

Physical Sex Therapist Near Me

The Etherized Wife Leslie Margolin 2021 "The Etherized Wife provides a comprehensive examination of the evolution of sex therapy through the prism of gender. The book makes the argument that in sex therapy, like other domains of life in which men set the standard of normality, women have been judged normal to the degree they match men's expectations. What is particularly striking about this bias is that it contradicts therapists' overt identification with feminism and the battle against women's inequality. To support these claims, Leslie Margolin maps a series of case studies drawn from the discipline's own literature-the articles and books that have been, and continue to be treated as exemplars of the discipline's collective consciousness. Through examination of case studies which focus on discrepancies in sexual desire, where the man wants more sex and the woman less, the book shows how therapists have favoured the man's side. The Etherized Wife shows how the sex therapy discipline has unintentionally enshrined male sexuality as the model of normal, natural, healthy sexuality"--

Sensate Focus in Sex Therapy Linda Weiner 2017-02-24 Sensate Focus in Sex Therapy: The Illustrated Manual is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

Couples and Sex Carol Martin-Sperry 2003 *Couples and Sex* provides both a practical introduction to, and theoretical understanding of, couples dynamics and psychosexual concepts. It offers accessible and pragmatic information, using case studies throughout, and gives an increased awareness of the issues and processes relating to working with couples, both in the dynamics of what goes on between them and in the mechanics of their sexual relationship. Therapists, psychotherapists, their supervisors, and health professionals working in all settings who work with counselors or psychotherapists, will find this essential reading.

Body-to-Body Intimacy Stella Resnick 2018-07-24 This book presents an integrative, growth-oriented approach to therapy with couples that demonstrates the dynamic interplay between partners' emotional issues and their sexual difficulties. It offers a model for relational and sexual enhancement that focuses as much on partners' present, nonverbal body-to-body communications as on their words. Dr. Stella Resnick draws on research from interpersonal neurobiology, sexology, positive psychology, and Gestalt therapy, and shares a rich assortment of therapy vignettes to demonstrate the transformative power of pleasure and how a focus on body-to-body intimacy can heal emotional wounds from the past and encourage greater presence, empathy, authenticity, playfulness, and sexual pleasure between intimate partners. The therapeutic process is explored in four related spectrums: the Problem-Transformation Spectrum, the Attachment-Sexuality Spectrum, the Pain-Pleasure Spectrum, and the Cognitive-Somatic-Experiential-Behavioral-Spectrum. Part I lays the theoretical foundation for the work. Part II examines the early attachment bond

between parent and child and its effects on adult capacity for emotional closeness and sexual pleasure. Part III offers methods for resolving painful emotional issues underlying many sexual difficulties. Finally, Part IV describes the procedure for moving from a cognitive reframing of the problem to a somatic focus on the body and tracking present-moment emotional interactions to the repair of relational injuries that nurture transformational change. Also included is a series of process-oriented exercises and a handout that therapists can use in their own practice. Body-to-Body Intimacy will enable couples and sex therapists to expand their practices and enrich their clients' sexual and relational dynamics. This book also contains valuable information that will be appreciated by anyone interested in a greater understanding of a growth-oriented therapeutic process for couples and what can be achieved together by gaining a deeply loving and sexually fulfilling intimate love relationship.

The 4 Intimacy Styles Viviana Coles 2021-05-14

New Directions in Sex Therapy Peggy J. Kleinplatz 2013-05-13 New Directions in Sex Therapy: Innovations and Alternatives focuses on cutting-edge therapy paradigms as alternatives to conventional sex therapy and expands the definition of the field. Replete with helpful clinical illustrations to demonstrate these new approaches in action, this book is intended for anyone who deals with sexual issues and concerns in therapy, clinicians of every kind, in addition to sex therapists.

When Two Become One Christopher McCluskey 2006-07-01 Healthy, vibrant sex between husband and wife is the deepest expression of love. And God intended it to be that way. More than a how-to book on better sex, *When Two Become One* offers a vision of lovemaking that encourages a deeper experience of intimacy in the physical, spiritual, and emotional realms. It introduces The Lovemaking Cycle®, a model for examining lovemaking in order to solve intimacy problems. Included are discussion questions that encourage spouses to communicate with each other. Finally, a book for Christian husbands and wives that blends both emotional and sexual fulfillment in one volume. This is a perfect resource for married couples and counselors, and makes a great gift for engaged couples.

