

Please note that this lecture by Joe Medlock contains graphic language to convey the reality of contemporary pornography and its impact on men, women, and children.

Counseling the Sexually Defeated Man

I. INSTRUCTOR: Joe Medlock

INSTRUCTOR BIO:

- Retired: CEO of Medlock Telecommunications Computer Consulting Company
- Present Work: Briarwood Presbyterian Church P.C.A. ACBC Counselor
- BTS Seminary Counseling Certificate
- ACBC Certification
- Active as a Briarwood Counselor 14 Years

II. How Did I Get Into This Specialized Counseling?

After counseling at the Briarwood Counseling Ministry, as a NAC/ACBC counselor for two years, and seeing 90% of the males I counseled involved in sex outside marriage, I decided to focus on this problem.

This training session is to help you understand:

- 1) The critical nature of the porn problem in America.
- 2) Why lust addiction creates a: “**Sexually Defeated Man**”.
- 3) Hopefully, to prove to you that this is one of the most, if not the most, critical issues facing our nation and the church today.
- 4) To plead with you to consider this as a field of counseling you would like to pursue. The harvest is ripe, but the laborers are few. We need willing men and women to step up to the plate in this specialized form of counseling.

III. What Makes Me A Lust Addiction Expert?

- 1) I began my biblical counseling training at the age of 68, after fifty-four years of lust addiction. I was one of them for most of my life.
- 2) When you have been a Prodigal Son, who was saved from the pit of hell by a loving and compassionate Heavenly Father, you have one desire, and that is to serve Him by helping other men who are lost in the pigpen of hell that you once wallowed in.

IV. My Present Counseling Ministry Information

- 1) Counselees I presently have with this Issue?

- a. 26
- 2) Oldest Counselee to go through My Program?
 - a. 76
- 3) Youngest Counselee to go through My Program?
 - a. 12
- 4) What Makes My Program Unique?
 - a. I do 90% of My Counseling by Zoom and my Counselees are Scattered across the U.S.A.

V. How Is My Program Unique?

- 1) I place my men in a group. If I don't have one for them to join, I create a new one. When I get enough men to begin, 8 to 10, I set a day and time to get them all together. We gather by Zoom, and at the initial meeting I let the group decide the best day and time to meet. These men are scattered across the U.S.A. in different time zones. They work as an accountability group, but never meet face-to-face other than by Zoom. It takes about six months for the team to gel. They report on each other at the meetings, they pray for each other during the week, and they talk frequently during the week. For the first time in their lives, they finally have a buddy who can relate to what they are going through, because he is going through the same thing. Someone who knows their rotten past yet loves and respects them just the same. They become not only teams of two, but a team of *accountable* friends.

VI. How Did We Become a Sex Focused Country – Slide One

- 1) It started after World War II. Doctor Alfred Kinsey was the sex addict of all sex addicts. His major impact was through the publication of two books in the early 1950s. "*Sexual Behavior in the Human Male*" was published to rave reviews, and much shock. The title sold 200,000 copies in the first two months and hit the top of the bestseller lists by June. Later he published "*Sexual Behavior in the Human Female*."
- 2) His scientific studies indicated that we are all sexual beings and erotica is inherent in all humans. He published that six-month old babies could have organisms. He used the lab results of a WWII Nazi pedophile. One

of his followers was a college student, Hugh Hefner, who later became the publisher of Playboy Magazine. Hefner based his argument, before Congress, for the publication of a nude magazine, based on Dr. Kinsey's book.

VII. How Did We Become a Sex Focused Country – Slide Two

- 1) Kinsey was a huge proponent of Critical Theory (CT), and Marxism. He believed that free sexual expression was the quickest way to CT. Destroy the family through open sexual expression, and you could destroy the moral fabric of a nation. Dr. Kinsey sold politicians at the state and Federal levels, and the American public, on the falsehood that human beings were sexual beings from birth, and there was nothing abnormal about having sexual desires outside of marriage, including heterosexual or homosexual. He personally practiced all forms of sex. From his higher education and scientific laboratory works he was able to put political pressure and *money grants* to work. He catered to the minds of the morbid thinkers; thus, the porn industry was born. He was the darling of the education and scientific communities, as well as those who saw fortunes to be made by selling sex.

