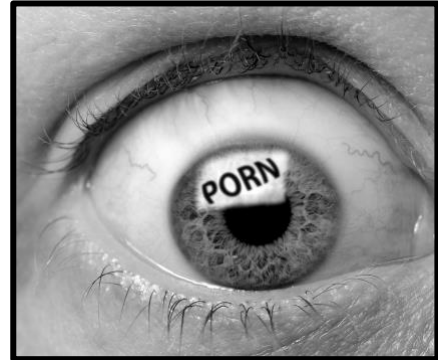


Integrity Counseling Services

“Look Away”

Sexual Integrity Protocol – Individual Counseling

“Look Away” is a Cognitive Behavioral Therapy (CBT) protocol created by professional counselors to help men break free from pornography use and other unwanted sexual behaviors. This protocol was designed to equip professional counselors to gain insights into a client’s sexual behavior. These insights will guide the counselor as he develops a treatment plan.



The initial Look Away protocol is a 12-week program that consists of the elements listed below. Additional time may be needed to reach total sobriety. Your counselor will work with you to determine the length of your complete protocol.

Before sessions begin, clients will be asked to do the following;

- Take Sexual Integrity Survey (SIS)
- Read “Now What” document
- Read the “Look Away” document (LA)
- Complete the “Look Away” Workspace
- Begin using the “Look Away” scoring system or Phone App.

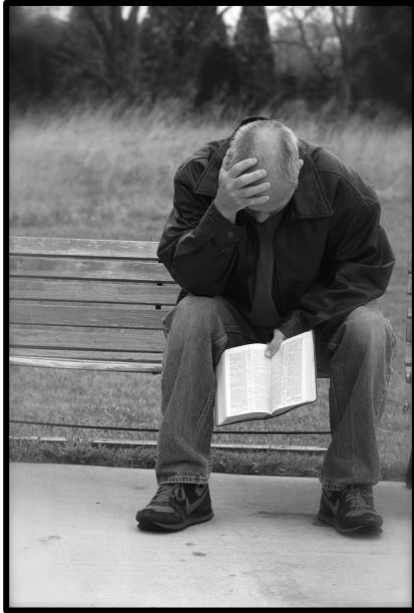
The client will attend 12, 50-minute individual sessions with a counselor. These sessions will have the following objectives;

- Identify any immediate issues causing anxiety
- Obtain client’s sexual behavior history
- Identify sexual traumas or difficulties
- Identify client’s sexual arousal template
- Talk through issues arising from the SIS
- Begin interacting with client’s LA scores
- Develop a trigger map from LA findings
- Begin bibliotherapy as assigned by counselor
- Obtain a full disclosure of present activities
- Guide client regarding disclosure
- Discuss client’s “Look Away” workspace

The order these issues are addressed will depend on the individual. Sessions will be conducted weekly. Depending on the client’s situation, the counselor may feel that the client should accelerate sessions. It is also possible that the sessions can be spaced further apart.

Protocol Objectives

- To help men understand healthy sexuality as God designed it.
- To help men condition their sexual desires exclusively to their wives.
- To help men stop pornography use or other unhealthy sexual behaviors.
- To equip men with tools for living a life of sexual integrity.



Single Men

The protocol is designed for both single men and married men. The distinction drawn between these groups will be in the area of sexual conditioning. Single men will be asked to condition their sexual energy toward their future wife. Men who do not plan to marry will be asked to embrace and celebrate their gift of singleness. They will be trained to channel their sexual energy toward spiritual service.

Session fees – Fees are discussed in person.

Bibliotherapy – Actual cost of books – can purchase on your own.

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Integrity Counseling Services

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