

# Cyber Times

Spring/Summer 2005

Official Newsletter of Internet Behavior Consulting

## Did you know?

- Between 40-60% of teens report they do not tell parents what they do while online.
- 15-20% of teens admit meeting someone offline they did not previously know.
- 40% of online sex offenders arrested also admitted to currently molesting a child offline.
- Sexually deviant Internet sex users had three times the number of contact victims as their non-Internet counterparts.
- 1 of every 7 calls to the pastoral care hotline is related to Internet pornography

## IBC Upcoming Events

Cyberoffense Behavior  
May 4, 2005  
CA Coalition on Sex Offending  
La Jolla, CA

Cybersex & Clinical Work  
May 6, 2005  
Sexual Dependency Institute  
San Diego, CA

Cybersex & the Clergy  
May 11-12, 2005  
St. John Vianney Center  
Downingtown, PA

Cybersex & Priests  
May 18, 2005  
Archdiocese of New York  
Yonkers, NY

Understanding Cybersex &  
Keeping Kids Safe Online  
June 1, 2005  
Crawford County CASA  
Meadville, PA

Understanding Cybersex  
August 22, 2005  
TN Sex Offender Treatment Bd.  
Nashville, TN

Cybersex & Clinical Work  
September 14, 2005  
NEFESH Orthodox Clinicians  
New York, NY

*Please visit our website for other events, registration, and contact information.*

## Assessment & Evaluation Services



Internet Behavior Consulting (IBC) provides assessment and evaluation services for clients with problematic Internet behaviors. Referrals come from a variety of professionals, including attorneys, clinicians, clergy, and corporations.

There are many agencies who conduct evaluations, but few have the knowledge and expertise of IBC to consider information in the context of online problematic behavior. A comprehensive evaluation by IBC can assist in making important legal, clinical, and employment decisions.

A comprehensive assessment and evaluation by IBC begins with an extensive individualized interview by one of the IBC staff members who is knowledgeable in both sexual and Internet related issues. This interview includes a complete psycho-social history, sexual history, and Internet assessment.

In addition to the comprehensive clinical interview, other services offered may include:

- Battery of psychological testing
- Phallometric Assessment
- Abel Assessment for Sexual Interest™
- Polygraph Examination
- Psychiatric/Med Evaluation

The assessment and concluding written report are individualized based on the needs of the referring party and their client. The expert IBC evaluator composes a report that includes a summary and interpretation of all data collected and appropriate recommendations.

Visit the IBC website for more information about evaluation services and the consultant network that may be used to conduct such evaluations.

<http://www.internetbehavior.com>

## Cybersex Methods and Venues

Internet Relay Chat (IRC) is the oldest text-based chatting system on the Internet. A software program is used to access the nearly 30,000 "channels" often available. Many channels are for text-based chatting, but a portion of rooms are specifically set up to file-serve (fserve), or trade files with other channel members. These files may be photos, videos, music, or other multimedia files. Typically, users in these rooms have large collections of files they trade to build even larger collections.

Another Internet venue is videoconferencing. Typically, a software package is used to allow the exchange of live audio/video. Exam-

ples include CuSeeme and PalTalk, but other popular programs such as ICQ, AOL Instant Messenger, and Yahoo Chat have built in videoconferencing capabilities. As speeds and technology improve, use of videoconferencing is certain to grow.

It is interesting to note that the porn industry is often behind new technologies such as videoconferencing, since they quickly recoup their investment on the research and development of such new technologies. Adult rooms are certainly popular among videoconferencing users.

# Dear IBC...

Dear IBC:

*As a member of the clergy I often feel guilty that Internet pornography is such an attraction for me. What can I do about it?*

- Concerned Cleric

Dear Concerned:

First, you need to know that you are not alone with your temptation. Nearly half (51%) of clergy surveyed reported that cybersex is a temptation for them.

There is often an assumption that Christians don't have sexual problems, an assumption that is even stronger for clergy members. Yet,

Christians are more susceptible to sexual temptation than the general population. Some of the vulnerabilities often experienced by clergy include:

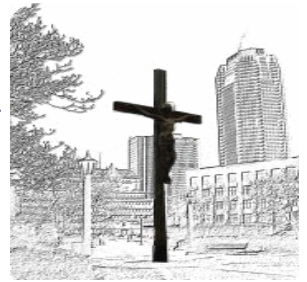
- Denying self care in the midst of always caring for others
- Denying or depriving oneself of sexual thoughts and feelings
- Inability to acknowledge the darker side of sexuality within themselves
- Participation in a system that often perpetuates these beliefs

The first step in dealing with your attraction to the pornography on the Internet is the awareness that such

vulnerabilities may exist in your life. By starting to address the vulnerabilities, you can begin to attack the temptation at the root of the problem rather than attempting to address the surface symptoms.

A few other suggestions that may help include:

- Find a trusting spiritual director who is willing to discuss issues of sexuality
- Educate yourself about resources available to help you with this issue (see sidebar)
- Be willing to seek professional help and support if needed



*"You are not alone with your temptation."*

## Clergy Internet Resources

www.clergyrecovery.com  
www.faithfulandtrueministries.com  
www.nationalcoalition.org  
www.bethesda workshops.org  
www.pureintimacy.org  
www.aacc.net  
www.csbsju.edu/isti  
www.freedomeveryday.org  
www.covenanteyes.com  
www.sash.net

## Traces and Trails

Workshop participants often ask about "traces and trails" left after surfing the Internet. One key area to examine in Internet explorer is the "history." The easiest place to access the history is the pull down bar next to the area where you type a web address. Simply by clicking the arrow you can see the last few sites visited. In addition, when Internet Explorer is open you can press the Control key and the letter "H" simultaneously to display a history of websites accessed over the past several

weeks, as long as it has not been manually cleaned. Note that "pop-up" windows will be listed in the history; therefore, a listing in the history does not necessarily indicate the individual intentionally accessed the page. For advanced users, the Registry also keeps a track of URLs accessed and manually typed.

Next issue: Cookies and viewers.

## CEUs Available

Do you need CEUs for your license or certification? You may be able to get your continuing education on IBC's website. In cooperation with CE4Therapists, you can read various articles available on the website and earn CEU credits. Visit the IBC website or the CE4Therapists website <http://www.ce4therapists.com> for more information.

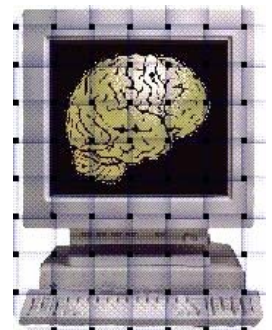
***"One key area to examine [for traces and trails] in Internet Explorer is the history."***

## Contacting IBC

Internet Behavior Consulting has two main offices located in the United States. Below is contact information for each office. You may also wish to visit the IBC website for more information on the company or a complete vita for David Delmonico and Elizabeth Griffin. IBC also maintains a network of experts across the country to assist in difficult cases. Visit the IBC website for a selected list of our consultant network.

IBC Pittsburgh Office  
376 Temon Drive  
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