VIII. Pornography Evolution:

- 1) 1880 the first Nude Magazines
- 2) Late 1940s-50s Home Movies & Home Movie Equipment
- 3) 1960s VHF TV Channels began to carry Porn Channels
- 4) 1970s VHS Tapes Cameras & Players Became Common
- 5) 1980s DVDs & DVD Players & Computers
- 6) 1990s the Internet Became Universally Available
- 7) Mid-1990s Smart Phones Became Economically Available
- 8) Next: Virtual Reality

IX. Severity of the Porn Problem – Slide One

- 1) Worldwide Porn Industry: \$100 Billion Annually – 10% Annual Growth
- 2) U.S.A. Porn Industry 12 to 14 Billion Annually: Greater than the NBA, NFL, MLB Combined.
- 3) 35% of all Internet Downloads are Porn Material.
- 4) 40 Million Americans Regularly Visit Porn Sites per/day.
- 5) 52% of Porn Users are in the Age Group 35 to 49
- 6) 77% of the Age Group 18 to 24 Admit to Regular Porn Viewing
- 7) 9% of Users are Children Under 12
- 8) Female Viewership Rose 1,400% Between 2013 and 2017

9) *Child Porn Makes Up 20%* of the Porn Content

X. Severity of the Porn Problem – Slide Two

- 1) The growing problem of porn use is already affecting missions' agencies, churches, church ministries, Christian schools, the work force, and marriages. The church does not know how to handle the problem. It's keeping many who are called to service from volunteering. Young Christians who want to make an impact find themselves silenced by fear, shame, and doubt. Studies done by Christian Statistical Data Groups, like Barna, found that 45 to 55% of the pastors in the evangelical churches in America have watched porn, and 76+% of Christian college students watch porn regularly.
- 2) Researcher, Dr. Mary Anne Layden, co-director of the Sexual Trauma and Psychopathology Program at the University of Pennsylvania's Center for Cognitive Therapy, and her team of scientist said that pornography turns the brain into a porno-zombie.

XI. Severity of the Porn Problem – Slide Three

- 1) Porn, Dr. Layden says, is an *erototoxin**, producing an addictive “drug cocktail” of testosterone, *oxytocin**, *dopamine**, and *serotonin** with a measurable organic effect on the brain.
- 2) Layden told a Senate hearing that internet porn is more addictive and harmful than street drugs. She called for government-funded research into the erototoxins and explained that internet pornography is the new crack cocaine, leading to addiction, misogyny, pedophilia, and erectile dysfunction.

Definitions*: *Erototoxin*: A notional addictive chemical claimed to be released in the brain during sex. *Oxytocin*: A natural hormone that manages key aspects of the female and male reproductive systems. *Serotonin*: Impacts every part of you, from your emotions to your body and motor skills. It helps with sleeping, healing, and digesting. It is also thought to be a natural mood stabilizer. *Dopamine*: Your brain uses it as a reward to encourage you to do things, and help you remember them so that you'll do them again.

XII. Severity of the Porn Problem – Slide Four

- 1) Another researcher, Dr. Judith Reisman, Clinical Psychologist at the University of Utah, said of Porn: “It is all around us, seeping into our brains, via movies, magazines, newspapers, television, internet, and advertising. Once in the brain, it goes to work, reflexively and mechanically restructuring the brain; terrifyingly, involuntary cellular change takes place even during sleep, resisting informed consent.”
- 2) According to Dr. Reisman, pornography affects the physical structure of the brain turning it into a porno-zombie. Porn, she says, is an "erototoxin", producing an addictive "drug cocktail " of testosterone, oxytocin, dopamine, and serotonin with a measurable organic effect on the brain.

XIII. Severity of the Porn Problem – Slide Five

- 1) Some people might consider this a good thing. Not so says Reisman: erototoxins aren't about pleasure, they're a "fear-sex-shame-and-anger stimulant". Reisman's paper on the subject “The Psychopharmacology of Pictorial Pornography Restructuring Brain, Mind & Memory & Subverting Freedom of Speech” has helped make her the darling of the anti-pornography crusade, and in November 2002 she presented her erototoxin theory to the US Senate. And? What do you think they did with the information? Nothing! *Too Much Big Money is Involved.*

XIV. Are You Convinced?

- 1) If I have not convinced you by now that lust addiction is a major problem facing the world, the U.S.A., the church, and biblical counseling, then I have failed in my presentation of the material. Because the last part of my presentation assumes that it is. Therefore, the last few slides will help you as a counselor, understand how to counsel a male who comes to you with this problem. This is based on my fourteen years of working with over 200 men with this problem. Over the fourteen years I have modified my process numerous times, until now I feel comfortable that it works.

XV. Begin ACBC Biblical Counseling - Step One

- 1) As with all biblical counseling I start with the paperwork received before I begin counseling. At Briarwood we call it a PDI.

