

THE AMERICAN ACADEMY OF CLINICAL SEXOLOGISTS

AN ANALYSIS OF THE STRUCTURES OF USE AND MISUSE OF TRUST IN
RELATIONSHIPS?

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To my loving wife, Jo-Ann

Hard times strengthen you if you have the love and trust of the other person.

**-Roy and Catherine Blaser
(Couple married 71 years)**

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DISSERTATION APPROVAL

This dissertation submitted by Charles C. Bird has been read and approved by three faculty members of the American Academy of Clinical Sexologists.

The final copies have been examined by the Dissertation Committee and the signatures which appear here verify the fact that any necessary changes have been incorporated and that the dissertation is now given the final approval with reference to content, form and mechanical accuracy.

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VITAS

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Abstract

Trust is used or referenced every day in society. It is referenced in the bible, used on our money and even referenced in everyday conversations. Even with the plethora of references to trust in our daily lives, trust has many definitions. Each situation can have a different meaning or use of trust. Trust is used to nurture relationships whether they are for good intentions or bad intentions. The use of trust is explored in different relationships, including therapeutic relationships and how it is misused by confidence men (con men), sex offenders and in incestuous relationships. Society and relationships rely on trust and intimacy.

CHAPTER 1

Introduction

Not a day goes by without hearing or seeing trust being used or referenced in some way. For instance, the word trust is found in the Bible. According to Psalms 37:3, “Trust in the Lord instead. Be kind and good to others; then you will live safely here in the land and prosper, feeding in safety.” It is also found in many important documents such as our currency. The motto “IN GOD WE TRUST” was first placed on the two-cent coin in 1864 (United States Department of the Treasury [USDT], 2006). This came about as a result of a letter from the Secretary of the Treasury, Salmon P. Chase to James Pollack, director of the Mint at Philadelphia, which stated, “Dear Sir: No nation can be strong except in the strength of God, or safe except in His defense. The trust of our people in God should be declared on our national coins.” Mr. Chase references the need for trust to be placed in God (USDT, 2006).

Trust is often used in many conversations and discussions relating to relationships. For instance, common expressions such as, “I can’t trust him anymore.”, or “How can I ever trust her again?” are often heard. However, what does trust really mean? Also, how is trust even developed? Throughout this chapter, many definitions of trust will be explored. Additionally, the specific characteristics or traits which make up trust will be addressed.

Even with the plethora of references to trust in our daily lives, trust does not have one definition. Trust is defined as having confidence in a person or thing because of the qualities one perceives or seems to perceive in him or it. Trust is also viewed as the

belief in the good character of one party, presumed to seek to fulfill policies, ethical codes, law and their previous promises. According to the social science perspective, trust is viewed as an internal state and moral choice.

In another perspective, trust has four basic components: 1) Placement of trust allows actions that otherwise are not possible. 2) If the person in whom trust is placed is trustworthy, then the trustor will be better off than if he or she had not trusted. 3) Trust is an action that involves the voluntary placement of resources at the disposal of the trustee with no real commitment from the trustee. 4) A time lag exists between the extension of trust and the result of the trusting behavior. However, this definition does not show a distinction between trustworthiness as a moral attribute or as a mere reliability (Coleman, 2006).

The definition of trust also changes when used in different settings. For instance, in a financial setting, trust is a legal contract between the grantor (creator) and the trustee, which gives ownership to a trustee to manage wealth and direct income for the benefit of another (Investor Dictionary, 2007). Trusts may be created for a wide range of reasons, which may include; providing money for education, to protect assets from creditors, to reduce estate taxes or to provide income to future generations. The name of the financial entity, “trust” implies that it is protected and safe.

Trust also has different forms which can change the definition or how it is viewed. One commonly used form of trust is trustworthiness. Trustworthiness is a moral value and also is considered to be a virtue. A trustworthy person is someone in whom we can place our trust and rest assured that the trust will not be betrayed. A key element of trust is power and the position of trust. This position of trust is defined as a position of

authority over another person or within an organization. Another form which is often used is the trust metric. This is defined as a measure of how a member of a group is trusted by the other members of the group.

With so many definitions and uses of trust, how is it developed? According to Erik Erikson's psychosocial theory, the first stage of development is Trust vs. Mistrust. During this period, an infant is totally helpless and dependent on others to meet basic needs. If the needs are met, an infant will develop a sense of security and trust. An infant's sense of trust is reflected by feeding easily, sleeping peacefully, and eliminating waste regularly. Caretakers would be able to leave an infant alone, for short periods of time, without causing excessive signs of distress because the infant has learned to trust that they will return. An infant's mistrust is reflected by fitful sleep, fussiness in feeding, constipation, and greater degrees of distress when left alone. This stage is the beginning of the evolution of trust. The sense of trust developed by an infant provides the underlying basis for beliefs in the predictability of the world, including the self (Carver & Scheier, 1992).

There are also different stages of trust which individuals may experience. The first stage is perfect trust with which people are born. The second stage is damaged trust which is caused when loved ones violate trust. This violation happens when someone lies, withholds information, gives mixed messages, or refuses to negotiate. The third is devastated trust which occurs when trust is completely broken. The last stage is restored trust which can occur even if the trust is completely broken. This is the opportunity to strengthen the relationship (Robbins, 1998).

There are three levels of trust after trust is broken. The first level is guarded trust against which another betrayal may be protected. The second level is conditional trust in which the person is trusted under certain conditions. The last level is selective trust in which the trust is with one aspect such as with money but not with sex (Robbins, 1998).

As life progresses, trust continues to develop with each new relationship we build. For example, when a person places their trust in someone, they put themselves on the line and become vulnerable to some degree. Each time a person does what he says he is going to do, trust is earned and developed. Trust can build over time or be broken by the mere thought of betrayal (Sieler, 1998). Trust, as discussed in the next chapter, is the foundation of all relationships.