The Sex Profession Patricia Schiller 1981

The Heart and Soul of Sex Gina Ogden 2006-07-11 Drawing on the results of her unique national sex survey—and on decades of clinical practice as a sex therapist—Gina Ogden offers a revolutionary exploration of women's sexual experience. The best sex, say thousands of women, doesn't just happen in the body. It is multidimensional, connecting body, mind, heart, and soul. In *The Heart and Soul of Sex*, Ogden coaches readers to fully realize the physical, emotional, mental, and spiritual aspects of sex, making what she calls the "ISIS Connection." Throughout the book are firsthand stories of survey respondents, offering examples of how ordinary women—from ages eighteen to eighty-six and from many backgrounds—have found their own way to sexual expression that is deeply satisfying and even life-changing. *The Heart and Soul of Sex* takes the reader on a journey beyond the usual emphasis on performance, including practical exercises that can be done alone or with a partner. Ogden shows us that we can be much more than we've been told—not just fun and exciting but deeply healing, magical, and transformative.

Expanding the Practice of Sex Therapy Gina Ogden 2013-07-31 Winner of the 2014 AASECT Professional Book Award! Look beyond behavioral treatments, pharmaceutical interventions, and performance goals to a more comprehensive picture of what your clients want and need when they enter sex therapy. Gina Ogden is a master therapist, supervisor, researcher, teacher, and author with four decades of helping clients and training health professionals. Her ISIS Wheel of Sexual Experience is an innovative template that recognizes the full range of sexual issues: physical, emotional, mental, and spiritual. *Expanding the Practice of Sex Therapy* offers you new language to discuss sexual issues and creative ways to engage clients in their own therapeutic process—whether or not you are trained as a sex therapist. The text is organized in four practice-oriented sections that introduce the ISIS Wheel, show you how you can use it with individuals, couples, and groups, and encourage you to explore it on your

own.

Expanding the Practice of Sex Therapy Gina Ogden 2018-05-15 The revised edition of this award-winning book offers thirty-three Neuro Updates, which provide evidence-based data to help you recognize and explain the deeply transformational nature of the work. *Expanding the Practice of Sex Therapy* looks beyond behavioral treatments, pharmaceutical interventions, and performance goals to a comprehensive picture of what your clients want and need when they enter sex therapy, and offers creative ways to engage your clients in their own therapeutic process, whether or not you are trained as a sex therapist. Central to Gina Ogden's approach is her Four-Dimensional Wheel of Sexual Experience, an innovative template that recognizes the full range of sexual issues: physical, emotional, mental, and spiritual. The text is organized into five practice-oriented sections that introduce the 4-D Wheel; show you how you can use it with individuals, couples, and groups; and encourage you to explore it on your own.

So Tell Me About the Last Time You Had Sex Ian Kerner 2021-05-13 A renowned sex therapist shares the program he has used to help thousands of couples achieve greater intimacy. Think about the last time you had sex. Who initiated it? When and where did it happen? What was off-limits and why? In the end, did the sex leave you motivated to have more? Over the years, internationally recognised sex therapist and author of *She Comes First*, Ian Kerner, has perfected the art of the 'sex script analysis' — a way of looking at your sex life in action, moment by moment. In those details, an entire world is revealed. When the script works, we drop down into arousal and lose ourselves in pleasure. But when the script fails, it's all we can do not to ruminate over the details. In this book, Kerner shows you how to conceptualise and create a sex life that works for you. He helps you figure out what's working, what's not, where you might be missing some elements, and how to construct a sex script that is mutually satisfying. He also discusses many common sexual problems — such as low desire, mismatched libido, and erectile unpredictability — that may be interfering with your sex life. Combining clinical insights, the latest sexual science and research, case studies, homework assignments, and more, this is a book that does more than just talk about sex; it will improve your life.

