

New Directions In Sex Therapy New Directions In Sex Therapy

Contextual Behavior Therapy for Sexual and Gender Minority Clients Matthew D. Skinta 2020-11-22 Combining theory, research, and case studies, this book shows clinicians how to apply transdiagnostic contextual behavioral approaches when working with sexual and gender minority (SGM) clients. The text first examines minority stress theory through the lens of contextual behavior analysis. Subsequent chapters illustrate the application of therapeutic techniques drawn from acceptance and commitment therapy, functional analytic psychotherapy, and compassion-focused therapy. The book concludes with a close look at special areas of consideration, including pre-surgical evaluation, the impact of HIV on SGM communities, ethical considerations, and future directions in therapy with SGM clients. Every chapter provides a series of diverse vignettes that illustrate how each aspect of treatment might build upon the last along with a list of recommended books for further exploration of that topic. This book offers a unique, integrated approach that can be used for case conceptualization and followed as a treatment manual for professionals or graduate students with a foundation in SGM psychology.

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.

The Illustrated Manual of Sex Therapy Helen Singer Kaplan 2015-11 *The Illustrated Manual of Sex Therapy* reviews the nature and causes of male and female sexual dysfunctions, and describes and portrays the various erotic techniques and exercises employed in sex therapy. This highly practical manual is an indispensable guide to the nature and causes of the six major sexual dysfunctions - inhibited female excitement, female orgasmic dysfunction, vaginismus, impotence, retarded ejaculation, and premature ejaculation - and the therapeutic sexual techniques used in overcoming them. The clear, accessible language and exquisitely rendered drawings combine to make this book an essential addition to the libraries of practitioners, teachers, and students of medicine and psychology- and most important, of those who experience sexual dysfunction themselves.

The Handbook of Sexuality in Close Relationships John H. Harvey 2004-04-26 Although sexuality is an integral part of close romantic relationships, research linking these two constructs has been less systematic than other areas pertaining to close relationships. To date, researchers in communication, sociology, family studies, psychology, and psychiatry, have made significant advances in both of these fields. The editors' goal is to integrate this research into one volume. They bring together major scholars from the diversity of fields working on close relationship topics to examine past contributions and new directions in sexuality. The emphasis is on theoretical integration and stimulation, methodological rigor, and critical analysis. This volume explores: *early sexual experiences and their impact on late life sexuality; *how life's stresses impact sexuality and satisfaction with closeness; *the affect of postpartum depression on sexuality; and *the relationship between control, power, anger, as well as revenge and sexual processes in couples. *The Handbook of Sexuality in Close Relationships* is intended for students and researchers in the disciplines of social, clinical, developmental, and health psychology; family studies; counseling; and interpersonal, family, and health communication. An excellent reference in advanced courses in close relationships taught in psychology, communications, sociology, anthropology, and family studies, the material in Part V will also appeal to clinical psychologists, health professionals, and policymakers.

The Five Love Languages Gary Chapman 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York

Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

The Emotionally Focused Casebook James L. Furrow 2011-05-09 There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today. The Emotionally Focused Casebook fills that void as a substantive reference for clinicians, students, professors, and supervisors using and teaching EFT. Each chapter utilizes a hands-on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations. This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual, and treatment applications of EFT.

Sadomasochism Peggy J. Kleinplatz 2014-01-09 A book that dispels the myths about those who prefer to go beyond “vanilla” sex Sadomasochism: Powerful Pleasures is a comprehensive exploration of the entire sexual subculture that lies on the cutting edge of society. The mental health professions and society have marginalized people who practice sadomasochism (SM). This interdisciplinary collection dispels myths surrounding SM, bringing together leading scholars from the fields of sexology, psychology, sociology, and medicine, alongside queer studies and sexual minority advocacy. Experts such as Thomas S. Weinberg, PhD, Susan Wright, MA, Margaret Nichols, PhD, Odd Reiersol, PhD, Svein Skeid, Rebecca F. Plante, PhD, Niklas Nordling, MPsych, and N. Kenneth Sandnabba, PhD, among other stellar authorities, reveal research findings, clinical data, and critical thinking about sexuality that lies beyond “vanilla.” To gain a broader understanding of human sexuality, the study of SM is crucial for what it reveals about us as sexual beings. The text discusses the results of research into practitioners’ behaviors and perspectives, the prevalence of SM behaviors in today’s culture, and stresses the need for greater tolerance and understanding. The realization of SM desires and their acceptance are explored in detail. This unflinching look at the world and the people of SM will guide scholars and lay people alike into a more sensitive, sex-friendly viewpoint of the people society calls “kinky.” Sadomasochism: Powerful Pleasures answers questions such as: What is the nature of SM relationships? What are the values and motives of SM participants? How do mental health professionals regard and treat SM practitioners? Should sadomasochism continue to be classified as a mental illness? What is the legal status of SM and what are the consequences of discrimination against SM practitioners? Does increasing visibility of SM imagery decrease stigma or create added problems? What can ordinary lovers learn from those we have marginalized about the farther reaches of human erotic potential? Sadomasochism: Powerful Pleasures is valuable, insightful reading for mental health professionals, students, sex educators, sex counselors, sex therapists, sex researchers, sexual health workers, sociologists, sexual minority groups, and anyone interested in learning more about the sexual pleasures that lie beyond the traditional.