CHAPTER 2

Trust In Relationships

Everyone has relationships with their family members, friends, co-workers and everyone with whom they come in contact including strangers. Trust is the basis of all of these relationships. Of course, the levels of trust vary with every type of relationship: from the very basic level of trust, freely walking around without other people trying to harm us, to the very personal, trusting your partner with your most intimate secrets. Due to the vast amount of different types of relationships, the following is a sampling of how trust is an integral part of relationships.

In intimate and loving relationships, trust does not magically appear but is built over time. Trust is the foundation of love. This foundation is built on confidence, integrity and being allowed to reveal oneself. The trust in a couple or marriage is the basis of this union. In fact, trust is probably the most important ingredient in building an intimate relationship between husband and wife (Heller, 2000). Without trust, even the mildest struggle can cause a relationship to unravel.

Trust is both a belief and a decision. It is a decision to risk being vulnerable and responsible for one's own trustworthiness and does not depend on the partner (Foley, 2004). Thus, self trust is needed before trust can be found in another person. Mutual trust in the couple also promotes the intimacy. When this trust is broken, it can lead to marital problems or divorce. When passion leaves the relationship, it may be due to a lack of intimacy or trust (Morin, 1995).

Sexual intimacy requires a higher level of trust, not just fidelity. This trust is on the level of feeling safe enough with one another. When couples can feel safe enough to open up and trust, with no fear of repercussions, this is the true test of sexual intimacy. For example, a husband tells his wife that he wants to hear everything she has done sexually before their marriage and that he will not get mad at her. If she discloses everything and he does get mad at her, trust may be broken. Thus, he must hear everything she says without becoming mad or upset in order for her to fully trust him in these situations in the future. (Penner & Penner, 1993).

Trust can also impact sexual functioning within relationships. For example, a woman having trouble reaching orgasms with her partner could be a sign of a deeper trust issue. Communication allows the woman to verbalize her wants and desires to her partner. When the woman cannot express herself openly, without repercussions, the intimacy is affected. The woman needs to communicate with her partner in order to create that trust. This will then allow her to feel comfortable enough to explore this opportunity (Penner & Penner, 1993).

There are many techniques that help couples reconnect sexually and improve trust and intimacy. One such technique is called sensate focus. The trust is built using this technique because, in the beginning, the focus is not having the sex. The couples are told to focus on touch, their sensations, and communication. Feelings and desires can be hindered by distrust which can inhibit your sexual expression (Delaney, 1994).

Trust can also impact couples' financial decisions. Sometimes, financial struggles between couples can lead to their having separate bank accounts. Division of finances can be a sign of deeper trust issues in the relationship. The emotional or sexual

trust is usually what is lacking. When the two of these are lacking, the financial aspect gives one partner power and control (Young-Eisendrath, 1999).

Trust is also the basis of intimacy in the world of sexual sadomasochism and BDSM (bondage and discipline, Dominance and submission and sadism and masochism). These types of behaviors use dominance and submission, physical bondage and sometimes pain in a safe, legal manner to experience erotic arousal. This is a paraphilic activity that uses safety measures. Safe words are often used to keep both partners safe from physical as well as emotional harm. These safe words are agreed upon before the activity begins. Safe words can be as basic as red (meaning stop the activity), yellow (meaning slow down or the limit is getting close), and green (meaning continue). More complicated situations call for different ways of ensuring safety. For instance, if a participant is bound and gagged with a hood over their face, the safety measure may involve holding a ball. If the ball is dropped, then this would signal the activity needs to stop. Trust and intimacy are very important when negotiating when and how to use these words or actions. Long term dominant-submissive relationships usually have trust and intimacy that are unmatched by any other type of relationship. The greater the trust, the greater the intimacy (Henkin & Holiday, 1996).

Trust can also impact relationships within families. One such relationship is between parents and their children. Trust is often tested in these relationships. One example is seen when parents tell their child that they can tell them anything. If the child does and the parents react negatively to the disclosure, the child may lose trust in the parents. Adolescents who are consistently running away or not following the rules may be signaling that there is a deeper trust issue in the family. The trust that was developed,

starting during infancy, has to be rebuilt. This is an opportunity for the parents to use or incorporate trust building activities with the help of a therapist (Sells, 1998).

Another familial relationship that relies on trust is divorced parents. The ex-partners are trusted with the children in their care. If these partners start new relationships or remarry, the parents must now learn to trust the new partners with their children. Everyday experiences cause us to have different requirements for trust. These different situations are how we learn to trust. The learning process creates different requirements for each trusting relationship (Sellman, 2007).

Trust is also very important in relationships in the military. Soldiers learn to trust and depend on each other. Soldiers go through basic training to create strengths from their weaknesses and to build teamwork and relationships. Trust plays a big part in these relationships and is vital to safety.

Trust even comes into play with relationships with complete strangers. People have to trust strangers on a daily basis. In fact, certain jobs require this trust on a daily basis. For example, policemen, firemen and paramedics trust that they will not be attacked or hurt when they go out to certain calls.

Something as simple as going to the store requires trust in others. When products are bought in these stores, consumers trust that the store is selling what they advertise they are selling. The store also trusts the companies they receive products from. The importance of trust is especially seen if the products are medications or herbal supplements. The pharmacists must trust the manufacturers and the customers must trust the pharmacists. Consumers' trust may be higher with medications, since they are

regulated by the FDA, compared to herbal supplements. The trust of the customer relies completely on the manufacturer of the herbal supplement (Rotfeld, 2006).

Another situation where strangers are trusted is in restaurants. The customers have to trust that the chefs are serving what is on the menu, are using quality ingredients and are handling the ingredients in a safe way. Customers also have to trust that restaurant and the kitchen, including the silverware and cooking utensils, are cleaned appropriately to reduce risk of illness. This is a risk since not very many restaurants let customers in the kitchen while they prepare the meal (Rotfeld, 2006).

Even though relationships come in many forms, trust is essential in all relationships. In day to day life, as we interact with others, our trust grows and, at times, also gets tested. Some people have difficulty trusting others which can negatively impact their lives. Without the ability to trust, relationships suffer. Thus, for these individuals, therapy can help them overcome their trust issues. However, as with all other relationships, trust is also important and is the foundation of therapeutic relationships.

