



THE DAVIS GROUP  
— COUNSELING AND WELLNESS SERVICES —

## Syllabus

# The Journey to Porn Addiction Recovery: Facts, Process, and Interventions for Clinicians

**Class Location:** Classroom 5, Alliant International University Campus, 2030 West El Camino Ave, Ste. 200. Sacramento, CA 95661.

**Instructor:** Alexander Hsieh, Ph.D., LMFT

**Telephone:** (916) 512-7372

**E-mail:** [drhsieh@thedavisgroup.org](mailto:drhsieh@thedavisgroup.org)

**Continuing Education Units:** 3

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### I. Educational Goals

The goals of this course are threefold: 1) to familiarize participants with the facts and myths of pornography addiction; 2) to teach participants various treatment interventions and techniques to more effectively work with their clients; and 3) to evaluate self-of-the therapist issues regarding pornography addiction.

### II. Measurable Learning Objectives

Upon completion of the course, participants will be able to:

1. Describe the facts and myths surrounding pornography addiction
2. Describe the effect pornography addiction has on human biology
3. Describe the many effects pornography addiction has on individuals
4. Use assessments to effectively assess for porn addiction
5. Implement intervention techniques with clients struggling with porn addiction
6. Identify self-of-the therapist areas to work on

### III. Recommended Course Readings and Materials:

Hall, P. (2018). *Understanding and treating sex and pornography addiction: A comprehensive guide for people who struggle with sex addiction and those who want to help them*. London, UK: Routledge.

Skinner, K. B. (2015). *Treating pornography addiction: The essential tools for recovery*. Provo, UT: GrowthClimate.

Wilson, G. (2015). *Your brain on porn: Internet pornography and the emerging science of addiction*. London, UK: Commonwealth Publishing.



**IV. Course Schedule**

Hour	Topic
Hour 1	<p>Overview of Pornography Addiction</p> <ul style="list-style-type: none"> <li>● Overview of the numbers of pornography addiction               <ul style="list-style-type: none"> <li>○ Highlighting recent trends</li> <li>○ Effects of social media and cellphones</li> <li>○ Disclaimer about pornography</li> <li>○ Addiction</li> </ul> </li> <li>● Review of the science of pornography addiction               <ul style="list-style-type: none"> <li>○ The brain</li> <li>○ Neurotransmitters</li> <li>○ Mind over body</li> </ul> </li> <li>● Why pornography?               <ul style="list-style-type: none"> <li>○ Socialization of sex and gratification</li> <li>○ Safety in loneliness</li> <li>○ Silence suffering</li> </ul> </li> </ul>
Hour 2	<p>Pornography Addiction with Your Clients</p> <ul style="list-style-type: none"> <li>● Pornography addiction and systems               <ul style="list-style-type: none"> <li>○ Couple system</li> <li>○ Family system</li> <li>○ The community</li> <li>○ Religious affiliations</li> </ul> </li> <li>● Pornography and shame               <ul style="list-style-type: none"> <li>○ Process of porn addiction</li> <li>○ Effects of interaction between shame and pornography</li> <li>○ Destigmatizing</li> <li>○ Building a therapist-client relationship</li> </ul> </li> </ul>
Hour 3	<p>Treatment of Pornography Addiction</p> <ul style="list-style-type: none"> <li>● Treatment C.H.O.I.C.E. Recovery Model               <ul style="list-style-type: none"> <li>○ Challenging core beliefs</li> <li>○ Goal orientated treatment</li> <li>○ Treating compulsiveness</li> <li>○ Sex positivity</li> <li>○ Relational connection</li> <li>○ Confidence in recovery</li> </ul> </li> <li>● Cognitive Behavioral Therapy               <ul style="list-style-type: none"> <li>○ Motivational interviewing</li> <li>○ Identifying triggers</li> <li>○ Cognitive restricting maladaptive connection with pornography</li> </ul> </li> </ul>



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	<ul style="list-style-type: none"><li>○ Formulating adaptive relationship with sex</li><li>● Social Model<ul style="list-style-type: none"><li>○ Twelve step models pros/cons</li><li>○ Couple's therapy pros/cons</li><li>○ Recovery groups pros/cons</li></ul></li></ul>
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**[CV/RESUMES STARTING NEXT PAGE]**



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**Alexander L. Hsieh, Ph.D., LMFT#103603**