- 2) If sexual issues are identified in the paperwork, then I make a note. However, I still go through the same data gathering as with all ACBC counseling.
- 3) If there are more pressing issues than sex, I address these first. For instance, divorce attorneys say that **52% of divorces** today have pornography involved. There may be divorce or separation issues that need to be addressed before the lusting issue, as well as anger, job loss, threats, suicide threats, alcohol, or drugs.
- 4) Once I have addressed these other issues, I begin to address the lusting issue as follows:

XVI. Begin Lust Addiction Counseling - Step One

- 1) Does my counselee have a wound from his past? Porn addiction experts all agree that 90% of the time the addiction can be traced back to one or more wounds a person has experienced. Examples are:

Trauma (Big T or Little T)	Physical Abuse
Sexual Abuse	Bullying
Irresponsible father-figure	Irresponsible mother-figure
Sibling Issues	Irresponsible School Teacher(s)
Irresponsible Grandparents	Veteran
Auto Wreck Victim	Severe Storm etc. Victim
Loss of a Friend	Other

- 2) I have him start a daily journal and turn it in weekly. We go over it each week. This provides many of my key counseling drivers.

XVII. Begin Lust Addiction Counseling - Step Two

- 1) I have him “write” out his story. He is to begin with God in prayer, asking Him to put on his heart every wound God knows he needs to deal with. Start as a two-to-three-year-old. *Don't spend over fifteen minutes* for each age group:
 - a. Write down what God puts on his heart. Give God at least five minutes for each age group, more if there are significant details.
 - b. Move to age group 4 to 5, then 5 to 6, etc.
 - c. Write down “every” incident that God gives you.

- d. Continue praying and asking until you reach your present age.
- e. Bring your notes to the next session, where we can go over them.

Comment: You would not believe how many times I have heard, “Why have I never remembered this before now? This is amazing. I have buried this for “x” years!”

XVIII. Begin Lust Addiction Counseling - Step Three

- 1) I ask about his spiritual journey. This can take several minutes to several sessions. When was he saved?
- 2) If he has not been saved, I stop counseling and evangelize. If he is not willing to accept Jesus into his life, I gracefully release him. This has happened several times with amazing results.
- 3) If he has been saved, I ask him if he considers lusting over women a sin?
 - a. If no, I take him straight to Matthew 5:27-28, where we discuss lust and what Jesus said about it. This is why I call it lust addiction rather than sexual addiction.
 - b. If yes, I discuss his behavior and actions immediately after he has watched porn. *I am looking for:* Crying out to God, asking for forgiveness, and repentance. I have him explain repentance – which can lead to much Scripture and discussion. I love this part!

XIX. Begin Lust Addiction Counseling – Step Four

- 1) Does he masturbate? If he says no, I let him know by the look on my face that I do not believe him.
- 2) If yes, I ask if he believes masturbation is a sin and why. What I am looking for: 1) He is sinning against his body, which no longer belongs to him, it belongs to God; 2) Masturbation has become an idol. Anything we go to for gratification, emotional stability, calming our nerves, stopping the pain in our heart, inner peace, steadying our nerves, boredom, or alleviating anger, other than God, becomes our idol; 3) If he is married, he is cheating on his wife; 4) If he is single, he is cheating on his future wife and he is having sex outside marriage. I will explain how his future marriage will be affected; in that he will not be able to have a normal sexual relationship with her. **Examples:** Guys I have counseled with this issue!

XX. Begin Lust Addiction Counseling - Step Five

- 1) What does he understand about erectile dysfunction? The medical profession says the numbers have been growing dramatically over the past ten years. I asked a medical doctor why. He said he did not know! I believe it is a direct result of the explosion of porn at a young age.
- 2) If *he does* understand how it is related, I begin the deep dive questioning.
- 3) If he *does not* understand I explain that it can happen in a males' late teens, twenties, thirties, forties, fifties, or sixties. If he keeps up the porn into his later years, he has a good chance of it happening to him.
- 4) I have had this question from quite a few of my counselees. And they are surprised at the possibility of this occurring if it has not already occurred.

XXI. Lust Addiction Counseling - Timeline

- 1) How Long Can You Expect This Counselee to Need Help?
- 2) The sexual addiction experts I have studied, plus my personal experience, indicates that every male who has been involved in non-marital sexual activity: like the hook up culture, dating sex, pornography, chatrooms, sex-massage parlors, strip joints, and prostitutes, for an extended length of time, will require extensive counseling for six months to three years.
- 3) If the sexual activity involves illegal activity, you will be required to report it to the proper law enforcement agency, according to state laws.

XXII. THANK YOU FOR BEING SO PATIENT AND ATTENTATIVE.

- 1) QUESTIONS?
- 2) THAT'S ALL FOLKS!