CHAPTER 3

Trust In The Therapeutic Relationship

Relationships that have a difference of power rely on good will, faith and confidence. The person who is in power is relied on to care for the goods of the person who is vulnerable. These goods can include possessions of health and mental health. This requires the relationship to have an understanding of what the vulnerable person perceives as good care of these possessions. The person in power, whether it is a nurse or therapist, has the potential to use trust against the vulnerable party. This trust can feel like a betrayal if the person in power uses it against us (Sellman, 2007).

Trust occurs between two adults that are equal in competence. This occurrence does not account for relationships that have an unequal power such as nurse to patient or therapist to client. The relationship has vulnerability in that we must trust when we are weak. When we place this trust we expose our vulnerability. This leads us to believe that trust is reliance on the good will towards each other (Sellman, 2007).

The therapeutic relationship is a special one, characterized by exceptional vulnerability and trust. People may talk to their therapist about thoughts, feelings, events, and behaviors that they would never disclose to anyone else (Pope, 2001). The relationship, between the client and therapist, is the therapy. The trust between the client and the therapist stems from the client having confidence in the therapist (Kahn 1991). In psychotherapy, the degree to which one party trusts another is a measure of belief in the benevolence and competence of the other party.

The development of trust is built in the first interaction of the client and therapist. In this interaction both the client and the therapist play an important role. They both bring a certain aspect to the table. The therapist brings the profession and the client brings the questions, but not questions of the profession. Trust is not a given quality when the two meet. This quality is earned as the interaction takes place. Ironically, the relationship itself also builds the trust of the profession. But, the interaction between the therapist and client can destroy the trust. This is why the interaction of the representatives of the profession can make or break the credibility of the profession. The competence, education and interaction the therapist has with the client are very important (di Luzio, 2006).

People tend to trust healthcare professionals due to their credentials or training. The trust is based on much more than these things. The past experiences that the patients or clients have play a big part. Perception is a factor in determining trust for patients/clients. If the patient/client thinks that the therapist has mistreated or not held sacred their beliefs then the trust is broken.

The role of trust intertwines with professionalism. Trust is directly related to competence and discretion in society. When applied to work or professions these three are related. Although there seems to be a decline in trust in professionalism, it is necessary for professional practice. It used to be the norm that doctors, lawyers, and clergy were trusted in the community. Now in light of recent legal cases this trust is declining. The professions, mentioned previously, are now increasingly under suspicion (Evetts, 2006).

The original concept of professionalism is based on trust, competence and discretion. Professions form trust based on similar education, training and membership to organizations. This formation of trust creates credibility with the public, even though at one time this association was thought to show the power of professions. This is true especially in the medical professions, where dominance and power were the forefront of the profession (Evetts, 2006).

This link of professionalism and trust has become important in recent years. The public has become more aware of professionalism when it comes to recent negligence and malpractice suits. The trust we have for professionals such as doctors and mental health therapists has come under fire. One way for the public to trust these professions, is for professionals to have specific training and code of ethics. Another is the competence of the practitioner. Still another is the use of professional values and accountability (Evetts, 2006).

Accountability plays an important role in the standardization of professions. This standardization then instills trust in the public by holding the professionals accountable. Trust is seen to be important aspect or characteristic of both practitioner-client and practitioner-management relations, in medicine and law (Evetts, 2006).

One of the ways trust in healthcare professionals is generated is the professional is looked upon as the expert. The clients or patients are seeking this knowledge. Communication and a team based approach toward the client are now gaining the trust, not the mere fact that they are the expert in the field. Society as a whole is now more critical of doctors and health professionals (Kuhlmann, 2006).

When society gauges trust they usually look to physicians. The trust is built not only on their expertise, but on how the relationship is built and the information that is conveyed from the doctor. Trust building and relationships with patients are important in healthcare and therapy. Society needs to trust in therapy and healthcare if they are to continue to seek help from these professionals. If the public loses trust in these professions they could begin to self treat or seek the advice of other lay persons. This trend could lead to society not getting the help they need (Kuhlmann, 2006).

One of the main characteristics of therapist-client relationship is trust. The trust in this relationship is based on the therapist as a profession. When the public looks at professions, especially therapists, they are looking at the whole structure of the profession, the standards that the profession follows and the acquired knowledge of the profession. This is how the public judges the profession. The education and training the therapist has is the basis of the public's judgements. The object of trust is not the practitioner as such-it is rather institutions that provide the main basis and justification for client trust (di Luzio, 2006).

Clients consult professionals with questions of vital importance to individual lives. Clients choosing therapist without knowing the direction of the future is an act of trust. The reason clients choose to consult a therapist is their possible lack of information. This relationship although unbalanced is complimentary. Trust is an important part of this unbalanced relationship. The client usually has problems that are only spoken of in intimate relationships such as friends or families. The client has to trust the therapist enough to open up and to trust that the knowledge of the therapist will have a positive outcome (di Luzio, 2006).

When therapists, doctors, pastors, and lawyers go into their professions they agree to abide by certain standards. One of the most important standards is to refrain from having any type of sexual relationship with their clients, patients or church members. When professionals violate this standard, it is a horrendous abuse of the client or patient trust.

As stated previously, the therapeutic relationship begins with building trust and intimacy. The client comes to therapy many times with trust and intimacy issues. When clients come to therapy they are pouring out the most intimate details of their lives. The therapist has much of the control in these situations. The client has control, but is very vulnerable at the time. The therapist must help guide the client through the process.

The therapeutic relationship can create an illusion of closeness and familiarity that the client can confuse the relationship to be intimate and sometimes the relationship can elicit sexual feelings in a client. This can be especially true if the reason the individual sought treatment was for prior sexual abuse. Clients who have past sexual abuse often see the therapist in a role of power which is similar to that of the individual who perpetrated against them. If a therapist does not recognize this transference and maintain a healthy therapeutic relationship, then therapy could “replay” the same relationship as the previous abuse.

