

Sex And Relationship Therapy

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.

Tell Me about the Last Time You Had Sex Ian Kerner 2021-06 Maybe You Should Talk to Someone meets Come As You Are. Renowned sex therapist and New York Times bestselling author Ian Kerner shares the program he uses to help thousands of couples achieve more intimacy and better sex. 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 insight, 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's a book that will get you to do something about sex.

Therapy with Couples Michael Crowe 2008-04-15 Since the first edition of this practical book was published in 1990, a number of important developments have taken place and have been incorporated into the new edition. There are now many kinds of "non-traditional" relationships that accompany an increasing divorce rate and the shrinking number of marriages. Co-habitation, remarriage, step-parent/step-child relationships and their implications for the extended family, their strengths and areas of tension are examined. Accompanying these changes has been a development in therapeutic approaches and additional outcome data is now available. Rapid progress has been made in treatments, and their implications are described. In addition the therapeutic managing of separating and divorcing couples, domestic violence, and the aftermath of sexual and physical abuse are discussed.

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.

Erotic Orientation Joe Kort 2018-10 There is no shame in erotic orientation. As a heterosexual couple or individual, learn how to have a sex-positive attitude toward your sexual fantasies and minimize any shame you carry about your erotic interests. From the taboo topic of masturbation to more complex subjects such as emotional landscape and attachment, Dr. Joe Kort sheds light in the dark by sharing his more than thirty years experience in sex therapy. The key to happy, healthy sexuality is to not deny ones core erotic orientation.

Sex Therapy Cate Campbell 2022-09-23 *Sex Therapy: The Basics* offers an introduction to modern sex therapy and is essential reading for anyone working professionally with sexual issues or just interested in sex. This book contains all you need to know to get started, find more information or learn how and when to refer. Current approaches to sex therapy are described, along with detailed interventions and approaches which address an array of sexual issues to bring qualified sex therapists up to date and introduce learners to the essentials. Helping the reader make informed choices about professional development and to find the most appropriate solutions for patients and clients, this book answers all your sex therapy questions. As well as being essential reading for those considering or interested in sex therapy, this book is a valuable resource for both trainee and experienced therapists, offering contemporary information and advice about assessing and treating a wide range of sexual problems.

Quickies: The Handbook of Brief Sex Therapy (Third Edition) Douglas Flemons 2018-01-09 Effective, brief techniques for therapists to support their clients in having satisfying sex lives. Quickies demonstrates that the best sex therapy is often the briefest, presenting readers with a refreshing array of time-efficient, client-focused approaches to sexual problems. The third edition includes new chapters on the impact of the Internet in relationships, infidelity, and same-sex and transgender affirming therapy.

Hypoactive Sexual Desire Gerald R. Weeks 2002 The lack of sexual desire, known clinically as hypoactive sexual desire (HSD), is generally recognized as the most common sexual problem in America.

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.

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.

Relationship Therapy with Same-Sex Couples Jerry Bigner 2014-01-14 Use new knowledge of the LGBT culture to ably counsel same-sex couples! *Relationship Therapy with Same-Sex Couples* provides psychologists, therapists, social workers, and counselors with an overview of the array of treatment issues they may face when working with couples from the LGBT community. This book highlights the experiences of therapists who have encountered concerns particular to LGBT clients—especially those in intimate relationships. This intriguing resource covers clinical issues, sex

therapy, special situations, and training issues for helping therapists successfully counsel same-sex couples. *Relationship Therapy with Same-Sex Couples* explores the therapist's role in working through universal issues in couples therapy—such as communication problems, infidelity, and decision-making—with a focus on how therapy should differ for same-sex couples. This important guide also identifies which problems are unique to couples as an aspect of their sexual orientation, including gender role socialization and societal oppression. With this book, you will be able provide appropriate therapy without over- or under-attributing a couple's problems to their LGBT status. This book shows how experienced therapists have developed methods for working with: gay and lesbian parents heterosexual spouses and ex-spouses couples in HIV serodiscordant relationships "lesbian bed death" couple and family dynamics supporting transgender and sexual reassignment issues and more! *Relationship Therapy with Same-Sex Couples* contains several features for you to utilize in your own practice, including the Sexual Orientation Matrix for Supervision (SOMS) to assist supervisors and trainers in preparing supervisees to work with lesbian, gay, and bisexual clients. The book also offers guidelines for heterosexual therapists who plan to work with same-sex couples and how to overcome any residual homophobia or heterosexual guilt. Lastly, this essential sourcebook reviews several articles, book chapters, books, and Web sites that are relevant to same-sex couples and the therapists who work with them.

