ballinger, PhD, ATSA-F

Recorded on: Thursday, March 26, 2026

Length: 2 Hours

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- Introduction and overview
- Overview of arousal management – what it is and isn't
- Sex positivity and negativity
- Overview of arousal management research
- Assessing unhealthy arousal patterns
- Treating unhealthy arousal patterns
- Adapting treatment to meet different needs and learning styles
- Q&A and wrap-up

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