Betrayal and loss of trust only adds to the psychological pain the client is feeling. This can lead to the client not trusting in therapy or therapists. Trust and intimacy in all relationships, including therapists and other individuals, may become almost non-existent. Losing trust in therapy is another detrimental aspect of this abuse. The client may be very reluctant to even try therapy again, or enter any other relationship.

In that moment, some therapists may not recognize the harm that they are creating. The therapist is not looking out for the client's needs when having sex with the patient. He may tell the client "this is what you need to heal" to rationalize his action to himself and the client. The therapist does not realize, by breaking this boundary, the client loses a trusting relationship in their life. The therapist may be under the illusion that he is helping the client to heal by his sexual powers. The long term outcomes of a therapist breaking therapeutic trust of a client in a sexual way can be tremendous. A client may increase psychological symptoms of depression, anxiety, and paranoia. Other possible outcomes include the client losing functioning in day to day activities and may even become suicidal.

There are also long term negative outcomes for therapists who cross the therapeutic relationship in a sexual way. Those could include depression and legal issues, since in some states crossing this boundary is not just unethical but a criminal act.

The majority of abuse happens between male therapists and female clients. In one study by Dr. Sydney Smith, the majority of his patients who were victims of therapist abuse were also sexually abused by their fathers (1982). Many therapists feel that they will not fall into this category. In a session where a male therapist was counseling a female client, the client came in distraught from recent relationship troubles. The therapist/client relationship had been established for a few months. The client came in crying and was in complete distress. The session progressed normally until the client began to move closer and put her head in her therapist's lap and cried even more. The therapist did not know what to do at that moment. He had many thoughts go through his head. Some of these thoughts involved the possibility of sex. The one saving thought

that this therapist had was “this could lead to more damage than good”. The therapist proceeded to keep the boundary and move on with the therapeutic relationship. The responsibility of how and where the relationship proceeds is all in the hands of the therapist (Rutter, 1989).

There are many basis of trust. One is that it is attitude of mind or attribute of individual nature. Another is that it is a social contract. Trust has interdependence to reliance, confidence, hope and faith. This can be seen in a therapeutic relationship. The client may feel the therapist does not wish him good will, but the client trust the therapist’s skills. This relates to the confidence that is intertwined with trust. The good will related to trust can be seen in the example of trusting a soldier not to shoot when the enemy surrenders. It is never known if people have good will toward each other. That is part of trust, becoming vulnerable enough to have faith in another person (Sellman, 2007).

CHAPTER 4

Confidence Men and Trust

Confidence in another person is when an individual trusts another's judgement in a particular area. Human beings want to trust. It is out of this confidence that the term "con" man was created. "It is these con men who understand the essential features of trust" (Sellman, 2007). The victim of a swindler is one who placed trust in another who portrayed confidence and broke that trust.

Every day, people trust others in day to day life and can be manipulated very easily. People who know how to "use" trust will take advantage of other people. Examples of this go as far back as the settlement of the west. Salesmen Went around selling there remedies to fix all ailments. These remedies were probably no more than just basic ingredients that had a soothing or placebo affect. This type of con man knew that what he was selling did not work but still used people's faith and trust against them. These similar types of fix-it-all products are even seen today. People selling these products rely on people's basic trust to encourage them to buy their products.

In today's society, we see this con man behavior on the internet. Phishing is a form of misuse of trust for negative purposes. The swindler sends an e-mail with an official looking bank logo and information so the victim will send a personal bank identification number back. The thief manipulates the victim's trust to gain access to their bank account. Another form of this phishing is the use of pleas to help con men acquire millions of dollars that is unclaimed. Sometimes, these con men state a bank is unaware of this money and because of their trust in the potential victim they are willing

to share this fortune with them. Often the word trust used in their e-mails creates the victim's confidence.

Trust is something that can be used for good or bad. When these confidence or con men use trust it is to their advantage. This is a violation of the victim's trust. When these men execute these schemes it is usually against adults. However, sometimes these schemes are used against children.

CHAPTER 5

Sex Offenders

A sexual offender is a person convicted of a sex offense involving a minor and who is released on or after October 1, 1997 from the sanction imposed as a result of the offense. Offenses include, but are not limited to, child pornography, sexual performance by a child under eighteen and procuring a person under eighteen for purposes of prostitution (Florida Department of Law Enforcement [FDLE], 2007). Society sees many violations of trust, but one that involves sex and uses trust against child victims, is a pedophile or child abuser. This form of sex offender is a prime example of someone who uses trust to his advantage.

Sexual abuse is a sexual act that is obtained by the use of coercion. The use of power, tricks, bribes, or force is the usual manner of coercion. If these tactics are used against another adult it is considered rape, molestation or abuse. When women are dating a man and they are raped, her ability to trust is diminished (Farrell, 1993). Many times, the sexual act is much more than the sex itself. The meaning behind the sex or touching is very important. Usually, just having sex or sexual contact with a child is not for the sex. There are much lower risk forms of just having sex. Sexual abuse can be an expression of power, compulsiveness, a desire for control, or an act of vengeance, which often comes masked as an act of love (Hunter, 1990).

A paraphilia is the recurrent responsiveness to and obsessive dependence on an unusual or socially unacceptable stimulus in order to experience sexual arousal and achieve orgasm. Pedophilia is classified as a paraphilia. It is also one of the criminal

sex-offending behaviors. According to the DSM-IV-TR, pedophilia is recurrent, intense sexually arousing fantasies, urges or behaviors involving sexual activity with prepubescent children, generally age thirteen or younger, which occurs over a 6 month period. The person has acted on these sexual urges, or the sexual urges or fantasies cause marked distress or interpersonal difficulty (First & Tasman, 2004).

When referring to pedophiles and child molesters there is a difference. Pedophile is a clinical definition defined in the DSM-IV and child molester is a legal term. Child molester has committed a crime and been charged. The pedophile may or may not have committed the crime. Some pedophiles may not act upon their desires. Some child molesters sexually abuse for other reasons besides sexual desire, such as a need for power or lack of a partner.

