

Covert sensitization for the treatment of sexual deviations.

Cautela, Joseph R; Wisocki, Patricia A.

AB Presents a detailed procedural description of covert sensitization applied to the treatment of various maladaptive sexual behaviors. Covert sensitization is described to the patient as an aversive conditioning technique in which he, in imagination, pairs the pleasurable object within a noxious setting with the image of himself vomiting on himself, the sexual object, and every aspect of the stimulus situation. Empirical support for the technique is reported. The use of other procedures in conjunction with covert sensitization, the providing of alternate modes of behavior, and the possibility of aversion generalization are discussed.