November 2018

VITA

Associate Professor, Couples and Family Therapy  
Licensed Marriage and Family Therapist, LMFT# 103603  
California School of Professional Psychology  
Alliant International University  
2030 West El Camino Ave, Suite 200  
Sacramento, CA 95834  
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**EDUCATION**

**Ph.D.**                   Brigham Young University  
2013                    Major: Marriage and Family Therapy  
                          Advisor: Roy A. Bean, Ph.D.  
                          Dissertation: Power of Shame: Impact of Shame on Psychological Development  
                          with Relational Connection as Moderators

**M.S.**                    Abilene Christian University  
2010                    College of Biblical Studies  
                          Major: Marriage and Family Therapy

**B.S.**                    The University of Texas at Austin  
2007                    Major: Human Development and Family Sciences  
                          Specialization: Families and Personal Relationships High Honors

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**PRESENTATIONS**

2018  
Cultural humility: Creating the interpersonal space to facilitate cultural identity discussions. An invited clinical and research workshop given at Brigham Young University's Marriage and Family Therapy Summer Series, Provo, UT July 12.

Cybernetics, systems theory, and MFT. An invited clinical workshop given at University of California, Davis's Psi Chi event, Davis, CA March 8.



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2017

The cultural competent therapist. An invited clinical and research workshop given at Brigham Young University's Marriage and Family Therapy Summer Series, Provo, UT July 13.

Restoring our youth: Program evaluation of juvenile first-time offender immersion program. A research poster given at the American Association of Marriage and Family Therapy – California Conference, San Diego, CA March 4 with Chichun Lin and Shalini Chand.

Where we start: A intersectional look at interracial couples. A clinical workshop given at the American Association of Marriage and Family Therapy – California Conference, San Diego, CA March 3 with Nicolette Harter.

2016

Vacaville police department: Youth diversion program evaluation. An invited research and program evaluation presentation given at Vacaville Police Department at Vacaville, CA August 18.

Internal family systems: A cultural integration model. An invited clinical workshop given at Brigham Young University's Marriage and Family Therapy Summer Series, Provo, UT July 7.

The intersectionality of culture: Systemic treatment of interracial couples. A clinical workshop given at International Family Therapy Association, Waikoloa, HI April 1st, with Laradanielle Davis.

Teaching LGBTQ sexual minority cultural competence: Best practices in couple & family therapy and clinical psychology graduate training programs. A research poster given at the American Association of Marriage and Family Therapy – California Conference, San Francisco, CA February 26, with Louise Head, Ariana Lozano, and Gita Seshadri, PhD.

The cultural interactional patterns and beliefs of Chinese gay males. A research poster given at the American Association of Marriage and Family Therapy – California Conference, San Francisco, CA February 26, with Chichun Lin.

Foundational components for lesbian, gay, and bisexual cultural competency: Best practices in couple and family therapy and clinical psychology graduate training programs. A research workshop given at the American Association of Marriage and Family Therapy – California Conference, San Francisco, CA February 26, with Ariana Lozano, Louise Head, and Gita Seshadri, PhD.



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2015

The intersectionality of culture: Systemic treatment of interracial couples. An invited clinical workshop given at Brigham Young University's Marriage and Family Therapy Summer Series, Provo, UT July 17<sup>th</sup>, 2015.

Maternal empty nest syndrome: A culturally sensitive treatment approach for Chinese American families. A research poster given at the American Association of Marriage and Family Therapy – California Conference, Northridge, CA February 28, with Chichun Lin.

Adolescent shame: Relationships moderating shame and internalized behaviors. A research poster given at the American Association of Marriage and Family Therapy – California Conference, Northridge, CA February 28, with Dr. Roy A. Bean.

Hierarchies in Chinese gay male communities. A research poster given at the American Association of Marriage and Family Therapy – California Conference, Northridge, CA February 28, with Chichun Lin.

2014

Professors of Asian heritage: Our stories in couple and family therapy. An academic workshop given at National Council on Family Relations 2014 Annual Conference, Baltimore, MD November 21, 2014, with Dr. Hao-Min Chen, Dr. Karen Quek, Dr. Liang-Ying Chou, and Dr. Hye-Sun Ro.

Engaging Your Internal Parts: Internal Family Systems Therapy. An invited clinical workshop given at Brigham Young University's Marriage and Family Therapy Summer Series, Provo, UT July 11<sup>th</sup>, 2014.