Interestingly, in my experience, most often pedophiles or sex offenders are seen as men. This is not necessarily the case as there are also female sex offenders. It was previously believed that female pedophiles or sex offenders did not exist. This may be due to under reporting and law enforcement not taking the charges seriously. Some people believe that young men benefit “learning” sexually from an older teacher. For example, the sexual relationship between an older female teacher and younger male student is considered abuse that happens in the school system. The teacher has a position of authority over the child. This is also abusing the trust in their relationship. Recently, in the Tampa Bay area there was a case of a female teacher and male student having a sexual relationship. The female teacher was married and had never committed any crimes before. The teacher used her authority and trust of the child to create this relationship for her benefit. The teacher even had sex with boy in front of his cousin.

This is another way she used her authority to deceive two children. This particular teacher was given probation due to the fact the defending attorney stated his client was too pretty and did not belong in jail, supporting the mistaken belief that female pedophiles or sex offenders do not really exist.

The public seems to have many false assumptions about pedophiles and sex offenders. Often people believe they are mentally ill, or dirty old men. Another mistaken belief is they are strangers who abduct these children. At times it is believed that the pedophile or sex offender could not be married. These assumptions create confusion, fear and at times trust in the wrong individuals.

In today's society, pedophiles and sex offenders have become very prevalent due to the media coverage. The many stories of priests and teachers have frightened the public. Law enforcement has tried to increase its control over this matter. They have posted convicted pedophiles on websites and required pedophiles to register with the city in which they live. Although the problem with the control that law enforcement is trying to use does not account for the many pedophiles that have not been caught. Some professionals in the field state that when a sex offender is caught, he could have hundreds of victims. This is why the public needs to be more aware when it comes to their children and not rely solely on law enforcement to make them aware. The responsibility of the parents is to teach their children who to trust based on fact not on fear driven mistaken beliefs.

Pedophilia does not define the act, it defines the object of affection or sexual excitement, the child. This love or sexual excitement from children was not always frowned upon. In the early Greek and Roman days a grown man and slave boy having

sexual relations was an accepted behavior. They even believed that it was a sort of a rite of passage. Today it is illegal for this type of behavior to take place due to the misuse of trust.

This leads to the two types of sexual abuse. The first is overt sexual abuse. This type is in the open, but usually denied it is happening. The abuser is not hiding the fact that what is happening is a sexual act. The second type is covert sexual abuse. This type is a sexual act that is happening, although the act is portrayed as something else altogether. One example of this covert behavior is the adult bathing the child when the child can clearly bath himself. A second example is body inspections with the child's clothes off. Nightly back rubs can be a third example. These examples by themselves can be harmless, although the intent behind them is the real danger. These are examples of adults misusing trust (Kahn, 2001).

It is completely normal for preadolescent boys and girls to explore their sexuality with each other. Even two little boys exploring sexually are considered normal. Some examples of exploring each other sexually are playing house or show me yours and I'll show you mine. Some little boys even masturbate together. This does not make them homosexual or sexually abusive. When these boys and girls do become adolescents they tend to become more shy and protective of their bodies. These adolescents are starting to form their sexual preferences. During these years is when they are forming their bonds of trust. The trust can be abused or it can be nurtured.

Many sex offenders express themselves in other ways besides sexually. Actually, there are many socially acceptable ways they act. Taking children to the movies or giving gifts that are appropriate. The parents trust this behavior because it is socially

acceptable. Many times the sex offenders occupy socially acceptable professions, such as teacher, youth minister or camp counselor. The sex offender does not always cross the line when he works with children. His fantasies could stay in his mind, but the danger is when his temptation leads him to cross the line. The tendency toward pedophilia starts in adolescence and peaks in the 20's and again in the 30's (Kempe & Kempe, 1984). This explains why we find pedophiles in the professions that seem to always be around children. For instance the media is focusing on priests and pedophilia. The public seems to think that the priest hood has caused the priest to turn to children for sex because his vow of chastity. This is not true some priests were already sex offenders before they became priests and were drawn to the profession. The priests who were sex offenders were drawn to the power over children and the access to children. This power is a way to gain trust of the children. Another word for this gaining of trust is grooming.

Grooming is a powerful tool in sexual abuse. This is the main tool used by pedophiles and sexual abusers. Flirting is very similar to grooming with some exceptions. Flirting they are testing the potential partner. Grooming they have already planned to act on the victim sexually. Both behaviors are tools for building trust. A similar situation that also uses grooming but does not include sexual actions is con artists or thieves. They use these behaviors to gain peoples trust and steal from them (Kahn, 2001).

The pedophile or predator start's the grooming process in areas most likely to have children. These areas range from parks to malls. They even work at places where they are trusted with children. Sexual predators also form trusting relationships with parent's especially single ones that have children.

The children they choose are usually susceptible just like adults. The sexual predator uses trust to make the children feel valuable. He tells the victims what they want to hear. The predator builds the child up and makes them feel good about themselves. Signs that an adult is grooming include: charm, help, peer like play, preference of children's company, roughhousing, tickling, insider status, failure to honor boundaries and becoming offensive.

According to Aphrodite Matsakis in her book, *When the Bough Breaks*, she tells the story of a young boy that was abused. The boy came from a good family and background. He was the middle child with an older brother and younger sister. The father was a salesman and the mother was a stay at home mom. The parents had the belief that boys should be boys and not show emotion. The dad came from a background of football. He wanted his sons to be tough and play sports. The boy's older brother played basketball in high school and everyone liked the older brother. The boy was more into art and music. His features were small and he was frail. The father was not happy about the fact that he liked these activities. His father stated that these were sissy activities. The parents enrolled the boy in boy scouts to give him some activities that would make him more masculine according to them. The father also liked the idea that he could do masculine things with his son. Although the father rarely made it to any of the boy scout meetings or camping trips. The scout master took an instant liking to the boy. The scout master liked all the qualities that the father did not. The father told the scout master "he is frail and likes girlish activities" when he signed his son up for boy scouts. The scout master began his grooming immediately. He began to build the relationship by building up the boy's confidence. The boy gained the affection and love

