

**Paraphilias: Variations in Sexual Behavior**

- **DSM defines paraphilias as**
  - Recurrent intense sexually arousing fantasies, urges, or behaviors involving
    - Non human objects
    - The suffering or humiliation of self or partner
    - Children or other non-consenting persons
  - Paraphilia: para = beside or beyond. Philia = love.
- **They represent extreme exaggerations of what is fairly typical sexual behavior. But different in that**
  - Most normal sexual behavior occurs in the context of a romantic relationship
  - Paraphilic urges have a compulsive quality to them
  - They appear to be mostly male problems
  - They also appear in clusters. Doing one increases you likelihood of doing others.

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**Paraphilias (cont)**

- **Paraphilias can be classified as Coercive or Noncoercive**
  - Noncoercive usually considered harmless, but can have negative social consequences for those who practice them
  - Noncoercive: fetishism, transvestic fetishism, sexual sadism and sexual masochism, Autoerotic asphyxia, coprophilia and urophilia
  - Coercive: Exhibitionism, Voyeurism, Frotteurism, Zoophilia, Necrophilia, Pedophilia

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**Fetishism**

- One who requires an inanimate object or body part for sexual arousal.
- Common objects: women's clothing: bras, panties, shoes (high heeled preferred), hair, stockings (black mesh preferred) and objects: leather, silk, rubber
- Develops: object or body part gets incorporated through fantasy into a masturbation sequence becoming associated with sexual arousal.
  - Rashman 1966 demonstrated it could occur this way. He paired slides of naked women with slides of women's boots. After repeated pairings, male subjects began to show arousal to the boots alone.
- Rarely develops into an offense that might harm someone. But burglary is possible.



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## Classical Conditioning

$CS \rightarrow US \rightarrow UR$  AT LEARNING  
 BOOTS FEMME ERECTION/  
           NUDES      AROUSAL

$CS \rightarrow ? CR$  AT TEST  
 BOOTS ERECTION/  
           AROUSAL

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- Animals can acquire a fetish through classical conditioning (Cetinkaya (2006)
  - Male quail is put into chamber. Hood is raised for 30 seconds, female is released into chamber for 5 min (had sex)
  - Males came to grab, mount, 'hump' (make cloacal contact) the terrycloth object. If they did this on > 20% deemed fetishistic. 50% did this

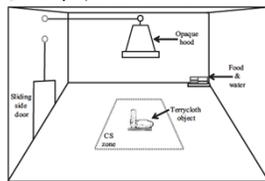


Figure 1. Diagram of the experimental chamber.

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The present findings confirm that repeated pairings of a terrycloth object with copulation induces a large proportion of male quail to copulate with the inanimate object, in a manner analogous to fetishistic behavior (Kocsal et al., 2004). About half of the male birds that had the terrycloth object paired with sexual reinforcement came to perform conditioned copulatory responses to the CS object. This no doubt reflects a Pavlovian learning process because such responding did not develop in the unpaired group. However, as is common in the acquisition of human sexual fetishes, not all of the subjects in the paired group showed the fetishistic behavior. This raises the question: How are fetishistic male quail different from nonfetishistic male quail?

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### Sadism & Masochism

- **Sadism: getting sexual arousal through giving pain**
- **Masochism: Getting sexual arousal through receiving pain or humiliation.**
- **Masochism is more common than sadism**

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### SM (cont)

- **SM is viewed negatively in western culture where sexual activity is an expression of love. Those who engage in SM have been viewed as "sick".**
  - Recent evidence challenges this view
    - Scott (1983) sampled people in the SM subculture groups on the West Coast and found them "better educated and from higher income and occupational brackets than the average American"
    - Janus et al. 1977 found a high quantity of SM activity among successful politicians and other powerful figures.
- **If those who engage in SM are healthy, why do they do it?**
  - Baumeister's theory of "escape from Self Awareness"

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### Coprophilia and Urophilia

- Get sexual gratification from contact with feces and urine.
- **Coprophilia:** like to watch someone defecate or by defecating on someone.
- **Urophilia:** urinating on someone or being urinated on.
  - Aka “watersports” or “golden showers”.
- We don’t know much about these very unusual paraphilias.

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### Autoerotic Asphyxia

- **The individual seeks to reduce the supply of oxygen to the brain during sexual arousal**
  - Usually done by applying pressure to the neck with chain, belt, noose, plastic bag. Alone or with help.
  - Goal seems to be to enhance the intensity of the orgasm.
  - Similar to oxygen deprivation from “poppers” inhaling amyl nitrate.
- **Is a very dangerous activity and sometimes results in death.**
  - FBI estimates as high as 1,000 per year may die in US from this.



