

Treating Sexual Shame

What It Really Means to Be Yourself - Psychology Today

Healing From Purity Culture? Read These Books - Sojourners

Ex-Brigham and Women's Hospital doctor accused of sexual assault, performing unnecessary 'exams' - Boston Herald

Body Dissatisfaction, Body Dysmorphia, and Body Shame Cycles - Psychology Today

How a Smartwatch Turns Into a Shame Machine - Psychology Today

Pain, shame and silence: Four films about sexual abuse - EL PAÍS USA

Achieving Lasting Freedom From Shame - Psychology Today

The Importance of Healing Shame in the LGBTQ+ Community - Psychology Today

OCD and hypersexuality: Treatment, causes and more - Medical News Today

Lawsuit alleges years of child sex abuse at politically connected ... - Missouri Independent

Four Truths About 'Porn Addiction' Myths - TheBody

Sexual Abuse and the Development of Anorexia - Psychology Today

Remembering those impacted by HIV and AIDS on World AIDS Day - Idaho Capital Sun

Black Americans still struggle to access PrEP, a medication that could lower HIV rates in the community - CNN

The Social Shame of Violence Against Women - CounterPunch

Healing From Purity Culture - YES! Magazine

What You Need to Know About Gonorrhea - TheBody

Real event OCD: Symptoms, treatment, and more - Medical News Today

Bachelor Zach Shallcross slammed as 'self-centered' for 'shaming' Gabi Elnicki about sexual encounter on te... - The US Sun

Why Some Couples Opt Out of Wedding Night Sex - Psychology Today

I am 25 and have never been kissed. Have I missed my chance? - The Guardian

How to Diffuse Embarrassing Moments During Sex - Psychology Today

Zachary Zane is on a mission to destroy sexual shame - Los Angeles Blade

Body Shame Is a Powerful Predictor of Poor Mental Health - Psychology Today

Under new law, Michigan schools must inform students on consent ... - Chalkbeat

5 Lies Shame Tells - Psychology Today

Therapy Where the Clothes Come Off (Sometimes) - The New York Times

It's time to talk about endometriosis and sexual shame - Cosmopolitan UK

For a male sexual assault survivor, justice won in court does not ... - The Associated Press

Sex Therapist: What You Should Know - Forbes Health - Forbes

How Many Lifetime Sexual Partners Are Too Many? - Psychology Today

World Day for the Prevention of and Healing from Child Sexual ... - un.org

An Evidence-Based Way of Overcoming Shame - Psychology Today

Telehealth fosters healing among survivors of military sexual trauma ... - Veterans Affairs (.gov)

'Silent epidemic' of sibling sexual abuse is challenging Tennessee ... - WPLN

Sexually Repressed: Signs, Underlying Causes, Support, and More - Healthline

Cultural, Religious Sexual Shame: Advice For Unlearning - Refinery29

Dear Alana, the Conversion Therapy Podcast You'll Binge In One ... - Yellow Scene Magazine

Rishi Sunak Branded 'Shameful' For Ditching Conversion Therapy Ban From King's Speech - HuffPost UK

What Is Sex Therapy? 8 Tips From a Licensed Sex Therapist - Insider

Shame: It's Not You; It's Them - Psychology Today

Australia has resisted treating paedophiles before they harm children. Now that view is changing - The Guardian

