



Susan Zola, LCSW, CCPS, CSAT

## **Glossary of Terms**

**Please accept that the following initials used throughout these documents are in no way intended to hurt or disrespect anyone. Abbreviations are used strictly for the purpose of creating documents that are less confusing to read.**

**BP – Betrayed Partner**

**SA – Sex Addicted Partner**

**FD – Full Disclosure**

**PD – Post Disclosure**

**ER – Emotional Restitution Letter**

**EI – Emotional Impact Letter**

**CCPS – Certified Clinical Partner Specialist**

**LCSW – Licensed Clinical Social Worker**

**CSAT – Certified Sex Addiction Therapist**

**APSATS – The Association of Partners of Sex Addicts  
Trauma Specialists**

**IITAP – The International Institute for Trauma and  
Addiction Professionals**

## **Other Helpful Terms to Become Familiar With:**

**Qualifier** - A qualifier is a person who fulfills the role for a love and sex addict. They are the person that meets all the qualifications that the addict needs to repeat the cycle of their past.

**Activated** - the experience of having an emotional reaction to a disturbing topic such as violence or the mention of suicide in the media or a social setting.

**Gaslight** - to manipulate another person into doubting his or her perceptions, experiences, or understanding of events.

**Empathy** - understanding a person from his or her frame of reference rather than one's own, or vicariously experiencing that person's feelings, perceptions, and thoughts.

**Compulsive Disorder** - any disorder in which the individual feels forced to perform acts that are against his or her wishes or better judgment. The act may be associated with an experience of pleasure or gratification (e.g., compulsive gambling, drinking, or drug taking) or with the reduction of anxiety or distress

**Compulsive Sexual Behavior Disorder** - Characterized by persistent and repetitive sexual impulses or urges that are experienced as irresistible or uncontrollable, leading to repetitive sexual behaviors, along with additional indicators such as sexual activities becoming a central focus of the person's life to the point of neglecting health and personal care or other activities, unsuccessful efforts to control or reduce sexual behaviors, or continuing to engage in repetitive sexual behavior despite adverse consequences (e.g., relationship disruption, occupational consequences, negative impact on health). The individual experiences increased tension or affective arousal immediately before the sexual activity, and relief or dissipation of tension afterwards. The pattern of sexual impulses and behavior causes marked distress or

significant impairment in personal, family, social, educational, occupational, or other important areas of functioning. **Enmeshment** - a condition in which two or more people, typically family members, are involved in each other's activities and personal relationships to an excessive degree, thus limiting or precluding healthy interaction and compromising individual autonomy and identity. **Betrayal** - any act committed by one relationship partner that violates the other's expectations of that partner (e.g., that he or she is trustworthy and has regard for the other's well-being).

**Sexual Addiction** - a problematic sexual behavior, such as a paraphilia or hypersexuality, regarded as a form of addiction similar to drug addiction. The defining features of a sexual addiction include sexual behavior that is out of control, that has severely negative consequences, and that the person is unable to stop despite a wish to do so. Other features include persistence in high-risk, self-destructive behavior; spending large amounts of time in sexual activity or fantasy; neglect of social, occupational, or other activities; and mood changes associated with sexual activity.

**Sexual Disorder** - any impairment of sexual function or behavior. Sexual disorders include sexual dysfunction and paraphilic disorders.

**Sexual Arousal Disorder** - a class of sexual disorders characterized by the inability to attain or maintain an adequate physiological response in the excitement (arousal) phase of the sexual-response cycle.

**EMDR** - abbreviation for eye-movement desensitization and reprocessing. - a treatment methodology used to reduce the emotional impact of trauma-based symptoms such as anxiety, nightmares, flashbacks, or intrusive thought processes. The therapy incorporates simultaneous visualization of the traumatic event while concentrating on the rapid lateral movements of a therapist's finger.

**Somatic Therapy** - Somatic therapy, also known as somatic experiencing therapy, is a therapy that aims to treat PTSD and other mental and emotional health issues through the connection of mind

and body. This body-centric approach works by helping to release stress, tension, and trauma from the body.

**Brainspotting** – Brainspotting is a powerful, focused treatment method that works by identifying, processing, and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms.

**Tapping** – The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions.

**Polygraph** - A polygraph is a machine that is used by law enforcement to test the physiological responses of individuals to certain questions. The polygraph does not detect lies and most polygraph examiners will say that they do not test specifically for lies, but for deceptive reactions.

**Intrusive Thoughts** - mental events that interrupt the flow of task-related thoughts in spite of efforts to avoid them.

**Dissociation** - a defense mechanism in which conflicting impulses are kept apart or threatening ideas and feelings are separated from the rest of the psyche.

**Rationalization** – a defense mechanism in which apparently logical reasons are given to justify unacceptable behavior that is motivated by unconscious instinctual impulses. Rationalizations are used to defend against feelings of guilt, maintain self-respect, and protect oneself from criticism.

**Burnout** - physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others. It results from performing at a high level until stress and tension, especially from extreme and prolonged physical or mental exertion or an overburdening workload, take their toll.

**PTSD** – a disorder that may result when an individual lives through or witnesses an event in which he or she believes that there is a threat to

life or physical integrity and safety and experiences fear, terror, or helplessness.

**Sexuality** - all aspects of sexual behavior, including gender identity, orientation, attitudes, and activity including the capacity to derive pleasure from various forms of sexual activity and behavior, particularly from sexual intercourse.

**Internal Family Systems (IFS)** - a holistic, evidence-based approach to psychotherapy that identifies and addresses multiple sub-personalities within each person's mind, each with its own viewpoint and qualities. **Cognitive Behavior Therapy** – a form of psychotherapy that integrates theories of cognition and learning with treatment techniques derived from cognitive therapy and behavior therapy. CBT assumes that cognitive, emotional, and behavioral variables are functionally interrelated.

**Dialectical Behavior Therapy** - a flexible, stage-based therapy that combines principles of behavior therapy, cognitive behavior therapy, and mindfulness. It establishes a “dialectic” between helping individuals to accept the reality of their lives and their own behaviors on the one hand and helping them learn to change their lives, including dysfunctional behaviors.

**Breathwork** - the therapeutic use of continuous, focused breathing and reflection to release tension, stress, and intense emotions and attain a state of deep peace and total relaxation that leads to personal growth and positive changes in health, consciousness, and self-esteem.

**Trauma Bonding** - A trauma bond is a connection between an abusive person and the individual they abuse. Trauma bonding is a psychological response to abuse where the abused person forms an unhealthy bond to their abuser.

**NOTE: Definitions provided by the American Psychological Association's APA Dictionary of Psychology.**

Susan Zola, LCSW, CCPS, CSAT – (631) 332-2213- [Suezola@me.com](mailto:Suezola@me.com) –  
<https://www.susanzola.com>