When Your Sex Drives Don't Match Sandra Pertot 2009-03-17 Do your partner's sexual needs, expectations, or desires vary widely from your own? While the differences between the two of you can be confusing and stressful, a break-up doesn't have to be imminent. Now, for the first time, *When Your Sex Drives Don't Match* introduces the ten libido types — from the emotionally intimate Sensual type to the physically passionate Erotic libido. Longtime sex therapist Dr. Sandra Pertot presents her groundbreaking, highly practical discoveries and insights about: How your libido types affect both you and your partner Quizzes and exercises to help pinpoint the basis of your concerns, and how to remedy them Rational ways for couples to understand, manage, and overcome sexual incompatibilities Understanding and overcoming the Cycle of Misunderstanding that causes so much conflict Tips on building and maintaining your intimate relationship. With clear, straightforward diagnostic tools and remedies, *When Your Sex Drives Don't Match* will help you and your partner identify, understand, and work through your problems for a mutually satisfying sex life.

Ask Me Anything Marty Klein 1992 Uses a question and answer format to discuss a wide range of sexual concerns, including sexual health, contraception, communication, sexually transmitted diseases, monogamy, and sexual etiquette

A Clinician's Guide to Systemic Sex Therapy Gerald Weeks 2015-12-07 The second edition of *A Clinician's Guide to Systemic Sex Therapy* has been completely revised, updated, and expanded. This volume is written for beginning psychotherapy practitioners in order to guide them through the complexities of sex therapy and help them to be more efficient in their treatment. The authors offer a unique theoretical approach to understanding and treating sexual problems from a systemic perspective, incorporating the multifaceted perspectives of the individual client, the couple, the family, and the other contextual factors. Both beginning and experienced sex/relationship therapists will broaden their perspectives with the Intersystem approach and gain information rarely seen in sex therapy texts such as: how to thoroughly assess each sexual disorder, the implementation of various

treatment principles and techniques, how to incorporate homework, dealing with ethical dilemmas, understanding different expressions of sexual behavior, and addressing the impact of medical problems on sexuality. Aside from bringing the diagnostic criteria up-to-date with the DSM 5, this new edition contains a new chapter on sensate focus, an expanded section on assessment, more information about development across the lifespan, and more focus on diversity issues throughout the text.

DIY Sex and Relationship Therapy Lori Boul 2012-11-06 This book provides a comprehensive, professional 'tool kit' that will help you: - Learn how to resolve sexual and relationship problems - Discover new techniques to improve your relationship - Practise skills that can protect your relationship - Put romance, fun and passion back into your life Drawing on her wide professional experience, Dr Lori Boul provides authentic therapy techniques in an accessible, easy to follow, step-by-step layout that can be practised effectively at home. Full of practical exercises and innovative techniques, DIY Therapy will give you the skills you need to improve your relationship without the expense of face-to-face counselling. You will be guided through a programme of relationship and sex therapy sessions that will help you overcome your difficulties, recapture fun and romance and ensure the changes you make will truly last.

Handbook of Sex Therapy Joseph LoPiccolo 1978-04-30 When is it timely to publish a synthesis of previously published and original materials from a specific discipline? I believe it to be timely when one has a sufficient amount of high-quality material covering the critical areas of that topic, when the previously published material is scattered over a wide range of journals and books, and when there is no single book that synthesizes the discipline. The treatment of sexual dysfunction emerged to the front lines of health delivery only during the past decade with the pioneering work of William Masters and Virginia Johnson. In spite of the rash of sex clinics and sex therapists that followed, precious little solid research has been conducted on the various strategies of therapy, the means of assessing complex interpersonal sexual relationships, and the manner by which clinical change is objectively assessed. No one reader can keep pace with the multitude of journals that publish key material by sophisticated investigators. And no one investigator can cover these salient areas alone with his or her original work in a single volume. The critical papers have now been written. Ten were written specifically for this volume and thirty-three have previously appeared. This volume laces them together into a coherent pattern. Thus, the time for a synthesis in sexual dysfunction.

Sex, Sexuality and Therapeutic Practice Catherine Butler 2009-10-26 Sexuality is an important area of clients' lives yet it is often neglected, both in the consulting room and in training. This book examines issues of sexuality in a positive and affirming light and considers how sexuality-related issues can be introduced into therapy and training. Sex and sexuality are important to consider in psychotherapy, psychology, counselling and health provision across a variety of contexts and are relevant to clinicians and therapists working in health and mental health settings as well as in specialist services such as sexual and reproductive health and HIV. *Sex, Sexuality and Therapeutic Practice* opens with a general discussion of sex and sexuality before considering how the therapists can think and talk about sexuality in practical and self-reflective ways in different circumstances. Each chapter in the book focuses on a specific topic with areas covered including: sexual diversity across the lifespan health and disability sexual and gender minority issues how culture and sexuality interact. The manual provides up-to-date information, further reading, handouts for clients, self-reflective exercises and examples of training exercises for workshops and teaching. It is an essential resource for health professionals, therapists, clinicians, academics and trainers, and will support the practicing therapist as well as those in training.