Alternative Sex Therapy Jackie Torres 2023-01-06 The book New Directions in Sex Therapy: Innovations and Alternatives broadens the definition of the profession by focusing on cutting-edge therapeutic paradigms as alternatives to traditional sex therapy. This book is written for all clinicians who deal with sexual issues and concerns in therapy, including sex therapists, and is

replete with helpful clinical illustrations to show these innovative approaches in action.

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.

Trans Sex Lucie Fielding 2021-05-23 Finalist, 2022 Lambda Literary Awards (Trans-Non-fiction Category) Winner, of the 2022 AASECT Book Awards (Book for Sexuality Professionals) Despite the increasing visibility of trans and non-binary folx in media, political representation, and popular culture, their sexual lives and erotic embodiments are woefully under-attended-to in both scholarship and clinical practice. The aim of this book is to equip providers with both conceptual frameworks and concrete tools for better engaging their trans, non-binary, and gender expansive clients in pleasure-centered discussions of sexual health. Challenging the dominant images of trans sexualities that appear in the existing literature, such as an emphasis on avoiding gender dysphoria, the preservation of sexual function, or on sexual losses that may arise as a result of transition pathways, *Trans Sex* offers a pleasure-positive approach to working with trans clients. Providing concrete clinical practices and practical activities that utilize social justice, intersectional trans feminism, and radical queer theory as key conceptual frameworks, this groundbreaking text is designed to be accessible to a wide range of providers. This book draws on Fielding's experiences as both a trans client/patient and as a therapist to shift and expand the conversation and includes contributions from other trans and non-binary providers working at the intersection of gender-affirmative care and sexuality. *Trans Sex* seeks to move trans sexualities from the margins of gender-affirmative clinical practice, to center pleasure, and to spark creativity and empathic attunement within the client-provider relationship. Whether they be mental health or medical providers, trainees, or seasoned practitioners in gender-affirmative work or sexualities, readers will be able harness creative strategies to enhance their practice and become more imaginative providers.

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

Psychodynamic Approaches to Sexual Problems Brian Daines 2000 * How do we currently understand sexual dysfunction? * How can psychodynamic theories contribute to an understanding of sexual difficulties? * How can we treat sexual problems psychodynamically? Counsellors and therapists can be hesitant about addressing the sexual problems of their clients from any perspective and sometimes lack the confidence to tackle the issues as they arise. This is the first book to describe comprehensively a specifically psychodynamic approach to sexual dysfunction. It reviews the range and nature of sexual difficulties, and evaluates the relevance of psychodynamic theory and interventions to the understanding, assessment and treatment of sexual problems with individuals and couples. It is illustrated throughout with helpful case study material. It shows how physical and cultural understandings of sexuality and sexual difficulty need to be an integrated part of work with clients. *Psychodynamic Approaches to Sexual Problems* is an important and useful book for all trainee and practising counsellors and therapists working within a psychodynamic or integrated framework.

Overcoming Destructive Beliefs, Feelings, and Behaviors Albert Ellis 2010-05-01 First developed in 1955, Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy and one of the most successful psychotherapeutic techniques in the world. Its

founder, world-renowned psychologist Albert Ellis, now offers an up-to-date description of the main principles and practices of this innovative and influential therapy. REBT emphasizes the importance of cognition in psychological disturbances. Its aim is to help patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity. In this book Dr. Ellis points out the most recent revisions of the original therapy and examines the use of REBT in treating specific clinical problems. Among the topics considered are depression, stress management, addiction, marital problems, the use of hypnosis, disposable myths, and many other obstacles to mental health. This fascinating look at REBT by its internationally recognized creator will be of inestimable value to professionals and laypersons alike.