of the scout master. This love and affection was all the boy wanted from his father. The scout master slowly over time invited the boy into his tent. After the trust was built with the boy, the scout master used it against him. The scout master started out with rubbing the boy's back. This moved to eventually rubbing the boy all over his body. Next, the scout master rubbed his genitals till the boy was erect. Then, the scout master performed oral sex on the boy and asked for the same in return. The scout master kept this all secret by telling the boy lies and using his relationship against the little boy. The boy became much different at home. He was confused and tried to tell his parents. But the scout master's voice in his head kept telling him not to. At first the scout master would use lies such as "don't tell the other boys or your parents because they will be jealous." When the little boy would threaten to tell his parents the scout master would then threaten his parents with harm or jail. The boy kept his secret until the abuse had progressed to anal penetration. The boy had blood on his sheets that he could not explain. The mother ended up taking him to the doctor. The boy had a ruptured anus from the trauma. With much reluctance the boy told the doctor and his parents. At first the father thought he was making this up. The parents were shocked that it could be the scout master. The scout master was a great guy, he was liked by everyone. This is another way the abuser gains trust. He gains the parents trust with the image he portrays. The boy subsequently went to therapy along with his parent's. The whole family ended up in some form of therapy. When the pedophile attacks the child it is not only the child that suffers. The family is directly related to the attack. They feel the affects in different ways. The brother felt guilty about not spending time with his little bother. The sister felt guilty for wishing bad things upon the brother. The damage the pedophile inflicts is deep. The

pedophile or sexual abuser can take years to build these relationships. This is a strategic plan that has specific steps. These steps lead to the abuse of the child and lots of pain and suffering for everyone. This plan sometimes involves the internet.

CHAPTER 6

Sex Offenders and the Internet

Another area the pedophile or sex offender can use is the internet. Cyberspace is an easy platform for child molesters, pedophiles, and sex offenders. The internet is an easy place for these pedophiles to meet children. Cyberspace is the ultimate place to use trust against someone especially children.

The interactions on the internet or cyberspace can start out very innocently. The adult or child uses the internet to play a fantasy role or world. This world can be an escape or way to explore without the threat of identity. The fantasy roles do not even have to be sexual. Although, many times sexual fantasies are the case. The user finds cyberspace and discovers the availability of many things. This exploration leads then to many sites or information that they normally would not have found or been looking for. This leads them to try new things. The user tries such things as chat rooms or looking at pornographic pictures. They usually find chat rooms that interest them. The rooms can have many different subjects or themes. The user then may explore the chat room by using a screen name that does not pertain to them. The excitement to the user is they can use a screen name that is completely opposite of what there personality is or who they are, for example an older man in his fifties could use the screen name "lilgirl13". The danger of the web is the anonymity. The user then tests out many chat rooms and finds one he likes. He then explores the room and how it works. When he finds the type of chat room he likes, this is where the beginning of the deceit can start.

The need for more excitement leads the individual to take more risks. Instead of just using a different screen name the individual starts to dialogue with other people in the chat room. This dialogue usually is sexual in nature. This is where the fantasy can grow. The chat then becomes more and more in depth. The user can then become involved in very risky behaviors, for example viewing child pornography or chatting with children or even transmitting naked pictures to a child. This behavior usually follows a process of building trust with the other person. The individual can spend time with the child talking in a private chat room. The predator usually preys on the child's vulnerability. The predator befriends the child and creates this trusting relationship (Young, 2004).

The danger of the relationships built on the internet is that the process moves much faster. Before the internet, pedophiles had to frequent places where they had exposure to children. They went to the park, the mall or acquired jobs working with children. The pedophile would have to build the relationship after breaking through the barriers. The children are usually taught to stay away from strangers. If the children follow this rule it could force the pedophile to befriend the child's parents. The process to cultivate the relationship would take much longer. The process of finding out information about the child takes longer because the predator has to investigate many avenues. The illusion the pedophile tries to create has to be much more elaborate. The internet gives a much easier opportunity to create that illusion.

The internet creates a much easier venue for sex offenders. The internet entices children and adolescents with information, games, contests and chat rooms. The sex offenders use this to their advantage. The predator has much easier access to the

children's information. The pedophile no longer has to frequent places where children hang out physically. The predator easily frequents chat rooms or websites that children will like. The initial illusion no longer needs to be obtained. The internet gives the predator the anonymity to build relationships with children. The predator can pretend to be the same age as the victim and begin his deceit. The cover of the internet gives the pedophile or sex offender free reign to play any part he wants. This cover makes it much easier for the predator to build his relationship of trust.

Children are enticed by the internet with many different avenues. Many children and adolescents like to discover and explore things. The internet creates an endless amount of information, games, music, contests and last but not least chat rooms. Many of these places on the internet require the child to create a profile. The profile then has pertinent personal information. The predator then uses this as another tool. The fantasy the children can build also draws them to the internet. This building of fantasies can draw the type of child that is easily preyed upon by the pedophile. Children who have trouble with social skills can create a fantasy alter ego. The child thinks they are invincible but, they still have the same problems and may not be aware they are being tricked. Many times these same children just want attention and that is exactly what the predator preys upon. The predator then builds his relationship and gains the child's trust. The relationship advances rapidly and this is when the predator begins the transmission of pornography. The child is caught in the dilemma of feeling guilty about seeing these images but does not want to tell on their new friend. This is the predator's way of testing and desensitizing the child. The child wants to trust their new friend and keep the relationship going. This leads to the child accepting the pictures and advances that the

new friend makes. The child is vulnerable enough to possibly accept an invitation to meet the predator. The pedophile is still cultivating that relationship, but each interaction he takes more risks. The more trust the predator gains, the more risk he takes (Berson, 2005)

The recent phenomena known as MySpace.com has created another internet venue for pedophiles. This can be even more dangerous than chat rooms. These sites have more personal information than the chat rooms. The child's or adolescent's pictures are on the websites. This website even has a blog. The blog is like a journal that friends and family and even new friends can talk to the child. Many times this blog has the most intimate details of the child's life. The child's favorite music and pictures of their friends are readily available. This accessibility makes it very easy for the sex offender to start a trusting relationship. The predator has all the information they look for when starting that relationship. The child has the ability to block or limit who accesses their site. This usually is not the case for the child to block their access to only friends and family. It is very easy for children to trust and when the predator has the right information, this trusting relationship can materialize lightening fast.