[I'm a Couples Therapist. Something New Is Happening in ... - The New York Times](#)
5 Things HIV Doctors Want Everyone To Be Doing - HuffPost
[The Silent Shame of Sexual Abuse - Psychology Today](#)
[Women's sexual desire often goes undiscussed - yet it's one of their ... - The Conversation](#)
[What to do if PCOS symptoms are impacting your sex life - Mashable](#)
How To Deal With 'Vanilla Shaming'—Because No One Should Be Made To Feel Bad About Enjoying Non-Kinky Sex - Well+Good
Spiritual/Religious Abuse and Sexual Struggles - Psychology Today
[Happy Marriage, Unhappy Sex Life - Psychology Today](#)
Internal Family Systems Therapy for Shame and Guilt - Psychology Today
[Meghan Trainor's comments about painful sex helped me realise I ... - Cosmopolitan UK](#)
What Is Sexual Repression and How to Know if I Have It? - Healthnews.com
[Shaming Is an Aggressive Act - Psychology Today](#)
[The healing power of Native American culture is inspiring ... - APA Monitor on Psychology](#)
Sexual anorexia: Symptoms, treatment, causes, and more - Medical News Today
[The Problem With "Sex Addiction" Therapy - Psychology Today](#)
[I'm a sex therapist — I sleep with clients to save marriages - New York Post](#)
[I'm a dominatrix who uses BDSM to heal my sexual trauma - Insider](#)
[Sexual OCD: Signs, Causes, Treatments, According to Therapists - Men's Health](#)
[Sexual Obsessions and OCD: Symptoms, Treatment, and More - WebMD](#)
[Listen In: Precshard Williams and Dr. Jessica Islam - Moffitt Cancer Center](#)
Lizzo's former dancers accuse star of 'gaslighting' over denial of weight-shaming and sexual harassment allegations - Sky News
Male Sexual Shame and Objectification of Women - PsychCentral.com
[Unprude: Asia's New Sex Therapy App Aims to Challenge Cultural ... - Femtech Insider](#)
The Notes of Woe: The Shame Due to Childhood Sexual Abuse - Kashmir Observer
Bret Lyon, Ph.D., SEP, and Sheila Rubin, MA, LMFT - Psychology Today
Unlearning Shame and Healing from Purity Culture - www.autostraddle.com
I Developed Romantic Feelings For My Therapist - Refinery29
Three Steps to Healing Shame (and Trauma) - Psychology Today
What "Barbie" Gets Right About Male Psychology - Psychology Today
Sex Positivity as an Antidote to Shame - Psychology Today
Shame Is Not the Ticket to Our Best Future - Psychology Today
Confessions of a Love Addict - Coveteur
Should I go to a sex therapist? - Mashable
[Healing from the trauma of childhood sexual violence is possible - Al Jazeera English](#)
How to Overcome Shame Around Sex - PsychCentral.com
[Egypt: 'Decade of shame' since hundreds killed with impunity in ... - Amnesty International](#)
[Beyond a trauma-informed approach and towards shame-sensitive ... - Nature.com](#)
[Let's Talk Sex | Debunking The Myth: Can HIV Be Spread Through Kissing? - News18](#)
[Considering Sex Therapy? How You See It Makes All the Difference - Psychology Today](#)
"Easy women get it": pre-existing stigma associated with HPV and ... - BMC Public Health
[Peace in the home: The trial of former school principal Malka Leifer ... - The Monthly](#)
[What Does Sex Positivity Look Like for Latinas Who Were Taught To ... - mitú](#)
[When Someone Treats You Badly, How Do You Treat Yourself? - Psychology Today](#)
Borderline Personality Disorder and Shame - Psychology Today
[Exploring the link between sexual health and mental wellbeing: Why your mind needs your body to thrive - Longevity.Technology](#)
New research into expansion of life-saving HIV testing programme - GOV.UK
["Claim your status" this World AIDS Day - Somerset County Council](#)
[Decades later, Columbus health leaders still leading fight against HIV - The Columbus Dispatch](#)

Sexual Dysfunction: Types, Causes, Diagnosis, Treatment - Verywell Health

This Is Why You Were Conditioned to Feel Shameful About Sex — and How to Unlearn It - Yahoo Life

[Shame Thought Traps and Adverse Childhood Experiences - Psychology Today](#)

I'm Sexually Liberated, So Why Have I Never Had An Orgasm? - British Vogue

Lizzo accused of sexual harassment and weight-shaming by former dancers - The Guardian

[How Blame and Shame Can Fuel Depression in Rape Victims - Psychology Today](#)

Europe And U.S. Diverge Sharply On Treatment Of Gender Incongruence In Minors - Forbes

