

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

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

Recorded on: July 8, 2026

Length: 4 Hours

One hour and 30 minutes

- Introduction and overview
- Embracing discomfort
- Overview of arousal management – what it is and isn't
- Who is appropriate for arousal management?
- The importance of motivation
- Things people say that might indicate a lack of readiness
- Sex positivity
- Self-assessment
- Sources of sex negativity
- Management versus reconditioning
- What we can learn from "NOMAPS"

One hour and 15 minutes

- Overview of arousal management research
- Assessing unhealthy arousal patterns
- Ensuring that healthy sexuality is encouraged
- Treating unhealthy arousal patterns
- Suggested course of treatment
- Sexual education
- Exploring sexual identity
- Re-learning what we know about sex
- Examples
- Sexual openness, self-esteem, and anxiety
- Hypersexuality versus unhealthy interests

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One hour and 15 minutes

- Arousal template activities: tracking sexual thoughts and fantasies
- Healthy fantasy and escape scenarios
- Covert sensitization and masturbatory satiation
- Cognitive skills, RNR, and arousal management
- Adapting treatment to meet different responsivity needs and learning styles, including AI and aversive images
- Discussing consent
- Q&A and wrap-up

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