Finding and Revealing Your Sexual Self Libby Bennett 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and 'Sexercises' designed to enhance the information in each chapter. The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations. Special 'Sexual Healing' sections are dispersed throughout, containing relevant questions and answers

relating to the difficulties that arise in different areas of sexuality and communication. The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy. *Finding and Revealing Your Sexual Self* helps readers to become sexually self-aware and able to share this awareness with their partner, while providing the tools to discuss sex with professionals, if necessary.

Principles and Practice of Sex Therapy Kathryn S. K. Hall 2020-06-03 This widely used clinical reference and text--now significantly updated with 75% new material reflecting therapeutic advances, diagnostic changes, and increased coverage of sexual minority groups--comprehensively addresses sexual problems and their treatment. Prominent contributors interweave theory, research, and clinical considerations. Detailed case examples illustrate the process of assessment and intervention with individuals and couples across the lifespan, with attention to gender-related, cultural, and health concerns. The volume features an integrative introduction and conclusion, plus an instructive editorial commentary at the beginning of each chapter. New to This Edition *Many new authors and extensively revised chapters. *Coverage of advances in sexual medicine, ICD-11 diagnostic changes, and other timely topics. *Chapters on sexual aversion, female sexual arousal disorder, and out-of-control sexual behavior. *Chapters on the transition to parenthood and the treatment of sexual concerns in the BDSM community and adult transgender clients. *Chapters on additional medical issues: cancer and spinal cord injury.

What Your Parents Didn't Tell You about Sex Anthony a Hughes 2015-04-08 Problems in the sexual relationship are one of the top reasons that couples get divorced, both inside and outside of the Church. Many faithful members have sought out counsel and direction from books, bishops, and therapists. Yet a large portion still complains of low levels of sexual satisfaction or dysfunction, which pull at the marital bond and covenant marriage. Dr. Anthony A. Hughes, LMFT, is a noted sex therapist and devoted member of the LDS church. In "What Your Parents Didn't Tell You about Sex," he shares his vast knowledge and clinical experience for LDS couples who seek to improve their sexual satisfaction, strengthen their marital bond, and glorify God through their sexual union. He has put together the best that research, theory, and thousands of hours practicing sex therapy have to offer. Focusing strictly on what all the other LDS books on sexual intimacy have missed, Dr. Hughes goes into respectful but needed detail concerning sexual practices between husband and wife. He covers the impact of LDS culture on sexuality, underrepresented aspects of the sexual response cycle, psychological and physical differences disconnecting couples, myths and facts, common problems and solutions, and the impact of sexual addiction on marital intimacy.

Passion and Presence Maci Daye 2020-10-20 Awaken your mindful sensuality and reconnect with your partner with *Passion and Presence*. Most romantic relationships follow a predictable pattern of initial enchantment followed by inevitable disenchantment. But relationships don't have to stay in disenchantment or end! *Passion and Presence* offers readers a proven path back to connection and intimacy--often in deeper ways than before. Sex therapist Maci Daye draws on her popular international *Passion and Presence* workshops to show couples how their erotic difficulties can be a portal to creativity, compassion, and unparalleled growth. Exercises and reflections guide readers down what Daye calls the "naked path" of awakened intimacy. On this path, we courageously examine ourselves, our barriers, and our relationship patterns, ultimately finding fresh ways to heal and connect, and revitalize eros. With gentle clarity, Daye addresses the everyday challenges of "real life" sex, such as sex that has become routine, differences in preferences or desire, power struggles, a history of trauma, changes ranging from childbirth to aging, infidelity, communication challenges, and more. Engaging stories depicting couples of diverse ages, backgrounds, genders, and orientations illustrate how the practice of *Passion and Presence* can help any couple establish a more intimate and wakeful erotic life.