A.A.'s Step Five: Confession as the Antidote for Shame - Psychology Today

Advancing Sexual Health for the Christian Client - Beverly Dale 2019-03-25

Advancing Sexual Health for the Christian Client is an essential toolkit for professionals working at the intersection of Christian belief and sexual health. In this book, Beverly Dale and Rachel Keller deconstruct potentially harmful Christian beliefs around sexuality to support clients stuck in sexual guilt, shame and fear. Combining the experience of an ordained Christian clergy with a certified sexologist, this guide promotes a new approach to sex and faith for therapists, which will help their clients to reconcile a belief in God's love with sexual knowledge and fulfilment. Grounded in historical and cultural contexts, and drawing from both academic research and scriptural exegesis, the authors offer practical clinical applications and interventions to enable clients to re-examine their sexual beliefs in a way that encourages sexual healing. By understanding the goals of a sex-positive, body-positive Christianity, professionals can find a common language with the person of faith and build an effective therapeutic relationship. This book will be a key point of reference for any sex therapist, educator, or student looking to integrate faith-based concepts into their approach.

Reclaiming Lives from Sexual Violence - Tim Donovan 2022-03-28

This book takes an innovative approach to using narrative therapy in counselling people who have been subject to childhood sexual abuse. Reclaiming Lives from Sexual Violence presents an illustrative case study of the authors, Tim the therapist in consultation with Dale the client, who was sexually abused as a child by a clergy member. The book is unique in documenting their therapeutic work using transcripts taken

directly from their sessions together. This narrative approach invites the reader to consider different ways of engaging in therapy in order to challenge the dominant social discourses around masculinity and shame. Looking at shame from a position of value awareness rather than a deficit perspective, this book extends counselling to consider the individual experience as political and one that must be shared outside the one-to-one therapy environment. This will be an essential resource for beginning or established therapists and practitioners working with clients who have been victims of sexual violence.

Freedom at Last - Beverly Engel 2022-12-15

Childhood sexual abuse (or child sexual abuse/CSA) is not only an assault on the body—it is an assault on the mind and on the spirit. It is an insult to the victim's integrity, her self-esteem, his very being. Besides imposing a significantly higher risk of conditions like depression, anxiety, post-traumatic stress disorder (PTSD), sexual exploitation, intimate partner violence, suicidality, substance abuse, and learning & educational difficulties, the most devastating consequence of childhood sexual abuse is shame. Freedom at Last will help victims of this form of abuse recover from all aspects of this extreme shame and its damaging after-effects. Not only does shame from CSA cause a multitude of problems, but this very same shame stands in the way of a victim's ability to recover and heal. Victims often struggle with shame's correlation with dissociation, difficulty forming relationships, emotional barriers to disclosing abuse and seeking help, and a lasting negative effect on victim's sense of self. In this groundbreaking book, leading psychologist Dr. Beverly Engel reveals the truth about how CSA affects victims,

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dispels common myths surrounding this type of abuse, explains the nuances behind the emotion of shame, and teaches readers how to develop more self-awareness about how shame has manifested in their lives along with powerful and effective shame-reduction strategies. Freedom at Last offers effective strategies for not only healing the negative effects of abuse-related shame, but also to help overcome the shame that keeps survivors from seeking help. Using the most recent research along with her 35-year career working with victims of child sexual abuse, Dr. Engel provides a blueprint for readers and their loved ones to overcome the debilitating effects of shame, including strategies for emotional release, encouragement to free themselves from their secrets, teaching self-forgiveness, eliminating shame-causing behaviors, and removing shame from unhealthy behaviors and attitudes.

The Voice of Shame - Robert G. Lee 2013-04-15
Shame and shame reactions are two of the most delicate and difficult issues of psychotherapy and are among the most likely to defy our usual dynamic, systemic, and behavioral theories. In this groundbreaking new collection, The Voice of Shame, thirteen distinguished authors show how use of the Gestalt model of self and relationship can clarify the dynamics of shame and lead us to fresh approaches and methods in this challenging terrain. This model shows how shame issues become pivotal in therapeutic and other relationships and how healing shame is the key to transformational change. The contributors show how new perspectives on shame gained in no particular area transfer and generalize to other areas and settings. In so doing, they transform our fundamental understanding of psychotherapy itself. Grounded in the most recent research on the dynamics and experience of shame, this book is a practical guide for all psychotherapists, psychologists, clinicians, and others interested in self, psychotherapy, and relationship. This book contains powerful new insights for the therapist on a full-range of topics from intimacy in couples to fathering to politics to child development to gender issues to negative therapeutic reactions. Filled with anecdotes and case examples as well as practical strategies, The Voice of Shame will transform your ideas about the role of shame in

relationships - and about the potential of the Gestalt model to clarify and contextualize other approaches.