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### Coercive Paraphilias Exhibitionism

- **Male exposes his genitals to a stranger**
- **Masturbates during or after exposure**
- **Differs from normal displays of nudity because the observers are unwilling observers**
- **Who are they?**
  - Shy with intimacy problems
- **Flashing is their way of connecting with others sexually. Many are seeking attention.**
- **Most are harmless**



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### Voyeurism

- **Deriving sexual pleasure from looking at naked bodies or sexual activities of others (usually strangers) without their consent.**
  - Includes peeping in bedroom windows, boring holes in the walls of public dressing rooms, installing cameras in hotel bedrooms.
  - Is a problem when this is the preferred way of sexually relating or is indulged in with some risk.
- **Voyeurs are like exhibitionists in that**
  - Poor social/sexual skills
  - Feelings of inferiority and inadequacy
  - Not typically associated with other antisocial behavior
  - Are usually harmless (usually content to look)
    - But small minority could go on to more serious offenses (assault or rape)

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### Frotteurism

- **Male who obtains sexual pleasure by rubbing against a female in a crowded place.**
  - Usually his clothed penis against her legs or buttocks
  - Sometimes gropes with his hands
- **He usually masturbates later to the fantasy.**
- **How common?**
  - Templeman & Sinnott 1991 found that 21% of normal college men had engaged in one or more frotteuristic acts.



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### Zoophilia (bestiality)

- **Sexual contact between humans and animals**
- **Kinsey reported 8% of males and 4% of females reported at least one sexual experience with animals**
  - As high as 17% of males when raised on a farm reported experiencing orgasm as a result of the contact
  - Animals most frequently involved: calves, sheep, donkeys, large fowl (ducks, geese), dogs, and cats.
- **For males, contact can be penile-vaginal intercourse or have animal orally stimulate genitals.**
- **For females, animals can lick genitals. Less commonly, some women have trained a dog to mount them.**
- **This is usually a transitory experience (adolescent experimentation)**
- **True Zoophilias (animals preferred even when human sexual contact is available) is very rare.**
- **See movie “animal passions on chapter 10 page”**

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**Sexual intercourse with animals is a criminal offence in most of the western world.**  
**This film examines a subject which many find deeply disturbing.**

Animal passions short nb

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**Necrophilia**

- **Male obtains sexual gratification by viewing or having intercourse with a corpse.**
  - Very rare
  - Some believed Jeffrey Dahmer had necrophilic urges that led him to kill to gain access to corpses.
  - Some prostitutes have reported men have wanted them be powdered and pale, or simulate a corpse by lying perfectly still.

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**Treatments**

- **Talk therapy only shows limited success.**
- **Behavior therapy techniques have shown greatest promise**
  - **Aversive conditioning**
    - **Substitute a negative response for the positive response to inappropriate stimuli.**
      - Person masturbates to inappropriate stimuli and then gets subjected to a shock, bad odor etc.
      - Ex: In one treatment, male exhibitionists carried smelling salts and were instructed to smell the odor whenever they felt the urge to expose.
    - **Covert sensitization: the undesirable behavior is paired with aversive imagery (instead of the real thing). Ex: pedophile fantasizes about a child but then begins to picture getting caught.**
  - **Orgasmic reconditioning**
    - Client masturbates to his usual fantasies, but just before orgasm he substitutes appropriate imagery. Hopefully after time, he will learn to have orgasms to appropriate stimuli.
  - **Satiation Therapy: client masturbates to appropriate fantasy. After orgasm, continue masturbating, but to inappropriate fantasy. Low level of arousal gets paired with inappropriate fantasy.**
- **Anti-androgen drugs to reduce sexual desire**

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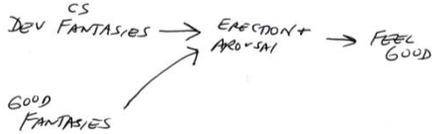
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### Cognitive-Behavioral Techniques

- **Masturbatory Reconditioning:** using masturbation to change sexual preferences.

- **Orgasmic Reconditioning**

- Client masturbates to deviant fantasy then switches to a normal fantasy when highly aroused and just before orgasm.
- Hope is to replace deviant fantasies with normal ones and the normal ones get reinforced.
- Variant: **Satiation:** clinical benefit of boredom: masturbate to deviant images after orgasm. Hope to associated deviant images with less states of arousal.



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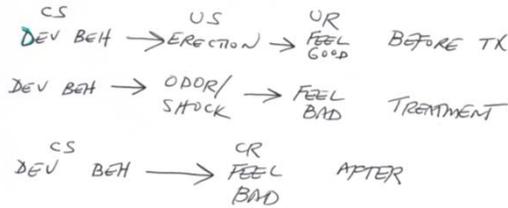
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### Masturbatory Reconditioning cont.

- **Aversive Conditioning**

- Pair an aversive stimulus (shock, odor) with images of deviant behavior.



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### Aversive Conditioning cont

- One form is called **Covert Sensitization**. After imagining the deviant behavior, the client imagines the aversive stimulus. Ex: pedophile imagines being in bed with girl, then imagines his priest opening the door.

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