2013

Power of Shame: Impact of Shame on Psychological Development with Relational Connection as Moderators. A research poster given at the Utah Association of Marriage and Family Therapy Conference, Sandy, UT May 17<sup>th</sup>, 2013 with Dr. Roy A. Bean.

2012

Why Is She Nice?: Relational Prosocial Behavior for Female Adolescents. A research poster given at American Association of Marriage and Family Therapy Conference, Charlotte, NC September 14, 2012 with Brent Black and Dr. Roy A. Bean.

2012

Treatment of Empty Nest Syndrome: Working with Chinese Mothers. An invited clinical seminar give at Argosy University, Draper, UT July 13, 2012.



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2010

1<sup>st</sup> and 2<sup>nd</sup> Generation Asian Americans: Differences in Marital Paradigms. A research poster given at the Christian Association of Psychological Studies Conference, Overland Park, KS April 17, 2010 with Dr. Jamie D. Goff.

1<sup>st</sup> and 2<sup>nd</sup> Generation Asian Americans: Differences in Marital Paradigms. A research poster given at the Texas Association of Marriage and Family Therapy Conference, San Antonio, TX March 13, 2010 with Dr. Jamie D. Goff.

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## PUBLICATIONS

Hsieh, A. L., Hughes, C., & Schult, W. (2018). Social exchange theory. In J. Lebow, A. Chambers, D. Bruenlin, & S. Davis (Eds.). *Encyclopedia of Couple and Family Therapy*. Gewerbestrasse, Switzerland: Springer International Publishing.

Baity, M. R., Hsieh, A. L., & Swanson, S. M. (2018). Assessment contexts. In S. R. Smith & R. Krishnamurthy. *Diversity-sensitive personality assessment* (pp. 245-258). New York, NY: Routledge.

Hsieh, A. L., & Seshadri, G. (2018). Promoting diversity and multicultural training in higher education: Calling in faculty. In B. Blummer & J. M. Kenton (Eds.). *Promoting diversity and multicultural training in higher education*. Hershey, PA: IGI Global.

Hsieh, A. L. (2018). Taking therapy with Asian Americans to the next intersection. Review of the book *Transition and change in collectivistic family life: Strategies for clinical practice with Asian Americans* by K. M.-T. Quek & S.-R. S. Fang (Eds.). *PsycCritiques*.

Hsieh, A. L. (2017). Mothers in families. In J. Lebow, A. Chambers, D. Bruenlin, & S. Davis (Eds.). *Encyclopedia of Couple and Family Therapy*. Gewerbestrasse, Switzerland: Springer International Publishing.

Hsieh, A. L. (2015). Internal Family Systems: A Parts Party Intervention. *Journal of Family Psychotherapy*, 26, 31-35.

Hsieh, A. L., & Bean, R. A. (2014). Understanding familial/cultural factors in adolescent depression: A culturally-competent treatment for working with Chinese American families. *The American Journal of Family Therapy*, 42(5), 398-412.



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Bean, R., Hsieh, A. L., & Clark, A. (2014). Exploring other perspectives of gender and ethnicity. In R. A. Bean, S. Davis, & M. P. Davey (Eds.), pp. 159-164. *Clinical supervision activities for increasing competence and self-awareness*. Hoboken, NJ: Wiley-Blackwell.

Padilla-Walker, L. M., Bean, R. A., & Hsieh, A. L. (2011). The role of parenting and personal characteristics on deviant peer association among European American and Latino adolescents. *Children and Youth Services Review*, 33, 2034-2042.

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## MANUSCRIPTS IN PROGRESS

Hsieh, A. L., Bean, R. A., Harper, J. M., Yorgason, J. B., Miller, R. B., & Nelson, D. A. (in preparation). Power of shame: The moderating effects of parent connection on the relationship between adolescent shame and depression, self-esteem, and hope. *The American Journal of Family Therapy*.

Hsieh, A., & Bean, R. (in preparation). Friendships over shame: Peer connection moderating the effects of adolescent shame on depression, self-esteem, and hope.

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## RESEARCH EXPERIENCE

Research Professor, Alliant International University, Couples and Family Therapy program, Sacramento, CA, August 2013 to present. Position responsibilities include: conducting and writing research studies to enrich the mental health field, applying for research grants, involving MA and PsyD students in research, serving on dissertation chair and committees, and several publications per academic year.