Sand Therapy for Out of Control Sexual Behavior, Shame, and Trauma - Peg Hurley Dawson 2023-09

"This book is designed to educate sex therapists in the power of using sand when treating sexual issues, providing guidance in accessing their clients' unconscious to seek new ways of healing. Uniquely integrating sex therapy with sand therapy, Dawson describes how understanding and applying non-pathological theories and neuroscience to different modalities, such as internal family systems and polyvagal theory, can help clients move forward from shame, sexual dysfunctions, and trauma. The book begins by introducing how sex therapists can use sand as a doorway into using metaphor and imagery in their practice, with information on how the nervous system keeps somatic experiences trapped in the body being explored. Written in an easy, accessible style, the book also includes handouts, belief cards, and case studies throughout to help therapists see the benefits of using sand with clients in practice. Including forewords by Dr. Lorraine Freedle and Doug Braun-Harvey, this book is geared toward mental health professionals, such as sex therapists and marriage and family therapists, who are working with individuals and couples seeking treatment from complex trauma and sexual issues. It will appeal to students as well as advanced mental health clinicians looking to expand their therapeutic tool kit"--

Shame in the Therapy Hour - Ronda L. Dearing 2011

Excessive shame can be associated with poor psychological adjustment, interpersonal difficulties, and overall poor life functioning. Consequently, shame is prevalent among individuals undergoing psychotherapy. Yet, there is limited guidance for clinicians trying to help their clients deal with shame-related concerns. This book explores the manifestations of shame and presents several approaches for treatment. It brings together the insights of master clinicians from different theoretical and practice orientations, such as psychodynamics, object relations, emotion-focused therapy, functional analysis, group therapy, family

therapy, and couples therapy. The chapters address all aspects of shame, including how it develops, how it relates to psychological difficulties, how to recognize it, and how to help clients resolve it. Strategies for dealing with therapist shame are also provided, since therapist shame can be triggered during sessions and can complicate the therapeutic alliance. With rich, detailed case studies in almost every chapter, this book will be a practical resource for clinicians working with a broad range of populations and clinical problems.

Shame, Guilt, and Alcoholism - Ron Potter-Efron 2014-04-04

Increase your understanding of the link between alcoholism and shame and guilt with this tremendously important book that adds to our understanding of the total recovery process. This practical volume authoritatively defines the often elusive terms of shame and guilt and provides constructive suggestions to therapists for treating alcoholic clients and affected family members who are suffering from excessive quantities of shame and guilt. *Shame, Guilt, and Alcoholism* thoroughly explains to therapists the significant differences between shame and guilt as displayed by clients' experiences of failure, primary responses and feelings, precipitating events and involvement of self, and origins and central fears. Author Potter-Efron includes creative approaches to the general treatment of shame and guilt, explores the positive functions of shame and guilt, describes the conscious and subconscious defense mechanisms against shame and guilt, and highlights the very crucial family behaviors that initiate and encourage shame and guilt. *Shame, Guilt, and Alcoholism* adds immeasurably to our understanding of the total recovery process.

Sexual Shame in Women and How to Experience Freedom - Joy Skarka 2022-04-29

Sexual shame causes women to feel far from God, live a secret life of sexual sin, doubt that God loves them, and even question their salvation. *Sexual Shame in Women and How to Experience Freedom* will help readers understand sexual shame as one of the root issues among women's sexual struggles, while focusing specifically on the issues of pornography and sexual abuse. Ministry leaders

must help women find freedom from sexual shame to help them walk in sexual integrity, wholeness, and healing. The freedom journey begins through understanding the character of God, being known in biblical community, and understanding God's design for sexuality. This research project is a dissertation from Dallas Theological Seminary's DMin program.