How Psychotherapy Helps Us Understand Sexual Relationships Cherry Potter 2019-08-28 In this fascinating book, Cherry Potter takes readers on her personal and professional quest for insights into sex, relationships and gender differences. Why do we feel what we feel, and do what we do? What is the impact of 'performance anxiety' on men, and on society generally? Why are women still faking it? Is ubiquitous online porn turning the clock backwards? The book delves into the work of Freud, Klein, Bowlby and recent developments in attachment theory for insights into our conscious and unconscious fears and desires, and introduces readers to a range of fascinating clients. These include Jeremy, who was so ashamed of his virginity he was unable to have a relationship; Ellie, who repeatedly fell in love with unobtainable men; Kieran, whose fear of abandonment threatened to wreck his gay relationships; Dulcie, who for years had been unable to face the truth that her husband was having multiple affairs; and Lars, who was addicted to online porn and prostitutes. The book shows how the work between therapist and client is a process of learning together, which is at times painful and deeply moving, but can also reflect a renewed vitality and hope for the future, particularly when it comes to talking about sex. *How Psychotherapy Helps Us Understand Sexual Relationships: Insights from the Consulting Room* will be of great interest to both the general reader as well as psychotherapists and counsellors.

Sensate Focus and the Psyche Susan Pacey 2023-10-20 *Sensate Focus and the Psyche* explores in depth both psychoanalytic and psychosexual perspectives of sensate focus, a programme of touching exercises for couples with sexual problems, and in so doing provides an original, integrated model for understanding the conscious and unconscious impact of this tactile intervention on couples in treatment. Susan Pacey reviews the historical relationship between psychoanalysis and sex therapy and the splitting of mind, body and relationship since Freud. She illustrates how the tactile intervention can help repair the early life impingements on partners' individual development that mobilise anxieties about sexuality and shame in adulthood. Case studies illustrate how sensate focus can help conceptualise unconscious embodied memories, repair shame, encourage Winnicottian play, work through transitional phenomena and develop psychological space, establishing a platform for the healthy expression of adult sexuality. Pacey discusses how sexual desire and aggression are inextricably linked in the human psyche, proposing that sensate focus can help enable positive aggression necessary for sex and reduce the potential for partners' anxieties about their psychological separateness. Lastly, she proposes judicious use of this powerful, tactile intervention and highlights contraindications. *Sensate Focus and the Psyche* will be essential reading for all psychotherapists who work with individuals, couples and families.

Contemporary Sex Therapy Cate Campbell (Relationship therapist) 2020 *Contemporary Sex Therapy* explores modern sexuality, its expression and problems, and some of the uniquely twenty-first century issues facing sex therapists and society as a whole. Seeking solutions to these and other common sexual and relationship problems, the book provides a practical, sensitive and modern approach, which tackles the complexities of contemporary relationships, identity, love and sex. A comprehensive, stepped approach to psychosexual therapy is offered, demonstrating how to tackle blocks to sex and intimacy as well as providing an understanding of how and why they develop. Loss of desire, sexual pain and erectile and orgasm difficulties are seen within the context of modern life and relationship dynamics, so that comprehensive and realistic solutions are more readily enabled. The book looks at significant issues such as sexual consent, sexual and gender identity, sexual trauma and culture, as well as the more recent challenges of porn-related sexual dependency, chemsex, female genital cutting and technology. Throughout, the emphasis is on recognising and meeting the specific obstacles and needs of a wide diversity of relationships and experiences, providing a vast toolbox to appropriately address contemporary sexual issues. Established sex therapists, as well as students, will benefit from the book's modern approach which focuses on each partner's experience, avoiding outcome and response anxiety entirely and appreciating the range of pressures experienced by modern couples. Relationship therapists and couples themselves will also be motivated by new ideas and explanations, which often challenge existing intuitive understanding to produce nuanced and effective solutions to improve sex and intimacy.