Manuscript Reviewer, *Journal of Marital and Family Therapy*, Nov. 2014 to present. Position responsibilities include: reviewing submitted manuscripts to one of our top journals in our field, accurately and carefully researching the most up to date studies in our field, and providing feedback and recommendation to journal editor.

Program Evaluator, Vacaville Police Department, Youth Diversion Program, February 2014 to October 2016. Position responsibilities include: organizing data, evaluating several programs for effectiveness and efficiency, give feedback on programs, collecting assessments to meet program missions and goals, work with department leaders to achieve program goals.

Abstract Coordinator and Reviewer, American Association of Marriage and Family Therapy – California, 2015-2016. Position responsibilities include: coordinating abstract submissions, finding and distributing abstracts to reviewers, reviewing conference abstracts, organizing presenter schedule, and day of conference scheduling.





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Research Assistant for Roy A. Bean, Ph.D., Marriage and Family Therapy, Brigham Young University, August, 2010 to August, 2013. Position responsibilities include: editing Flourishing Families codebook, grant research and writing, work with Flourishing Families dataset, and reviewing Masters students' thesis.

Research Assistant for Sara E. Blakeslee, Marriage and Family Therapy, Abilene Christian University, August, 2009 to August, 2010. Position responsibilities included: Literature reviews, generating peer-reviewed sources, organizing data, proofreading of proposals, and assistance in the teaching of several graduate courses in MFT.

Soc 615 research project with Jaime D. Goff, Ph.D., Marriage and Family Therapy, Abilene Christian University, August 2009 – February 2010. This project was a study looking at Asian-American marital couples. The goal was to evaluate Asian-American couples' level of openness to marital therapy with associations with acculturation, marital satisfaction, and sexual satisfaction.

Research Assistant for Timothy J. Loving, Human Development and Family Sciences, The University of Texas at Austin, August, 2006 to May, 2007. Position responsibilities included: Conducting research interviews, developing design of experimental research, inputting references with Endnote, data management, data analysis, recruiting research participants, and literature reviews.

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## CLINICAL EXPERIENCE

Licensed Marriage and Family Therapist, The Davis Group Counseling and Wellness Services, Roseville, CA

January 2018 – present. LMFT#103603

Responsibilities include: providing therapy to families, couples, and individuals to the community with a sliding scale fee.

Clinical Training Coordinator, Alliant International University CFT, Sacramento, CA

August 2013 – present.

Responsibilities include: guiding students to practicum placement, maintaining relationships with community agency partners, developing new community agencies for student placement, monitoring student and community agency relationships.

Marriage and Family Therapy Intern, Life Practice Counseling Group, Sacramento, CA

February 2014 – present. MFT Intern (IMF#78779).

Supervisor: Carisa Sherwood, LMFT MFC#48768.



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Responsibilities include: Provide family therapy to individuals, couples and families in low SES to the community through a sliding scale fee.

Group Therapist Facilitator, Life Practice Counseling Group, Sacramento, CA

August 2015 – present. MFT Intern (IMF#78779).

Supervisor: Carisa Sherwood, LMFT MFC#48768.

Responsibilities include: Providing individuals in a group setting teaching Dialectical Behavioral Therapy skills training and facilitating group interaction.

AAMFT Approved Supervisor (in training), January 2012 – present.

Working towards becoming an approved AAMFT Supervisor. Completed supervisor training course as a pre-requisite. Currently, supervising multiple graduate students at the Comprehensive Clinic (Provo, UT).

Group Therapist Facilitator, BYU, Provo, UT August, 2012 – May, 2013.

Position responsibilities: Facilitate group therapy for incoming master's students, plan group therapy activities, evaluate students for readiness to see clients, and prepare students to become more competent therapists.

MFT Student Intern, Comprehensive Clinic, Provo, UT September, 2010 – August, 2013.

Position responsibilities: Provide family therapy to individuals, couples and families.

MFT Student Intern, Marriage and Family Institute, Abilene, TX March, 2009 – August, 2010.

Position responsibilities: Provide family therapy to individuals, couples and families. 390 hours completed.

MFT Student Externship, Hope Haven, Abilene, TX June, 2009 – August, 2010

Position responsibilities: Provide family therapy to individuals, couples, and families at a local homeless residency. 110 hours completed.