Sex, Shame and Pleasure - Rachel Marie Pancake 2012

This project explores the negative impact of shameful sexuality on sexual pleasure and functioning. Shameful sexual socialization is enforced by the tabooed macro and micro cultural systems of the United States today. This includes religious influence, governmental policies involving spending, censorship, and abstinence-only-education programs, and parental upbringing. Such influences together create a conservative, sexually repressive mentality for many individuals. This suppression of sexuality is evident in the low rates of female pleasure as measurable through the prevalence of female orgasmic disorders. An alternative mentality is modeled by the therapeutic treatment of sexual dysfunctions in which pleasure is increased through exposing participants to the antidote to shame: sharing and empathy. The Sexy Talk Project website brings together the influences of group therapy, Cognitive Behavioral Therapy, and psycho-sexual-education. The Sexy Talk Project is a comedic pop-culture outlet and an effective forum for people to begin sharing their secret sexual selves in order to experience acceptance.

Sex, God, and the Conservative Church - Tina Schermer Sellers 2017-04-21

Sex, God, and the Conservative Church guides psychotherapy and sexology clinicians on how to treat clients who grew up in a conservative faith—mired in sexual shame and dysfunction—and who desire to both heal and hold on to their faith orientation. The author first walks clinicians and readers through a critique of Western culture and the conservative Christian Church, and their effects on intimate partnerships and sexual lives. The book provides clinicians a way to understand the faulty sexual ethic of the early church, while revealing the hidden mystical sex and body positive understanding of sexuality of the Hebrew

people. The book also includes chapters on strategies for a new sexual ethic, on clinical steps to heal religious sexual shame, and on specific sex therapy interventions clinicians can use directly in their practice. Finally, it offers a four step model for healing religious sexual shame and actual touch and non-touch exercises to bring healing and intimacy into a person's life. Shame and Pride: Affect, Sex, and the Birth of the Self - Donald L. Nathanson 1994-03-17

This is a revolutionary book about the nature of emotion, about the way emotions are triggered in our private moments, in our relations with others, and by our biology. Drawing on every theme of the modern life sciences, Donald Nathanson shows how nine basic affects—interest-excitement, enjoyment-joy, surprise-startle, fear-terror, distress-anguish, anger-rage, dissmell, disgust, and shame-humiliation—not only determine how we feel but shape our very sense of self. For too long those who explain emotional discomfort on the basis of lived experience and those who blame chemistry have been at loggerheads. As Dr. Nathanson shows, chemicals and illnesses can affect our mood just as surely as an uncomfortable memory or a stern rebuke. Linking for the first time the affect theory of the pioneering researcher Silvan S. Thomkins with the entire world of biology, medicine, psychology, psychotherapy, religion, and the social sciences, Dr. Nathanson presents a completely new understanding of all emotion.

Counselling Skills for Working with Shame - Christiane Sanderson 2015-08-21

Counselling Skills for Working with Shame helps professionals to understand and identify shame and to build shame resilience in both the client and themselves. Shame is ubiquitous in counselling where there is an increased vulnerability and risk of exposure to shame. While many clients experience feelings of shame, it is often overlooked in the therapeutic process and as a result can be left untreated. It is particularly pertinent when working with clients who have experienced trauma, domestic or complex abuse, or who struggle with addiction, compulsion and sexual behaviours. Written in an accessible style, this is a hands-on, skills-based guide which helps practitioners to identify what elicits, evokes or triggers shame. It gives a general introduction to the nature of shame in

both client and counsellor and how these become entwined in the therapeutic relationship. It focuses on increasing awareness of shame and how to release it in order to build shame resilience. With points for reflection, helpful exercises, top tips, reminders and suggestions for how to work with clients, this is a highly practical guide for counsellors, therapists, mental health practitioners, nurses, social workers, educators, human resources, trainee counsellors and students.

Sexual Shame - Karen A. McClintock

"The trauma of sexual shame has widespread implications not just for individuals but also for institutions, communities, and even churches. This book provides pastors and congregational leaders with the tools to identify the assumptions, behaviors, and structures that promote, while masking, sexual shame and to begin healing sexual shame both individually and corporately. Questions for reflection are included at the end of each chapter, making this an ideal book for both private use and group discussion"-- BACK COVER.