Sexual Grounding Therapy Geoff Lamb 2021-05-16 This important book explores the history of sexuality and the breadth of support available to people experiencing sex and relationship challenges, presenting a model of psychosexual therapy that's contextualised in the past, present and future and examined within a developmental and relational framework. *Sexual Grounding Therapy* focusses on the work of Willem Poppeliers, who developed his unique approach to sex and relationship issues in the 1990s. Geoff Lamb explores the model's historical context; offers a comparison with other contemporary approaches, both mainstream and alternative; describes the model and its application in detail; and looks at future directions for this innovative work. While Poppeliers' approach to psychosexual therapy is radical, Geoff's book emphasises and goes beyond this, taking a controversial stance on such topics as sexuality and religion, psychotherapy and science, and the position of both psychotherapy and psychosexual therapy in today's society. *Sexual Grounding Therapy* explores how people's needs at each stage of their lifelong psychosexual development relate to any current sex and relationship problems they may be experiencing. It will be invaluable, not only to professionals - counsellors, psychotherapists and others whose work involves sex and relationships - but also to readers who are interested in exploring their own self-development and relationships from a historical, social and family perspective.

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.

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.

Mindfulness in Sexual and Relationship Therapy Lori A Brotto 2015-09-07 Mindfulness represents the most significant shift in the world of counselling and psychotherapy within the last decade. Mindful approaches have been hailed as the 'third wave' of cognitive behavioural-therapy and mindfulness has been recommended - and found to be effective at treating - a wide variety of mental health issues. There has been a proliferation of popular self-help books based on mindfulness approaches, and much debate between western mindfulness practitioners and Buddhist scholars about the ways in which mindful theory and practice is being adapted for western audiences. To date, however, there has been relatively little research or

writing considering the potentials of mindfulness for the arena of sexual and relationship therapy. This book aims to address this by bringing together many of the key practitioners and researchers who are working in this area. The book presents a range of perspectives on what mindful theory and practice has to offer to our understandings of, and work with, sex and relationships. This book was originally published as a special issue of *Sexual and Relationship Therapy*.

Love and Sex in a New Relationship Cate Campbell 2018-01-12 *Love and Sex in a New Relationship* explores leaving a long relationship and starting a new one, with all the complexities that entails. Using her experience as a relationship therapist, Cate Campbell takes the reader through the journey of loss and renewal, examining the dynamics involved in the end and beginning of a relationship, and how to give new relationships the best chance of survival. Focusing on three main relationship issues, the book considers: how to end a relationship and manage ongoing contact with an ex; how to understand what went wrong in previous relationships; and how to overcome everyday relationship problems and make relationships thrive. Taking into account the effect of technology and social media, and how to make online dating work, the book offers a distinctly modern take on relationships. Similarly, the spectrum of sexuality, gender and sexual relationships is addressed, with many different examples included throughout the book. With practical advice, case studies, quizzes and exercises to help identify and remedy a variety of problems that can occur at any stage of a relationship, *Love and Sex in a New Relationship* will provide an essential resource for relationship counsellors and their clients.

An Intersectional Approach to Sex Therapy Reece M. Malone 2021-12-20 When a Black, Indigenous, or racialized individual or relationship works with a sex therapist, a host of cultural circumstances can contribute to intimacy discord and sexual dysfunction. This collection brings together clinicians and educators who share their approaches, bridging sex therapy with a client's relationship to their racial, cultural, and ethnic identity. This essential book aims to enhance therapists' supervisory practices and clinical treatments when working with culturally diverse and marginalized populations, fostering greater understanding and awareness. Innovative tools that integrate the impacts of acculturation, minority status, intersectionality, and minority stress are discussed, with case studies, demonstrations, and critical questions included. This collection is a necessary read for anyone who is training to be or who is an established sex therapist, marriage and family therapist, relationship counselor, or sexuality educator and consultant.

Sexuality & Ageing Walter Pierre Bouman 2017-10-02 Across the globe, both in developed and developing countries, the population is rapidly ageing. In the fields of sexual and relationship therapy and sexual health, ageing has not been an issue of priority. Too often, ageing is thought of as a process that relates to problems, deficits, and taboos, and less to pleasure, change, growth and diversity. It is treated as a separate life stage and not a process throughout the lifecycle. Sexuality and sexual health are important parts of the lives of older people, as they have a significant impact on quality of life, psychological well-being and physical health, as well as social and family life. This book brings together contributions from those currently writing on and researching ageing as it relates, in a therapeutic context, to gender identity, to sex and sexuality, and to intimate relationships. This book was originally published as a special issue of *Sexual and Relationship Therapy*.

