



The Healing Path Counseling Services

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*Sexual Dependency Inventory*¹ (SDI-4) The Sexual Dependency Inventory (SDI) 4.0 is a battery of relevant tests organized into one cohesive report. Additionally, the SDI gathers data on various aspects of problematic sexual behavior including typical patterns of consequences, evolution and timing of behavior and thought patterns, as well as therapy readiness. Information is also collected and evaluated on drug use, masturbation, paraphilias, and internet usage behaviors. The results portrayed within the SDI are extremely important for clinicians when establishing a treatment plan for their clients. Having all of this information available in one report and being able to address 144 different sexual behaviors is essential when treating a complex process addiction such as sex addiction.

*Post-Traumatic Stress Index*¹ (PTSI-R) Typically, trauma tests and questionnaires are designed for a specific population in mind which may preclude certain clinical features or cooccurring populations. The Post-Traumatic Stress Index-Revised (PTSI-R) was designed to avoid these issues and assess for other manifestations of trauma, such as depression. Another unique feature of the PTSI-R is that it includes previously excluded populations such as sexual addiction and compulsion. The PTSI-R is not tied to any particular clinical theoretical orientation such as psychoanalytic, humanistic, or behavioral, and instead employs the most current research in the field of trauma from an interdisciplinary social neuroscience perspective.

¹ International Institute for Trauma & Addiction Professionals (IITAP) website