Magnificent Sex Peggy J. Kleinplatz 2020-03-10 Winner of the 2021 SSTAR Consumer Book Award! What makes sex magnificent? What are the qualities of extraordinary erotic intimacy and what are the elements that help to bring it about? Is great sex the stuff that people remember nostalgically from the "honeymoon" phase of their relationships, or can sex improve over time? *Magnificent Sex* is based on the largest, in-depth interview study ever conducted with people who are having extraordinary sex. It gathers the nuggets for remarkable sex from the "experts", distilling them into an attainable blueprint for ordinary lovers who want to make erotic intimacy grow over the course of a lifetime. Looking at factors including individual and relational qualities, empathic communication and the myths and realities of magnificent sex, this book offers accessible and evidence-based guidance for lovers and therapists alike. It is replete with frank and often humorous interviews with straight and LGBTQ individuals and couples, those who are "vanilla" and "kinky", monogamous and consensually non-monogamous and healthy and chronically ill. This illuminating book explores the implications of the findings to develop a model that effectively tackles the common problems of low desire and frequency. The "cure" for low desire is to create desirable sex!

Early Vascular Aging (EVA) Peter M Nilsson 2015-08-06 *Early Vascular Aging (EVA): New Directions in Cardiovascular Protection* brings together the last decade of research related to the characterization of EVA, as well as the predictive power of pulse wave velocity (PWV). The book presents a novel approach to the problem of cardiovascular disease, showing it in relation to great vessels disease and revealing a comprehensive approach to the problem of increased rigidity of the great vessels, its causes, and further consequences. Information provided is accompanied by online access to a supplemental website with video clips of anatomic specimens, cardiac imaging, and surgical procedures. Introduces the latest information on early vascular aging (EVA), complete with summaries of recent evidence and guidelines for relevant risk factor control Ideal reference for the study of vascular aging, pulse wave velocity, arteriosclerosis, EVA, arterial stiffness, vascular, PWV biomarkers, and cardiovascular disease Contains all the relevant information available from different fields of knowledge (from basic biology to epidemiology) in regard to EVA Provides evidence that leads to a new target for interventions, early vascular aging (EVA) in subjects with early onset increased arterial stiffness Includes online access to a supplemental website with video clips of anatomic specimens, cardiac imaging, and surgical procedures

Challenging Parental Alienation Jean Mercer 2021-12-02 This book addresses the concept of parental alienation - the belief that when a child of divorced parents avoids one parent, it may be because the preferred parent has persuaded the child to do this. It argues against the unquestioning use of parental alienation concepts in child custody conflicts. Increasing use of this concept in family courts has led at times to placement of children with abusive or violent parents, damage to the lives of preferred parents, and the use of treatments that have not been shown to be safe or effective. The 13 chapters cover the history and theory of "parental alienation" principles and practices. Methodological and research issues are considered, and diagnostic and treatment methods associated with "parental alienation" beliefs as well as those recommended by research and ethical evidence are analyzed. The connections of "parental alienation" with gender and domestic violence issues are discussed as are the experiences of individuals who have experienced "parental alienation" treatments. The book argues that "parental alienation" principles and practices should be

avoided by family courts, in the best interests of children in custody disputes. This book will be useful reading for lawyers, judges, children's services workers including social workers, child protection court workers, and mental health professionals involved in child custody decisions. *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*.

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.

Evidence-based Approaches to Relationship and Marriage Education James J. Ponzetti, Jr. 2015-07-16 This is the first book to provide a comprehensive, multidisciplinary overview of evidence-based relationship and marriage education (RME) programs. Readers are introduced to the best practices for designing, implementing, and evaluating effective RME programs to better prepare them to teach clients how to have healthy intimate relationships. Noted contributors from various disciplines examine current programs and best practices, often by the original developers themselves. Readers learn to critically appraise approaches and design and implement effective, evidence-based programs in the future. Examples and discussion questions encourage readers to examine issues and apply what they have learned. The conceptual material in Parts I & II provides critical guidance for practitioners who wish to develop, implement, and evaluate RME programs in various settings. Chapters in Parts III & IV follow a consistent structure so readers can more easily compare programs-- program overview and history, theoretical foundations, needs assessment and target audience, program goals & objectives, curriculum issues, cultural Implications, evidence based research and evaluation, and additional resources. This book reflects what the editor has learned from teaching relationship development and family life education courses over the past decade and includes the key information that students need to become competent professionals. Highlights of the book's coverage include: Comprehensive summary of effective evidence-based RME training programs in one volume. Prepares readers for professional practice as a Certified Family Life Educator (CFLE) by highlighting the fundamentals of developing RME programs. Describes the challenges associated with RME program evaluation. The book opens with a historical overview of RME development. It is followed by 20 chapters divided in six parts. The initial four