The internet is a very dangerous place when it comes to relationships. Adults and children can create identities online. These identities can be cultivated to the point of reality. Children are most at risk because they are still learning social skills. When children are on the computer their identity can be a fantasy. The trouble with the internet is that many other people are using alternate identities. The child cannot learn the visual cues that might signal danger. The child may eventually use the identity to interact with the real world. This places the child at more risk, because he will not know certain cues

that could protect him. This is even more important when the predator sets up a meeting between the child and himself. The child trusts that his new friend is a good person. When the two meet the child will not pick up on the social cues that would alert the child to danger (Berson, 2005).

The problem with internet is the lack of accountability. The public can use the internet under an assumed identity. There are not any laws against lying about your age or identity online. This is the breeding ground for fantasy and deception. Children's curiosity in sexual exploration is sometimes the reason for these fantasies. They feel more confident on the internet than in real life. The children will open up more and reveal more information online. Many children also use MySpace.com for popularity. The more friends they have the more popular they are to their peers. This is an important value for these children. This means the children will open up their websites to all friends. This is what the sex offenders prey upon. People can create any sort of chat room or themed website. The danger in these creations is the predators have created websites to counteract the law. These chat rooms are congregating sites for other predators to learn tricks on how to try to outsmart the authorities. The authorities have also created websites to catch these predators. These websites use decoys to entice predators. The authorities then can make arrests because in many counties and states it is illegal to transmit pornography to children. The predators are hoping when they build this relationship that the child will keep these pictures or chats to themselves. This is part of the trust that is given from both sides. The chats and relationships can lead to a meeting between the predator and the child. The authorities are aware of this fact. They

use this information and certain websites and companies to catch these predators (Hansen, 2007).

The public is becoming more aware of this problem thanks to Dateline on NBC. They have a show that catches these predators. They work with the local police departments to catch these men. The company that they use is Perverted-Justice. This company uses online decoys to entice these predators with conversations. They set up a meeting place in a particular county or state. This is a prime example of building a relationship using trust. The predator trusts that the child will perform sexual acts with him. The authorities trust that the relationship will entice the predator to break the law. Society bases their community on relationships. Relationships are built on trust and communication. If these relationships are built on fantasy, then how are they trustworthy? The public has to be vigilant against these predators. Society as a whole must teach their children the social skills of the real world. The internet shines a whole new light on trust and relationships (Hansen, 2007).

Some studies show that convicted sex offenders have a tendency to re-offend or commit other crimes. They also show that the offenders may have a criminal record prior to offending or being caught. This would lead us to believe that if the predator does not currently have any inhibitions about committing a crime then offending would be no different. Ironically many sex offenders have never committed a crime prior to their offense. It was very interesting to note on the Dateline NBC show "To Catch a Predator" many of the men were your average regular guy from all walks of life. The occupations ranged from Assistant D.A. to Construction worker and had no prior criminal record.

Another note, many of the men had seen the show prior to coming to the house to meet with the child. The men still showed up to the house.

Many sex offenders are found in today's society. The public has to be careful and watch out for these offenders. The trust and relationship that children have with strangers is learned from their parents. Problems arise when the sexual offender is the parent.

CHAPTER 7

Incest and Trust

Relationships start with communication and trust. These are the building blocks of a solid relationship. When either of these two are missing or improperly learned then the relationship can be difficult or non-existent. The subject of incest is an area where trust and communication can be misused and improperly learned. Incest can be a form of pedophilia. Incest is defined as sex between blood relatives. Although today the definition of incest includes step families. This inclusion is due to the roles in the family. Another definition which is incest is a violation of a position of trust, power, and protection (Lew, 1988). One form of power is called triangulation. This is when a father uses a child as their spouse and the wife becomes the rescuer. This is a use of power by the father to get what he wants. The child thinks the mother should rescue them but, the mother may never know about the abuse. The father also keeps the abuse a secret by his use of power. The father usually tells the child to keep it a secret or that it is alright to have these types of relations because the mother is lacking. This type of triangulation can go on for many years. Once the cycle is broken the victim can carry the triangulation to other relationships. The victim is compensating for lack of something they felt they did not get as a child (Vredevelt & Rodriquez, 1987). Another form of power is isolation. The abuser makes sure all ties are broken. The victim is sworn to secrecy and eventually has no one to help or protect them. This basically isolates the whole family. This is a form of control over all situations. The abuser usually limits interactions with most the outside world in order to portray as a socially acceptable person. This manipulation can

cause society to be blindsided when the mention of abuse by this person comes out. These are two uses of power. The use of power is the main theme of abusers and incestuous parents. The time it takes to use this power varies. It can take many years to build the relationship and trust. The trust building starts from the first moment the abuser has the urge to offend. The offender methodically plans his abuse. This is not a spur of the moment thought. He slowly builds each step. All the steps are built on trust. The incestuous parent has an advantage to the average sex offender. The parent already has a basis of trust built with the child. The average sex offender has to take much longer when building this trust. The parent usually gets the benefit of the doubt. The incestuous parent uses stories such as this is how other families work. The parent can also use the power of control so that outside relationships are limited and therefore the child's information is limited. This is how the parent can keep this type of relationship going on for years.

Incest takes many forms. One form incest can take is a position of power or exploitation. This form of incest may not have any sexual contact. The parent can be a voyeur by forcing the child to undress in front of the parent or the child has to leave their bedroom door open while they change. This can also lead to the parent taking pictures. The parent taking pictures of the child can be harmless act. The parent can take pictures of a child that got sunburn and show the buttocks. The difference with incestuous parents is they use the trust of the child to take sexual pictures. The pictures may not be sexual in nature but the parent uses them for sexual pleasure. The parent could also post the pictures on the internet or sell the pictures to other pedophiles. This is a deceitful way the

abuser can commit incest. The parent can rationalize in their head that they did not have sexual intercourse with their child so they are not an abuser.