Sexuality and Sex Therapy Mark A. Yarhouse 2014-03-07 The field of human sexuality is one of ever-increasing complexity, particularly for Christian therapists and psychologists seeking to be faithful to Scripture, informed by science and sensitive to culture. In *Sexuality and Sex Therapy*,

Mark Yarhouse and Erica Tan offer a survey and appraisal of this field from a Christian perspective, which grounds sex therapy in the biblical affirmation of physicality and the redemptive purposes of human life. Integrating the latest research within a Christian worldview, the authors explore sexual dysfunctions as well as various clinical issues and treatments. Not only have Yarhouse and Tan written a standard resource for Christian therapists and counselors, but they also challenge the church to talk more honestly and openly about the blessing of human sexuality. Christian Association for Psychological Studies (CAPS) Books explore how Christianity relates to mental health and behavioral sciences including psychology, counseling, social work, and marriage and family therapy in order to equip Christian clinicians to support the well-being of their clients. *Case Studies in Sex Therapy* Raymond Rosen 1995-05-19 With simple cases of premature ejaculation or anorgasmia becoming increasingly rare, clinicians are now utilizing a sophisticated array of multidisciplinary approaches to treat a complex variety of challenging problems and patient populations. Bringing together, under one cover, case studies and clinical discussions by the very authorities whose work is changing the field, *Case Studies in Sex Therapy* provides a state-of-the-art guide to current clinical practice. Chapters in the first section focus on cases of sexual desire disorders and explore such issues as desire disparity between partners, clinical interventions in marital and sex therapy, biological aspects of inhibited sexual desire, treatment considerations with a homosexual couple, the application of integrative therapy for treating secondary low sex desire, and the many factors that may contribute to sexual avoidance. The next section demonstrates both the opportunities and the complex challenges posed to the clinician by the array of new medical, surgical, and pharmacological therapies. Addressing the growing interest in sexual addiction and compulsion, the third section covers controversial issues such as the treatment of a sexually addictive client and the treatment implications when a client has been sexually exploited by another therapist.

Principles and Practice of Sex Therapy, Fifth Edition Yitzchak M. Binik 2014-03-19 This book has been replaced by *Principles and Practice of Sex Therapy, Sixth Edition*, ISBN 978-1-4625-4339-7.

Sexuality Eric EH buddhadharma 2016-01-20 The only guidebook in the world that provides you with an insight into what actually is sexually wrong within you - mentally, physically and spiritually and how to get cure for it. This book may not have those glossy erotic pictures, but I can assure you, this book has what you are looking for- getting back that sexual desire or power, you lost some years ago. In a matter of fact way, it deals with most sexual problems in the modern times due to stress, distress and unhealthy lifestyle. Most books and remedies are there to mislead you into believing which may not be true. The authors and the remedy makers, themselves may be victims of sexual dysfunction, which no one knows for sure. Their motive is simply to cash in on your temporary sexual disability. This book is written by an author, himself into physical fitness. He is passing down the knowledge to his readers based upon his proven and established super physical, sexual, and mental abilities. What better way there is, than to read a book written by someone bubbling with energy and youth at over 60 years of age! My guide is based upon spiritual wisdom and logic and not on some whimsical and hypothetical fast selling formula. You may have already spent a fortune finding a cure for your sexual problem, but now you are careful and would not like to part with another cent, just in case the next investment turns out to be another fake. I suggest, you assume this small amount too, which you are investing in this guide, will go down the drain. After reading this guidebook from cover to cover, and using its valuable information, I am sure you will cure yourself of the dreaded malfunction. You will someday bless me for writing this guidebook; that day would be the day for me to rejoice.

What Every Mental Health Professional Needs to Know About Sex Stephanie J. Buehler 2013-07-29 Print+CourseSmart

Integrating Sex And Marital Therapy Gerald R. Weeks 2013-06-20 The field of sex therapy has experienced tremendous growth in the last 20 years . The use of the term "sex therapy" for most clinicians brings several well-known therapists to mind and is associated with the treatment of a fairly

limited number of sexual problems. The view of sex therapy as a profession has had both positive and negative consequences. The editor's state that the purpose in writing and editing this book was to build on the work of individually oriented sex therapy by adding the systems perspective. This book, then, represents an attempt at the integration of sex and marital or systems therapy.

