

Online Pornography: Case Study

The following clinical description is fictional. Any resemblance to real cases is purely coincidental.

Scenario

David, age 17, presents with self-reported depression and loss of motivation. He discloses that he has been “watching hours of porn and masturbating” in his room instead of finishing homework or participating in hobbies. David is overwhelmed with feelings of shame over his inability to stop compulsively using pornography.

Practice Question 1:

What are the presenting concerns or problems that you see for David?

Practice Direction and Recommendations 1

- Use empathetic and client-centred approaches, discuss David’s concerns and his desire for treatment.
- Counsel David or refer him to a mental health professional to assess his mental health concerns.
- Use an appropriate assessment tool to explore the severity of David’s compulsive pornography use.

Practice Question 2:

What would a treatment plan for David look like?

Practice Direction and Recommendations 2

- If David agrees to address his mental well-being and pornography use, proceed with a treatment plan. Identify whether his depression is causing his pornography consumption, or if his compulsive porn use is causing depression and his lack of motivation.
- Provide counselling for David’s depression and pornography use with a treatment modality you are trained in, such as cognitive behavioral therapy, dialectical behaviour therapy, or mindfulness-based cognitive therapy.
- Refer David to a mental health therapist, doctor, or addictions’ specialist.
- Review with David some of the resources available for youth, such as handouts, or provide him with contact information for community resources or organizations. For example, information can be found at the Canadian branch-Alberta of Sex Addicts Anonymous (<https://saa-recovery.org/meetings/canada/>) or the Canadian branch of Sexaholics Anonymous (<https://www.sa.org/f2f/canada/Alberta/>).
- Where possible, obtain information from family, school, and the community in general.
- Provide the family with resources, and encourage their active participation in any treatment plans.