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Drawing out the shame: A comparative study on the effectiveness of art therapy with hypersexual adults

Running head: DRAWING OUT THE SHAME

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HIGHLIGHTS

- Shame is highly correlated with hypersexual behaviors.
- The Tasks-Centered approach was effective at reducing shame with hypersexual adults.
- Art Therapy was equally effective at reducing shame with hypersexual adults.

ABSTRACT

Shame is viewed as an obstacle preventing hypersexual adults from ending their compulsive sexual behaviors and establishing lasting recovery. This study featured a quasi-experimental design that compared outcomes of two different forms of treatment to reduce shame with this population, a modified CBT approach and an art therapy approach. The Internalized Shame Scale and the

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