Sex, Love and Laughter Ami Rokach 2015 This book was written by two experts in the field, and as its name implies, the book discusses sexuality, relationships and love in a lighthearted fashion. The book is composed of descriptions of our emotional, psychological and physical functioning which affect sexuality. Theoretical descriptions, questions that we are frequently asked along with the answers we provide, as well as tips about sexuality, sexual practices and intimate relationships are described in everyday language peppered by humorous stories and accounts from our clinical practices, relevant jokes, and pearls' uttered by public figures. This comprehensive, easy to understand, yet humorously written book addresses healthy and dysfunctional relationships, fulfilling sex, and unsatisfying sexual escapades. It can be read for learning, enriching good relationships, learning new things about sex, its humor, and getting a behind-the-door look at what actually happens in a sexual therapist's office. It's a riveting look at what people like, dislike and request as far as sex and love are concerned. Some of the topics include such sections on: the beauty and pain of love; love, sex and what's between them; sterile sex; men and women; many ways to enjoy sex - frontal, back door, orally and manually; GPS to the G Spot; sex in later years; and the pathway to love and laughter.

Reclaiming Pleasure Holly Richmond 2021-10-01 Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

A New View of Women's Sexual Problems Ellyn Kaschak 2014-02-25 Take a new look at women's sexuality! This fascinating book looks at the wide-ranging therapeutic, social, and political implications of the new paradigm of women's sexuality. International in scope and multidisciplinary in approach, *A New View of Women's Sexual Problems* examines the theoretical and practical effects of the landmark document produced by the Working Group on a New View of Women's Sexuality. The book brings together gender theory, psychology, social science, and medicine in a powerful cultural critique of the reigning medical approach to women's sexual health. International experts from India, Costa Rica, Israel, the US, and many other cultures place this revolutionary idea in cultural and political context, as well as extrapolating fresh new treatment options for dealing with women's sexual problems. *A New View of Women's Sexual Problems* analyzes the new paradigm's implications in many fields, including: family medicine couples counseling for straight and lesbian partners STD prevention and sexual health issues sex therapy sex education feminist theory developmental psychology

What Every Mental Health Professional Needs to Know About Sex, Second Edition Stephanie Buehler, PsyD, CST-S 2016-11-07 The second edition of this acclaimed guide to understanding sexuality and working with clients on sexuality issues is extensively updated to reflect recent scientific,

practical, and social developments in the field. It provides updated information on relevant disorders in the DSM-5, new theoretical approaches, new pharmacological treatments, updated information on STDs, new understandings of transgender individuals, the impact of same-sex marriage laws, controversies over sex addiction, and much more. Chapters are enhanced with the addition of new take-away points, additional worksheets, and a glossary. Distinguished by an easy-to-read, down-to-earth approach, the text provides plentiful information, tools, and exercises to increase the confidence and comfort of both trainee and experienced mental health professionals treating sexual issues. Based on the premise that the therapist must be comfortable with his or her own sexuality in order to provide effective treatment, the book discusses the characteristics of healthy sexuality for both client and therapist and addresses issues of discomfort that may arise for the therapist. New to the Second Edition: Sexual and other disorders in DSM-5 New understandings of sexual identity and fluidity, including transgender Legal status of same-sex marriage New pharmacological treatments for sexual issues New methods of sexological research Updated and expanded coverage of assessment tools Mindfulness interventions Supplemental Instructor's Manual with quizzes and chapter-by-chapter PowerPoint slides Updated Practitioner Resources including informational handouts and illustrations

Systemic Sex Therapy Katherine M. Hertlein 2010-06-10 *Systemic Sex Therapy* serves as an introduction to the field of sex therapy from a systems perspective. It is an excellent resource for graduate students in marriage and family therapy programs or students and professionals who want a truly fresh perspective on sex therapy. This approach moves beyond traditional behavioral approaches to incorporate individual, couple, and intergenerational factors in etiology and treatment. Unlike current books on the market that are outdated, too advanced, simplistic, unfocused, or too diffuse in content, *Systemic Sex Therapy* is comprehensive, concise, highly focused on treatment, user-friendly, and contains features not found in other sex therapy texts, such as a systemic/behavioral focus, clinical innovation, and a greater focus on implementation rather than competing works.