chapters focus on fundamentals of relationship and marriage education --program development, required training, delivery systems, and implementation. The three chapters in Part II consider important conceptual and theoretical frameworks used in RME. Part III considers best practices in inventory based programs while Part IV examines six skills-based programs. The chapters in Parts III and IV consider program overview and history, theoretical foundations, needs assessment and target audience, program goals and objectives, curriculum issues, cultural implications, evidence-based research & evaluation, and additional resources. This content covers four categories of effective programs -- design and content, relevance, delivery and implementation, and assessment and quality assurance. Part V presents evidence-based RME with diverse groups and Part VI reviews future directions. Intended for use in advanced undergraduate or graduate courses in relationship and marriage education, family life education, marriage and relationship counseling/therapy, intimate relationships, relationship development, or home/school/community services taught in human development and family studies, psychology, social work, sociology, religion, and more, this groundbreaking book also serves as a resource for practitioners, therapists, counselors, clergy members, and policy makers interested in evidence based RME programs and those seeking to become Certified Family Life Educators or preparing for a career in RME.

Handbook of Clinical Sexuality for Mental Health Professionals Stephen B. Levine 2011-01-19 The constantly-changing field inspired the second edition of Handbook of Clinical Sexuality for Mental Health Professionals. In a state-of-the-art guide, Dr. Levine and his associates continue to help professionals with the assessment and treatment of a large array of sexual concerns. Written in a personal, supervisory style, the book will help new therapists anticipate clinical contingencies and help experienced therapists refine their thinking and teaching. Easily accessible, the Handbook is divided into six major sections with helpful annotated references: Being a Therapist; Intimacy; Sexual Dysfunction; Sexual Identity Struggles; The Forgotten; and Additional Vital Topics. Twenty-one chapters have been thoroughly revised and updated, and five new ones have been added. These focus on gay and lesbian life, transitioning to single life, cancer survivorship, the sexual issues of the developmentally challenged, and sex among the aging.

Attachment Theory and Research Jeffry A. Simpson 2015-02-02 This volume showcases the latest theoretical and empirical work from some of the top scholars in attachment. Extending classic themes and describing important new applications, the book examines several ways in which attachment processes help explain how people think, feel, and behave in different situations and at different stages in the life cycle. Topics include the effects of early experiences on adult relationships; new developments in neuroscience and genetics; attachment orientations and parenting; connections between attachment and psychopathology, as well as health outcomes; and the relationship of attachment theory and processes to clinical interventions.

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.

Getting the Sex You Want Tammy Nelson 2012-12-01 Here is a proven couples counseling method applied to sex for the very first time. Communication problems can erode a relationship in and out of the bedroom. This guide takes a proven communication method, which has been used to counsel millions of couples, and applies it to sex for the very first time. The Imago Relationship Therapy, which was pioneered by Harville Hendrix in the national bestseller and self-help classic *Getting the Love You Want*, shows readers how to understand and build trust with their partners through a unique form of dialogue. New in paperback, *Getting the Sex You Want* teaches readers how to build sexual communication skills quickly and connect with their partner in a new way. Readers learn exercises that enable them to communicate their sexual needs and desires, get past old issues, and revive passion in their relationship.

New Directions in Gestalt Group Therapy Peter H. Cole 2017-11-10 Gestalt therapists often work with groups. Group therapists from a variety of theoretical orientations frequently incorporate insights and methodology from gestalt therapy. *New Directions in Gestalt Group Therapy: Relational Ground, Authentic Self* was written with particular attention to both gestalt and group work specialists in providing a comprehensive reference for the practice of group therapy from a gestalt perspective. It includes an introduction to gestalt therapy terms and concepts written to make the gestalt approach understandable and accessible for mental health practitioners of all backgrounds. It is appropriate for students as well as seasoned psychotherapists. Peter Cole and Daisy Reese are the co-directors of the Sierra Institute for Contemporary Gestalt Therapy located in Berkeley, California. They are the co-authors of *Mastering the Financial Dimension of Your Psychotherapy Practice* and *True Self, True Wealth: A Pathway to Prosperity*. They are a married couple, with five children and four grandchildren between them.