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## ADMINISTRATIVE SERVICE

Clinical Training Coordinator, Alliant International University, Couples and Family Therapy program Sacramento, CA, Fall 2013 – present.

Coordinate with local mental health agencies and student placement, attending weekly program meetings, working with community mental health agencies, planning agency fairs, attending to student conflicts, and clinical site evaluations.



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Program Administrative Assistant, Brigham Young University

Fall 2012 – 2013

Assisted department chair (Dr. Roy A. Bean) with program organization, staff management, and addressing student concerns. Participated in faculty meetings to facilitate better program functioning.

Graduate Student Representative, Brigham Young University

Fall 2011 – Summer 2012

Served as the student liaison for Marriage and Family Therapy program between graduate students and faculty. Attended weekly meetings to address student concerns. Met with graduate students to assist the overall satisfaction of their experience in the program. Organize student and faculty events throughout the semester.

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## TEACHING EXPERIENCE

Associate Professor, Alliant International University

Fall 2013 – present

Instructor, Brigham Young University

Fall 2012, SFL 354 – Cross-Cultural Family & Human Development

Teaching Assistant, Brigham Young University

Fall 2011, SFL 354 – Cross-Cultural Family & Human Development

Assisted in teaching undergraduates on ethnic and culturally centered lectures.

Teaching Assistant, Abilene Christian University

Fall 2009, BMFT 641 – Family Therapy I, BMFT 634 – Addictive Disorders

Spring 2010, BMFT 661 – Family Therapy II

Spring 2010, BMFT 645 – Marital and Family Assessment

Summer 2010, BMFT 643 – Professional Ethics and Law

Evaluated graduate student writing and graded weekly class work and exams

Instructor, Kenley Elementary School, Abilene, Texas

Summer, 2010

Taught sex education to sixth grade students with various disabilities at local elementary school for the disabled.



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## PROFESSIONAL DEVELOPMENT

- 2018 – present      AAMFT clinical member
- 2013 – present      AAMFT pre-clinical member
- 2017                  Clinical Workshop Presenter – Brigham Young University MFT’s Summer Series in Provo, UT
- Clinical Workshop Presenter – Annual AAMFT-California Conference in San Diego, CA
- 2016                  Clinical Workshop Presenter – Annual International Family Therapy Association Conference in Waikoloa, HI.
- Poster and Workshop Presenter – Annual AAMFT-California Conference in San Francisco, CA.
- 2015                  Clinical Workshop Presenter – Brigham Young University MFT’s Summer Series in Provo, UT
- Poster Presenter – Annual AAMFT-California Conference in Northridge, CA.
- 2014                  Workshop Presenter – Annual National Council on Family Relations Conference in Baltimore, MD.
- Clinical Workshop Presenter – Brigham Young University MFT’s Summer Series in Provo, UT
- 2013                  Poster Presenter – State Annual Utah Association of Marriage and Family Therapy Conference in Sandy, UT.
- 2008 – 2013        AAMFT student member
- 2012                  Poster Presenter – Annual AAMFT Conference in Charlotte, NC  
Also attended workshops and lectures related to the field of marriage and family therapy.



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- 2008 – 2011 TAMFT student member
- 2010 Poster Presenter – Annual Christian Association of Psychological Studies Conference in Overland Park, CA. Also attended workshops and lectures related to the field of marriage and family therapy within a Christian context.
- Poster Presenter – Annual TAMFT Conference in San Antonio, TX  
Participated in workshops on cultural diversity, treatment, and biological factors of marriage and family therapy.
- 2009 Attendee – Annual AAMFT Conference in Sacramento, CA. Also attended several workshops and lectures related to the practice of marriage and family therapy
- Attendee – Annual TAMFT Conference in Fort Worth, TX Participated in workshops on multigenerational treatment, medical therapy, and emotional focused therapy models in marriage and family therapy.

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## CERTIFICATIONS

September, 2009 Prepare/Enrich Certified: Received training in administering and using the Prepare/Enrich inventories with couples in marital, pre-marital, and re-marital therapy.

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## AWARDS

I-MERIT Campus Committee Award, Sacramento Campus (2015-2016)

This award was given for dedicated service and significant contributions to the I-MERIT Campus Committee in fostering a diverse, multicultural and international engaged campus community.