Socio-Emotional Relationship Therapy Carmen Knudson-Martin 2015-02-02 This path-breaking volume introduces Socio-Emotional Relationship Therapy for clinical work with troubled couples. Practice-focused and engaging, it integrates real-world knowledge of the intersections of gender, culture, power, and identity in relationships with empirical findings on the neurobiology of attraction. Case examples detail the process of therapists in the moment as they develop both their clinical skills and their understanding of the social contexts fueling couples' difficulties. Applications of the method, which can be used with same-sex couples as well as heterosexual ones, are shown in addressing infidelity, tapping into partners' spirituality, and modeling and encouraging mutual respect and support. Among the topics covered: Undoing gendered power in heterosexual couple relationships. Interpersonal neurobiology, couples, and the societal context. How gender discourses hijack couple therapy—and how it can be avoided. How SERT therapists develop interventions that address the larger context. Building a circle of care in same-sex couple relationships. Couple therapy with adult survivors of child abuse: gender, power, and trust. Socio-Emotional Relationship Therapy opens out practical new possibilities for marriage and family therapists, clinical psychologists, social workers, and counselors seeking ideas for more meaningful couples work.

Landscapes of the Heart Juliet Grayson 2016-07-01 In this book, teacher and psychotherapist Juliet Grayson gives us privileged access to her unique client sessions. Following several couples' journeys through psychosexual therapy to more loving relationships, we witness her rich blend of life-changing approaches, including Pessio Boyden System Psychomotor (PBSP), the potent new methodology she has helped to pioneer in the UK. Exploring both the practical and theoretical aspects of her work, Juliet shakes our assumptions and shows ways to improve and ultimately heal our most intimate relationships. This is a ground-breaking book, valuable for lay readers and therapists alike.

Relationship Therapy with Same-sex Couples Jerry J. Bigner 2004 This overview of treatment issues therapists may face when working with couples from the LGBT community covers clinical issues, sex therapy, special situations, and training issues for helping therapists counsel same-sex couples. This monograph was published simultaneously as the *Journal of Couple & Relationship Therapy*, Vol. 3, Nos. 2/3.

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.

New Directions in Sex Therapy Peggy J. Kleinplatz 2012-04-27 Winner of the 2013 AASECT Professional Book Award! *New Directions in Sex Therapy: Innovations and Alternatives* focuses on cutting-edge, therapy paradigms as alternatives to conventional clinical strategies. With each passing year, the treatment of sexual problems seems to emphasize more medical and pharmacological interventions. There is correspondingly less interest in the experiences of the individuals or couples involved. This book expands the definition of our field. Part I highlights the major problems and criticisms facing sex therapy and furnishes a rationale for new directions. Included in this new edition are critiques of "sexual addiction" nomenclature, the neglect of the ethical dimension in sex therapy, and there is a call to expand our vision of what sex therapy can attain. Part II demonstrates new approaches to dealing with traditional sex therapy concerns, including lack of desire and erectile dysfunction as well as innovative goals, such as integrating sexual medicine with sex therapy, using client feedback to customize therapy for the particular individual/couple's best interests, promoting relationship growth in working with transgender clients, and transcending sexual function/dysfunction to optimize erotic intimacy in long-term couples. This 2nd edition of *New Directions in Sex Therapy: Innovations and Alternatives* is replete with helpful new clinical illustrations across the spectrum of theoretical orientations (e.g., systemic, narrative, Experiential, CBT) to demonstrate these approaches in action. This book is intended for anyone who deals with sexual issues and concerns in therapy—clinicians of every kind, novices and advanced practitioners—rather than only those who define themselves as sex therapists.

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.

Systemic Sex Therapy Katherine M. Hertlein 2019-11-06 *Systemic Sex Therapy*, third edition integrates couple and sex therapy to inform the treatment of sexual problems and to give beginning clinicians the abilities and confidence they need to produce change in their patients' lives. Grounded in the Intersystem Approach, the book considers the biology, psychology, couple dyad, family-of-origin, and larger contextual factors of any sexual disorder or issue. Each chapter examines the definition and description of a sexual disorder or issue, its etiology, assessment, treatment, research, and future directions. This thoroughly revised edition presents 18 updated chapters consistent with the DSM-5 and features new content on sexuality and aging, infidelity, sexual interest/arousal disorder, disability, and kink/BDSM. Experts in the field discuss all the major sexual dysfunctions along with new chapters on culture, technology, and their interplay with sexual functioning. An essential text in the field, *Systemic Sex Therapy* sets out a conceptual framework for graduate students in couple and family therapy programs looking to develop a comprehensive, integrative understanding of sexual issues.