Sex, Sexuality, and Trans Identities Jan C. Niemira 2019-09-19 A specialist book for mental health professionals, sex therapists and educators to develop and improve their clinical work with trans clients with regards to their sexual relationships and sexuality. It provides an interdisciplinary exploration of the subject, and relates to both clinical practice and theory. Topics explored include the shifting of sexual orientation during or following gender transition; gender dysphoria and co-occurring autism spectrum disorder; negotiating issues of sexuality with partners during transition; eating disorders; and an exploration of the intersection of trans identities and disability. It uniquely touches on perspectives from the field of sex therapy, featuring chapter authors from disciplines including social work, marriage and family counseling, early childhood education, sex therapy, sex education, psychology, and women's studies.

Wanting Sex Again Laurie Watson 2012-12-04 "I never want to have sex again." If you feel like sex just isn't worth the effort, you're not alone. Forty million American women are frustrated by their lack of sexual passion. They know something's missing—and their husbands know it, too—but the emotional, physical, and mental obstacles to healthy desire can be a knot that seems too tangled to unravel. Drawing on twenty years of clinical experience, Laurie Watson shows that it really is possible to restore the thrill of sex, using proven psychological methods and personal accounts from actual therapy sessions. Her strategies will:

- Offer a glimpse into the reality of other people's bedrooms
- Address the sexual problems that can develop with life changes—from marriage to motherhood to menopause
- Uncover the hidden factors that impact desire—stress, cultural messages, emotional connection, chemical and hormonal challenges, physical appearance issues, and more
- Show how joyful, meaningful, satisfying sex can be yours again

Candid, practical, and much needed, this book can help you rediscover your sexual self or discover it for the first time. Instead of dreading bedtime, you can look forward to it again.

Sex and Sexuality Glyn Hudson-Allez 2005-06-24 This book bridges the gap between the counsellor and the specialist sex therapist, by providing

answers to questions raised by patients or clients about sex, gender and sexuality. It covers physiological information about genitalia, variations on sexuality, the differences between men and women in genital sexual arousal and sexual dysfunctions, an understanding of developmental sexuality and information as to whether the sex discussed is normal or pathological. By having a clearer understanding of usual sexual practices, counsellors can be readily equipped to reassure their clients, or refer to an appropriate person for specialist referral. Topics covered include physiological difficulties like erectile problems, ejaculatory difficulties, vaginismus and dyspareunia, and loss of sexual desire; gender problems including cross-dressing, transsexualism and intersex; and psychological problems include sexual addiction, fetishism and unusual sexual practices. These are discussed in the context of individual clients and in couple dynamics, and provide a comprehensive reference for the non-specialist mental health professional.

Ten Keys to Successful Sexual Partnering Barnaby B. Barratt 2005-03 Dr. Barratt is to be congratulated on distilling so much practical wisdom into such a small volume -- by focusing on 'Sexual Partnering' and not just good sex, he shows how to make both possible. Marty Klein, Ph.D Sex therapist, author, and publisher of Sexual Intelligence "In Ten Keys to Successful Sexual Partnering, Dr. Barnaby Barratt offers specific suggestions about ways to achieve more successful sexual experiences with a partner. This helpful guide offers direct, non-judgmental recommendations for people of all orientations and practices." Beverly Whipple, PhD, RN, FAAN Professor Emerita, Rutgers University; Vice-President, World Association for Sexology; Past-president, American Association of Sex Educators, Counselors, and Therapists. [[[AUTHOR HEADSHOT PHOTO]]] Barnaby B. Barratt, PhD, DHS is a certified psychoanalyst, sexuality educator, sex therapist, and tantric facilitator. Elected President of the American Association of Sex Educators, Counselors, and Therapists, Dr. Barratt was previously Professor of Family Medicine, Psychiatry and Behavioral Neurosciences at Wayne State University School of Medicine.

