


Work Sheets

Statement of Completion for Continuing Education

I, _____, acknowledge that I have completely viewed all 3 hours of DVD training and have completed each worksheet required for each class. I also acknowledge that I alone completed each worksheet without help from any other person.

Signature

Date

Printed Name
(As you want your name to appear on your certificate)

Date

Email Address: _____

(Certificates will be emailed to the email address provided)

Heart to Heart Counseling Center Initial Intake

Client: _____

Marital Status: _____

Marriages: 1 2 3 Yrs married to current spouse? _____

Spiritual Status: _____

Children: 1 2 3 4 5

Mood : 1) even 2) depressed 3) up & down

SEX HISTORY

1st Sexual Experiences: Client's Age _____

Other Sexual Experiences:

| Client's Age | Other Person's Age/Gender |
|--------------|---------------------------|
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| Started | Masturbation | Porn |
|------------|--------------|------|
| Jr. High | | |
| High Sc. | | |
| College | | |
| 20-30yrs. | | |
| 30-40yrs. | | |
| 40-50yrs. | | |
| 50-present | | |

Fantasy Type: Hetro Homo Child
Dominant Submissive
Fantasy during sex with partner = _____%

Themes:
Oral Vag Anal Violent Other
Fantasy changed in last 2 years? Yes No

| | MOM | DAD |
|---------------|---------|---------|
| Addictions | | |
| Abuse | | |
| Close/Distant | | |
| | STEPMOM | STEPDAD |
| Addictions | | |
| Abuse | | |
| Close/Distant | | |

How often sex with partner? _____. (Anorexia Questions)

Conclusion:
Biological Psychological Spiritual Sexual Abuse Intimacy Anorexic Mood Disorder

Homework:
 Five Commandments Rubberband



Assessment

1. The institute for behavioral medicine in Golden Valley Minnesota suggested needing 5 of 15 criteria for sexual addiction. List any 5

1. _____
2. _____
3. _____
4. _____
5. _____

2. In number 15 of the Golden Valley criteria list any three of the "following conditions."

1. _____
2. _____
3. _____

3. SAST stands for: _____

4. How many yes answers is an 87.5% on the SAST? _____

5. Lundy describes 13 behaviors typical of sexual addiction. List 6

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

6. List the 3 creators of the Internet Sex Screening Test.

- 1. _____
- 2. _____
- 3. _____

7. Carnes and Adams list 10 signs indicative of sexual addiction. List 6.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

8. I learned in this class (optional) _____



Six Model Typology

1. List and explain the first type of sex addict.

Type I _____

Explain _____

2. List and explain the second type of sex addict.

Type II _____

Explain _____

3. List and explain the third type of sex addict.

Type III _____

Explain _____

4. List and explain the fourth type of sex addict.

Type IV _____

Explain _____

5. List and explain the fifth type of sex addict.

Type V _____

Explain _____

6. List and explain the sixth type of sex addict.

Type VI _____

Explain _____

7. Better _____ in identification leads to better _____ strategies.

8. I learned in this class (optional) _____



A Behavioral Treatment Plan

1. Goodman states two goals for behavioral symptom management. List these.

1. _____

2. _____

2. List the five commandments.

1. _____

2. _____

3. _____

4. _____

5. _____

3. Describe the concept of consequences as it relates to behavioral treatment of sex addicts.

4. List one behavioral strategy for each of the following types of sex addicts.

1. Psychological _____

2. Anorexia _____

3. Mood Disorder _____

5. I learned in this class (optional) _____