When children develop, associations are made of many things including relationships. These associations can be positive or negative. These associations become very clear in the case of incest. The child usually associates sex with caring and touch. This is a negative connection. This is not to say caring and touch are not part of sex. The child associates all touch and caring with sex. The relationship of trust and communication between parent and child has now been abused. The child may now become fearful to any touch. He considers all touch a direct link to sex. The opposite is also true that all sex can lead to caring. This affects the child in his other relationships. These feelings then can lead into adulthood. This is where often times the therapy is sought or the adult is confused about their relationships.

The sexually abused child usually has a negative attitude toward trust. This child has grown up with a different way of looking at trust. The parent who commits this sexual abuse does not understand the trauma he or she is creating. Children learn from their parents as evidenced by Erik Erikson's first stage in his developmental theory: Trust vs. Mistrust. This is where the children are making the associations between good and bad. The adult in this situation is only looking out for their needs. That is why it is detrimental to the child because the child is supposed to trust their parents. These lessons learned by the child create turmoil for him now and later in life. These lessons confuse him about touching, trusting, intimacy, and sexual contact. Relationships later in life for this individual are based on a different set of values. This individual uses sex to create

the illusion of being close to their partner, but in reality this individual despises touch. Sex used compulsively allows the individual to be close but not intimate.

Trust and intimacy are very closely related. The adult who was a victim of incest as a child has many issues with trust. Some of the questions that arise for this adult are: Why, Who, and How do we trust? These questions arise because society's view on relationships and trust are very different from the victim's point of view.

Incest affects people from all walks of life. These people range from doctors and lawyers to prostitutes and everyone in between. Many times society is unaware because the individual keeps this secret very well hidden. Some of these individuals do not even know they were abused. The abusers in the family have warped the victim's sense of trust and relationships. The individual creates a block or they think that they are just not good with relationships. They are unaware of how to have a caring, trusting and intimate relationship. The lessons learned from the abusive parents or family member gave them a skewed view on the world.

The abusing family member may not realize they are creating devastating affects on the child. These affects are probably the most harmful, even more harmful than stranger abuse. The affects are deep emotionally and physically. The devastation comes from the idea that the person who harmed them resides in the house and have an emotional relationship with the perpetrator. The child can not run away or avoid the harmful person. Even if the child is taken away from the home they still have a deep emotional tie to this family member. The child's idea of family and relationships are skewed.

When children are in these incestuous relationships the psychological trauma infects all of their thinking. Many times the abuser has built such a relationship that the victim does not even resist. Children are taught to obey their mother and father. When a mother or father abuses the child many times the child obeys the parent because of what they were taught. If the child disobeys the parent, the child will be punished. The child also craves affection and love from the parents. This creates a dilemma for the child because if the child does not agree to the parent's request the child believes the parent will not love them.

Whatever the dilemma the child faces in an incestuous relationship there is always a great deal of pain. The child is afraid to tell anyone for many reasons. One reason may be fear of being unloved. A second reason is that the child will be sent away. A third reason may be that the parent will be sent away. Another reason could be the shame involved from the relationship. The pain felt by children of these relationships infects their adult life.

Adults who were victims of incest as a child have trouble with many of their relationships. The reality they thought they knew as a child is much different when they are adults. Their version of truth does not match what much of society who was not abused believes. When these adults are in relationships they usually cannot become intimate because it reminds them of the abuse. The caring and trust that the partner of the victim gives stimulates the feelings of shame and distrust. The victim has a distorted view that the only reason they are caring is they want sex. This can be confusing for the partner because that is not how they were raised. The victim must relearn trust and

caring. This can be a long road. The adult that was abused can learn to trust again. This takes time, therapy, and patient caring people they can trust.

CHAPTER 8

Conclusion

In summary, trust is the very basis of all relationships. Society needs relationships to survive. When forming these relationships trust is the first and foremost aspect of this interaction. The relationship begins with two strangers. These two strangers, over time, build a relationship. The relationship can be anything from casual to professional or even lovers. The relationship that evolves to lovers relies heavily on trust and intimacy. In order to trust people, we must trust ourselves. This is another important aspect of trust. Many times society takes trust for granted. Trust is learned from our parents. What is learned, can greatly impact how society trusts one another.

Trust is evident in every type of relationship and used in many different ways. These relationships range from familial to therapeutic. Trust can be used for good or bad intentions. When trust is used for good intentions it is usually a loving or caring relationship. Another type of relationship includes a therapeutic relationship. In general, the therapeutic relationship is a venue to help with issues including trust. When building the relationship in therapy the foundation is trust. In some cases trust is misused in therapy. This happens when the therapist crosses a boundary and has a sexual relationship with the client.

The use of trust in daily interactions is quite common, although, so is the misuse of trust. When people misuse trust it still is used to build a relationship. The trust is used by someone to gain the confidence of another person and use trust against him. The misuse of trust is seen in many types of relationships as well.

One type of relationship that misuses trust is the relationship a sexual offender has with his victim. Sexual offenders can include pedophiles which use grooming techniques. The grooming process the pedophile uses builds trust in children. The pedophile still is building a relationship, although, this is not a mutual relationship due to the difference of power.

Another type of relationship which is included in the sex offender category is an incestuous relationship. These relationships can be more detrimental to the victim because the offender is a family member. The victim has built a trusting relationship with a family member and now this family member uses that trust to abuse him. This type of abuse affects the victim into adulthood.

Trust is the foundation of all relationships and will affect the outcome of each one. If trust is broken the relationship usually ends. When trust is nurtured the relationship usually flourishes. Relationships are built on a foundation that requires trust and intimacy. The level of intimacy is directly related to the trust. The more trust we have the greater the intimacy. When people have more intimacy this can lead to a better sex life.

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