Intimacies Karen Kreps 2007-10 How to enjoy successful, stimulating romantic relationships is the subject of a new book by Karen Kreps, *Intimacies: Secrets of Love, Sex & Romance*. It features selected columns from *The Good Life* magazine and is illustrated with photographs of nude figurative art by Arye Shapiro. This 196-page book includes personal essays, how-to advice, reports on trends, explorations of human behavior, and the accounts of many people who shared their real stories of love, sex and romance. Each article is categorized by subject matter (love and romance, sex and sexuality, commitment, and money) and for whom it may be relevant (singles or couples). Since 2002, Karen's insights about love and lovers have opened minds. She shares these insights in her monthly column for *The Good Life* magazine and in public discussion groups. The magazine sponsors these meetings at BookPeople, Texas leading independent bookstore (named by Publishers Weekly as Bookstore of the Year in 2005). Recently, Karen has started an online discussion forum on relationships at www.trueintimacies.com. Karen wrote the bestselling *60-Day Diet Diary* (Dell, 1982), and her work has been published by national magazines, newspapers and online services. Here's what the experts are saying about what lies between the covers of the book: The secrets of love, sex and romance must come from those who do not guard them selfishly, and Karen Kreps's collection of articles is a remarkably open-hearted series of revelations. It is reassuring that the positive aspects of connubial life are as fascinating as the downsides of our mating experiments, at least with this author as articulate guide. She makes true love seem as elementary as basic arithmetic, though she knows, too, that love is a complex and infinite miracle. We may discover how to embrace it if we have the right wisdom, and Karen Kreps generously inspires us with her vision. -Avodah K. Offit, MD, author of *The Sexual Self*, *Night Thoughts: Confessions of a Sex Therapist*, and *Virtual Love*. Karen beckons the many muses at her disposal-ordinary people and experts-to guide us through inner vulnerability to a loving place where we connect with others. Woven through her verbal tapestries are sentimental stories of families, insights about sexuality and resources to take courting to the next level. Relationships are the essence of our humanity, and Karen invites us to enjoy them in ways we might never have imagined. -Larry

Bugen, PhD, therapist and author of *Love and Renewal: A Couple's Guide to Commitment*. Her writing entices readers along paths of erotic fantasy and desire to find fulfilling relationships. -David A. Crump, the Essential Experience workshop, ee.org Intelligent, candid and informative; a valuable service in a complex area of concern. -Drs. Marshall and Marguerite Shearer, www.docshearer.com. For more information, please visit www.TrueIntimacies.com. To schedule an interview with the author, please call Karen Kreps, (512) 328-4456 or email karen@trueintimacies.com. Review copies will be available after November 1, 2007.

Extraordinary Sex Therapy Gina Ogden 2017-10-02 How do we help our clients discover the depth and breadth of sexual healing? *Extraordinary Sex Therapy* offers a range of innovative health-based approaches and models to explore the complexities inherent in sexual pleasure and potential as well as in trauma, pain, and dysfunction. The practitioners whose work is represented here expand the clinical conversation about sex beyond performance goals and tread courageously into unquantifiable realms of sexual and relational desire, health, and transformation. All of these practitioners describe work that embodies therapeutic collaboration with their clients as they confront sexual concerns that include body image, emotions, meanings, and nuances of partner interactions along with the influence of neurobiology, language, gender, addiction, socioeconomics, and cultural conditioning about pleasure. Their interventions range from education, visualization, and role-play to identifying erotic archetypes, coaching about sensual touch, and using plant spirit medicines to activate imagination and spiritual connection. Their descriptions ring with singular authenticity, depending on their training and the particular clients and issues they address. Each practitioner provides clinical examples and techniques in enough detail so that readers can incorporate elements of these approaches into their own practices. This book was originally published as a special issue of the *Journal of Sexual and Relationship Therapy*.

When Art Therapy Meets Sex Therapy Einat S. Metz 2016-08-25 Appropriate for both sex therapists and art therapists, *When Art Therapy Meets Sex Therapy* explores sexuality and gender through the use of art making, connecting relevant theories and research from both fields. It begins with a historical review of how explorations of anatomy, physiology, and sexual identity manifested in art making in different cultures and discusses why a clinician must take these spiritual, medical, and socioeconomic factors in account to offer effective and culturally competent therapy. The second part of the book discusses clinically effective treatments in art and sex therapy, and contains numerous case illustrations. Included are interventions for important issues in therapy, such as exploring gender identity, sexual health and shame, processing sexual abuse, couples' intimacy, parenting concerns regarding their children's sexuality, and treating sex addiction.

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