Is My Husband Gay, Straight, or Bi? Joe Kort 2014-09-11 Jennifer can't believe it. Just married and pregnant, she discovers that her husband has been meeting Brad for sex. When confronted, Tom doesn't deny it, but he insists it's just "a thing" and he isn't gay. Elsewhere, John's wife, Karen, discovers that her husband likes to watch gay porn. John doesn't understand his wife's reaction. Why does she care what he watches if he's not unfaithful? In couple's therapy, Karen and Jennifer raise the same questions: Does this mean my husband is gay? Can my marriage survive? These and other stories illustrate the difficulties inherent when a wife or girlfriend finds out her man has had or wants to have sexual contact with other men. But many times, the man is not gay or even bisexual. Of course, some men with gay sexual interests are gay men in a process of self-discovery; they are "coming out." These desires may only reflect a different side of a man's sexuality or some response to childhood trauma or experiences they have not fully processed. Here Joe Kort and Alexander P. Morgan make the distinction between gay men and "straight men with gay interests" clearer to women who want to know how they can overcome these revelations. The authors explain the many reasons why straight men may be drawn to gay sex; how to tell whether a man is gay, straight, or bisexual; and what the various options are for these couples, who can often go on to have very fulfilling marriages. *Is My Husband Gay, Straight or Bi?* is intended to help couples understand how male sexuality can express itself in ways that may be difficult to understand. Many marriages have been hurriedly terminated when couples (and their therapists) have lacked the information they needed to understand their current situations. This book provides the clarity, describes the choices, and (in many cases) offers hope for relationships and marriages that have been brushed off as doomed.

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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.

Sexuality in Close Relationships Kathleen McKinney 2014-05-22 This is one of the first volumes to examine the interface between research undertaken in sexuality and that in close relationships from a social psychological perspective. Experts from several different disciplines offer chapters that contain theory, extant literature, and their own original research on such topics as jealousy, extradyadic sexuality, communication, love, and sexual coercion. Aimed at a fairly wide audience, this book will be of interest to students, faculty, and other professionals in social psychology, sociology, communication, and family and women's studies. It is also a valuable source of information for teachers, researchers, and clinicians working in the areas of human sexuality and/or close relationships.

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 in Conflict Alan Booth 2016-01-08 This classic volume provides a solid foundation for thinking about creative ways in which our society can work to prevent or minimize destructive couple conflict and enhance couples' abilities to constructively handle their differences. A common thread throughout is that constructive conflict and negotiation are beneficial for relationships. The new introduction provides an overview of how this classic text is still relevant today. Divided into four parts, this book: *addresses the societal and bio-evolutionary underpinnings of couple conflict; *presents the interpersonal roots of couple conflict and the consequences for individuals and couples; *discusses what effects couple conflict have on children and how individual differences in children moderate these effects; *outlines policies and programs that address couple conflict; and *concludes with an essay that pulls these four themes together and points to new directions for research and program efforts. This book serves as a supplement in graduate or advanced undergraduate courses on interpersonal relationships, couples and/or family and conflict, divorce, couples and/or family therapy taught in human development and family studies, clinical or

counseling psychology, social work, sociology, and communications and it is also a helpful compendium for researchers and clinicians/counselors interested in couple conflict.

Psychological Perspectives on Sexual Problems Jane M. Ussher 1993 The regulation of sexuality and the careful distinction between normality and abnormality has a long and checkered history--with psychologists at the forefront of this debate. Yet any attempt to identify a simple and unitary 'psychology of sexual problems' inevitably becomes the focus of a great deal of criticism, particularly from the disciplines of psychoanalysis and feminism. The aim of *Psychological Perspectives on Sexual Problems* is both to provoke and to promote a glasnost between those whose work directly involves research and intervention in the arena of sexuality, and those who would deconstruct, criticize, and reframe any understanding of sexuality outside of the dominant discourse of psychology. The contributors examine the psychological theories associated with sexuality and sexual problems and at the same time present examples of positive and empowering practice with groups of individuals whose sexuality is often ignored or marginalized. These individuals include those with learning difficulties or physical disabilities, sex offenders, gay men with AIDS, and women with eating disorders. *Psychological Perspectives on Sexual Problems* is the first text to integrate critical theory and current clinical practice, in an attempt to arrive at a revolutionary approach to the psychology of sexuality.

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.