Sex, Attachment and Couple Psychotherapy Christopher Clulow 2018-05-08 The contributors to this book have drawn on different mentors to provide a framework for understanding the sexual problems of the couples they see, and to inform the work they do. But whether Freud, Jung, Klein or Bowlby has been the progenitor of their own particular therapeutic narrative, the spirit of enquiry and curiosity is evident in their approach. This has created space to explore the dimensions of sex, love, hate and power in ways that allow the facts of life to emerge and be discovered as something unique and authentic to each couple. It has also created a platform from which new understandings may emerge to inform practice in the future.

Integrative Sex & Couples Therapy Tammy Nelson 2020-04-24

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.

Three in a Bed: Conversations with a sex therapist (HarperTrue Desire - A Short Read) Joanna Benfield 2016-01-14 A frank insight into the lives of those who come into sex therapy and how it changes their world.

The Wiley Handbook of Sex Therapy Zoë D. Peterson 2017-04-24 *The Wiley Handbook of Sex Therapy* is a comprehensive and empirically-based review of the latest theory and practice in the psychotherapeutic treatment of sexual problems across client populations. Structured in four sections covering specific sexual dysfunctions, theoretical approaches to sex therapy; working with client diversity; and future directions in sex therapy. Advocates a holistic approach to sex therapy with a focus on using a range of psychotherapeutic theories and techniques rather than only the most popular behavioral strategies. Includes case studies which highlight the broad spectrum of diverse conditions that clients can experience and which sex therapists can therefore encounter in the consulting room. Includes contributions by more than 60 experts from a wide range of disciplines.

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*.

Coming Home to Passion Ruth Cohn 2011-02-18 This book offers a detailed road map for overcoming sexual and relationship impasses originating from painful childhood experiences. Large numbers of adults with histories of childhood trauma and neglect suffer persistent relationship and sexual difficulties. Unfortunately, most have failed to receive adequate help with emerging from these deep and complex problems. *Coming Home to Passion: Restoring Loving Sexuality in Couples with Histories of Childhood Trauma and Neglect* explores the enduring impacts—physiological, psychological, and behavioral—of childhood trauma and neglect. Author Ruth Cohn, drawing on 25 years of experience working with trauma survivors and their partners and families, lays out a practical and actionable course for recovery in clear, accessible language. This book provides direction and hope to those with trauma backgrounds while also serving as a unique resource for professional readers. Integrating in-depth information on attachment and relationship, trauma and neglect, and sexuality, Cohn details a practical, hands-on treatment approach for revitalizing love, health, and passion.

Sex Therapy Keith Hawton 1985-02-07 Sexual problems are a major cause of personal distress and marital breakdown, affecting as many as one in ten of the general population. The author, who has had extensive clinical, research, and teaching experience in the field of sexual dysfunction, has written a very practical account of the nature, causes, assessment, and treatment of sexual problems. The various stages of treatment are described in sufficient detail for therapists who are about to start sex therapy. Experienced therapists will also find this book a source of useful advice. The treatment approach includes behavioural, psychotherapeutic, and educational techniques. In addition to the treatment of couples, the management of sexual problems of individuals without partners, and of the physically disabled, are also described. Practical guidance is backed up by research findings. This book is an up-to-date, straightforward, and practical account which should be of considerable interest to anyone involved in the management of sexual problems.

Sex Addiction Paula Hall 2019-02-04 *Sex Addiction: A Guide for Couples and Those Who Help Them* is a practical book that provides empathic support, guidance, information and pragmatic strategies for couples who want to survive sex and porn addiction - whether that's together, or apart. Sex and porn addiction devastates couple relationships, and unlike the impact of infidelity, there is no 'before' to get back to and no 'after'. This book adopts the metaphor of a boat, presenting addiction as the tidal wave that devastates the relationship, leaving both crew members fighting for survival. There's guidance to ensure each partner makes it safely back to shore and advice on surveying the damage to your relationship and deciding if you want to save it and set sail again. You'll find practical advice for both the partner and the addicted partner, including first-hand accounts of couples that have already undertaken the journey. There are exercises to do alone, and many to share together, to help you understand what's happened, consider your future, and if you choose to stay together, begin the task of rebuilding trust and intimacy. *Sex Addiction* is not only a practical guide for couples, but also for the therapists who support them. This book will be a companion to Paula Hall's previous books on sex addiction and builds on the already known frameworks and models used, but it is also written to stand alone.