No Stones - Marnie C. Ferree 2013-07-08

In this book Marnie C. Ferree offers a unique resource for women struggling with sexual addiction. Taking her book's title from the parable where Jesus extends grace to the woman caught in adultery, Ferree bravely shares her own story of sexual addiction, recalling her years of shame from living a double life and the moment when she ultimately had to tell the truth. But more than just offering her story as a hopeful example of God's transforming power, Ferree distills her clinical expertise on female sexual addiction accessibly and gently, providing a much-needed resource for women struggling with any degree of relational or sexual addiction. Ferree details the roots of addiction in family trauma and offers clear-eyed advice as both a counselor and a "grateful recovering sex addict" on how to achieve sobriety and healing. Written by a counselor who understands the condition from the inside out, *No Stones* offers practical help for those battling sexual addiction. It also includes a specific chapter for anyone in close relationship with an addict, whether a spouse, family member, or friend, who wants to come alongside women as they seek help. Important for pastors and church leaders, this book will

also be a much sought-after resource for Christian counselors and therapists counseling women who grapple with this type of addiction.

Shame and Guilt - June Price Tangney
2003-11-01

This volume reports on the growing body of knowledge on shame and guilt, integrating findings from the authors' original research program with other data emerging from social, clinical, personality, and developmental psychology. Evidence is presented to demonstrate that these universally experienced affective phenomena have significant implications for many aspects of human functioning, with particular relevance for interpersonal relationships. --From publisher's description.

Beyond Shame - Matthias Roberts 2020-01-07

We all carry sexual shame. Whether we grew up in the repressive purity culture of American Evangelical Christianity or not, we've all been taught in subtle and not-so-subtle ways that sex (outside of very specific contexts) is immoral and taboo. Psychotherapist Matthias Roberts helps readers overcome their shame around sex by overcoming three unhealthy coping mechanisms we use to manage that shame. Beyond Shame encourages each of us to determine our own definition of healthy sex, while avoiding the ditches of boundaryless sex positivity on the one hand and strict moralistic boundaries on the other. Define your sexual values on your own terms, overcome your shame, and start having great, healthy sex.

America's Sexual Crisis - Anne Stirling Hastings 1996-12

The Psychology of Shame - Gershen Kaufman, PhD 2004-01-01

In this classic volume, Kaufman synthesizes object relations theory, interpersonal theory, and, in particular, Silvan Tompkins's affect theory, to provide a powerful and multidimensional view of shame. Using his own clinical experience, he illustrates the application of affect theory to general classes of shame-based syndromes including compulsive; schizoid, depressive, and paranoid; sexual dysfunction; splitting; and sociopathic. This second edition includes two new chapters in which Dr. Kaufman presents shame as a societal dynamic and shows

its impact on culture. He examines the role of shame in shaping the evolving identity of racial, ethnic, and religious minorities, and expands his theory of governing scenes. This new edition will continue to be of keen interest to clinical psychiatrists as well as graduate students.

Treating Sexual Shame - Anne Stirling Hastings
1998-01-01

In therapy, as in the world at large, sexuality is different from other issues because of the culturally imposed secrecy and shame that inhibit open, non-defended talk about it. Anne Stirling Hastings, Ph.D., who specializes in treating the overlapping sexual problems of abuse, addiction, and dysfunction, encourages clinicians to recognize and overcome their own shame as a precondition to eliciting and advancing their clients' awareness.

Sand Therapy for Out of Control Sexual Behavior, Shame, and Trauma - Peg Hurley Dawson 2023-10-03

This book is designed to educate sex therapists and mental health professionals on the power of using sand when treating sexual issues, providing guidance in accessing their clients' unconscious to seek new ways of healing. Uniquely integrating sex therapy with sand therapy, Dawson describes how understanding and applying non-pathological theories and neuroscience to different modalities, such as Internal Family Systems and Polyvagal Theory, can help clients move forward from shame, sexual dysfunctions, and trauma. The book begins by introducing how therapists can use sand as a doorway into using metaphor and imagery in their practice, with information on how the nervous system keeps somatic experiences trapped in the body being explored. Written in an easy, accessible style, the book also includes handouts, belief cards, and case studies throughout to help therapists see the benefits of using sand with clients in practice. Including forewords by Dr. Lorraine Freedle and Doug Braun-Harvey, this book is geared toward mental health professionals, such as sex therapists and marriage and family therapists, who are working with individuals and couples seeking treatment from complex trauma and mental and sexual health issues. It will appeal to students as well as advanced mental health clinicians looking to expand their therapeutic

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