Couples on the Fault Line Peggy Papp 2001-07-15 Edited by a renowned family therapist, this book brings together prominent marital and family therapists to explore the new challenges and opportunities facing couples and the clinicians who work with them. The volume presents a range of approaches to helping couples reconsider and reorder their life priorities around parenting, marriage, and other stages of life.

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.

Principles and Practice of Sex Therapy Kathryn S. K. Hall 2020-06-29 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 Every Mental Health Professional Needs to Know About Sex Stephanie Buehler, PsyD, CST-S 2013-07-29 Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment. This guide discusses the characteristics of healthy sexuality--for both client and therapist--and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers relevant ethical issues. Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals. Key Features: Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns Supported by case studies and therapist/clinician dialogues Includes "Step Into My Office" sidebars taken from the author's own experience Provides downloadable resources including assessments, worksheets, and client handouts

Handbook of LGBT-Affirmative Couple and Family Therapy Jerry J. Bigner 2012-05-04 The editors and contributors of this comprehensive text provide a unique and important contribution to LGBT clinical literature. Spanning 30 chapters, they discuss the diverse and complex issues involved in LGBT couple and family therapy. In almost 15 years, this book provides the first in-depth overview of the best practices for therapists and those in training who wish to work effectively with LGBT clients, couples, and families need to know, and is only the second of its kind in the history of the field. The clinical issues discussed include • raising LGBT children • coming out • elderly LGBT issues • sex therapy • ethical and training issues Because of the breadth of the book, its specificity, and the expertise of the contributing authors and editors, it is the definitive handbook on LGBT couple and family therapy.

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.

Systemic Sex Therapy Katherine M. Hertlein 2015-02-20 This comprehensive textbook, intended for graduate students in couple and family therapy programs as well as for clinicians of diverse orientations, offers descriptive discussions of sex therapy based on the Intersystem Approach, as developed by Gerald Weeks. The Intersystem Approach considers the biology, psychology, couple dyad, family-of-origin, and larger contextual factors of any sexual disorder or issue. It is grounded in systems theory and represents a new understanding of human sexuality and sexual problems.

Appropriate for anyone who wants to progress to a more comprehensive and integrative understanding of sexual dysfunctions, this text will teach the reader how to treat the couple, rather than the individual. Now in a second edition, *Systemic Sex Therapy* presents 12 updated chapters and two new chapters, bringing the material up-to-date with the DSM-5. Each chapter examines the definition and description of a disorder, its etiology, assessment, treatment, research, and future directions. Experts in the field discuss issues ranging from pharmacology, sexual compulsivity, therapy with lesbian and gay couples, to chapters on male and female lack of desire. A standard text in the field, *Systemic Sex Therapy* integrates couple and sex therapy to inform the treatment of sexual problems, and to give beginning and experienced clinicians the abilities and confidence they need to produce viable change in their patients' lives.

Child Abuse David A. Wolfe 1997-08-15 *Child Abuse* brings together experts in both physical abuse and sexual abuse to create one of the few volumes that has addressed innovative approaches to treatment and prevention in these two areas. The resulting compendium of information provides insights into the current psychological perspectives on the causes and treatment of different forms of child maltreatment as well as the delivery of early intervention and prevention services. The book begins in the first part with a conceptual overview of the effect of physical abuse on the life course of children and adults. Chapters on physical abuse also examine recent findings related to child abuse offenders, children who witness domestic violence, treatment of abusive adults, and prevention programs aimed at dating adolescents and pregnant women. Contributors focusing on child sexual abuse note new approaches to the delivery of treatment services for these children as well as current developments in the interface between abuse victims and the court system.

Considering the needs of both adult survivors and children, *Child Abuse* also discusses how child maltreatment interventions can be integrated into broader intervention services. An ideal book for use in professional training and development, *Child Abuse* will also guide policymakers at state and national levels to emerging new models and programs. This volume is likewise a useful resource for researchers and practitioners in social work, clinical/counseling psychology, mental health, and public health.

Handbook of Closeness and Intimacy Debra J. Mashek 2004-04-13 This handbook brings together the latest thinking on the scientific study of closeness and intimacy from some of the most active and widely recognized relationship scholars in social and clinical psychology, communication studies, and related disciplines. Each contributing author defines their understanding of the meaning of closeness and intimacy; summarizes existing research and provides an overview of a theoretical framework; presents new ideas, applications, and previously unstated theoretical connections; and provides cross-references to other chapters to further integrate the material. The *Handbook of Closeness and Intimacy* will be of interest to researchers, practitioners, and students

from social, clinical, and developmental psychology; family studies; counseling; and communication.

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