Counseling Couples Before, During, and After Pregnancy Stephanie Buehler, PsyD, CST-S 2018-02-28 This practical, evidence-based resource is the first available guide for health care providers and mental health professionals on advising and counseling couples and individuals who are

experiencing sexual issues directly related to conception efforts, pregnancy, and the post-partum period. Authored by a noted sex therapist, the book offers providers current, accurate information about issues that can affect sexual activity surrounding pregnancy and offers proven strategies for effective counseling. Providing a helpful framework for assessment, treatment, and when to refer a client to another health care provider, the book examines conception- and pregnancy-related sexual dysfunctions that both men and women may encounter. Underscoring the importance of maintaining a strong relationship between couples, the book is filled with practical guidance for treating both cisgender couples and the LGBT population. Also included are helpful checklists, forms, and patient handouts that can be used immediately. Couple and marriage counselors, nurse midwives, women's health nurses, and other professionals whose practice includes work with couples and childbirth concerns, will find this book an unparalleled resource. Key Features: Addresses common issues and questions women, men, and couples have regarding sex prior to, during, and after pregnancy Includes relevant information for both mental health professionals and health care providers in a variety of settings Discusses assessing and treating common sexual concerns including approaches to brief counseling Covers fertility issues, painful intercourse, intimacy problems, post-partum depression, reproductive loss, and traumatic labor and delivery Authored by a recognized sex therapist and educator

Erectile Dysfunction Gerald R Weeks 2000-05-02 With the release of Viagra, erectile dysfunction has become an acceptable topic of advertising and public discussion. Impotence is a widespread phenomenon; about half of couples entering sex therapy and one quarter of those entering marital therapy will complain of this problem. As baby boomers enter their fifties and grow older during the next few decades, many more men will be affected by this problem. In this groundbreaking work, Gerald Weeks and Nancy Gambescia present the first serious discussion of comprehensive psychological and medical treatments for erectile dysfunction after the advent of Viagra. Though most recently Viagra has catapulted discussion of erectile dysfunction to the front pages of major newspapers and, via television, American living rooms, there are actually a number of different treatment options available. In fact, medical therapies for erectile dysfunction have developed at an ever-increasing pace in the last 20 years. Yet, despite widespread advances made in the treatment of erectile dysfunction, the field of sex therapy has lagged significantly behind in how it addresses the problem. The authors offer an integrated approach that examines both the organic and psychological factors contributing to erectile dysfunction. With this treatment model integrating both medical and psychological therapies, the authors also stress the role of the couple's relationship in the etiology and treatment of the dysfunction. The book presents medical information (about various kinds of drugs as well as other interventions); physiological information (why certain drugs work and why some don't); psychological information (the effects of the disorder on both the individual and the couple); and practical information (when and how to seek treatment and what type of treatment works best under different conditions). For sex and couple therapists and physicians, *Erectile Dysfunction* presents a systematic method for evaluating erectile dysfunction, determining whether its basis is primarily organic or psychogenic, and treating it by integrating medical interventions with sex and marital therapy. For the person seeking treatment (and for his spouse), the book offers a thorough and impartial discussion of the disorder.

Contemporary Sex Therapy Cate Campbell 2020-02-20 Contemporary Sex Therapy explores modern sexuality, its expression and problems, and some of the uniquely twenty-first century issues facing sex therapists and society as a whole. Seeking solutions to these and other common sexual and relationship problems, the book provides a practical, sensitive and modern approach, which tackles the complexities of contemporary relationships, identity, love and sex. A comprehensive, stepped approach to psychosexual therapy is offered, demonstrating how to tackle blocks to sex and intimacy as well as providing an understanding of how and why they develop. Loss of desire, sexual pain and erectile and orgasm difficulties are seen within the context of modern life and relationship dynamics, so that comprehensive and realistic solutions are more readily enabled. The book looks at significant issues such as sexual consent, sexual and gender identity, sexual trauma and culture, as well as the more recent challenges of porn-related sexual dependency, chemsex, female genital cutting and technology. Throughout, the emphasis is on recognising and meeting the specific obstacles and needs of a wide diversity of relationships and experiences, providing a vast toolbox to appropriately address contemporary sexual issues. Established sex therapists, as well as students, will benefit from the book's modern approach which focuses on each partner's experience, avoiding outcome and response anxiety entirely and appreciating the range of pressures experienced by modern couples. Relationship therapists and couples themselves will also be motivated by new ideas and explanations, which often challenge existing intuitive understanding to produce nuanced and effective solutions to improve sex and intimacy.

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