



A Contextual Process of Change Approach to Working With Anxiety and Sexually Compulsive Behavior

Counseling session

Material Projectable

In this session, Dr. Fraser demonstrates his contextual process of change approach with a middle-aged African American male client presenting with anxiety and sexually compulsive behavior. Dr. Fraser begins the session by asking about the client's prior experiences with psychotherapy and medication, and they discuss the client's expectations for the current session. The client describes the nature of his anxiety and various compulsions (e. g., orderliness), and how these relate to early experiences with sexuality and drug use. Dr. Fraser helps the client explore his experiences with sexual encounters and drug addiction at a young age, and his ongoing struggles with sexual compulsivity, including excessive masturbation, use of pornography, and infidelity. The client discusses his current marital struggles after his wife recently discovered that he was engaged in several extramarital affairs. Throughout the session, Dr. Fraser provides the client with a nonjudgmental space to process some of his own guilt, shame, and other reactions toward his behaviors and to explore possible links between his tendencies for orderliness and sexual compulsivity

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