

# Treating Sexual Desire Disorders

A Clinical Casebook

edited by **Sandra R. Leiblum**

# Treating Sexual Disorders

**Nancy Gambescia, Gerald R.  
Weeks, Katherine M. Hertlein**

## **Treating Sexual Disorders:**

New Sex Therapy Helen Singer Kaplan, 2013-10-28 First published in 1975 The last two decades have brought remarkable advances in our knowledge of human sexuality These data are in the process of being assimilated into the main body of psychiatric thought which is being greatly enriched thereby Our increased understanding of sexuality is also currently being translated into innovative new approaches to the treatment of sexual difficulties These developments promise relief to many persons with distressing sexual problems who were previously thought to be beyond help At the present time the specific approach to sex therapy described in this volume is being employed further developed and most important systematically evaluated at the Sex Therapy and Education Program of the Payne Whitney Psychiatric Clinic of the Cornell University New York Hospital Center The Cornell program is psychiatrically oriented It regards sex therapy as a specialized branch of psychotherapy The Clinic conceives of sexual dysfunctions as psychosomatic symptoms and its orientation is multicausal and eclectic in that it believes that sexual dysfunctions are the product of multiple etiologic factors and our treatment armamentarium comprises an amalgam of experiential behavioral and dynamically oriented modalities *Sexual Disorders* Peter J. Fagan, 2004-12-01 Sexual disorders may arise from multiple causes Their clinical assessment diagnosis and treatment must take into account the patient's underlying biology history and behaviors Using an approach pioneered at the Johns Hopkins Medical Institutions Peter Fagan applies the four perspectives of psychiatry disease dimension behavior and life story to the diagnosis and treatment of sexual disorders This book offers therapists an efficient and clinically proven way to organize the range of theoretical methodologies currently available presenting a framework that is both conceptually cohesive and readily applicable in clinical settings After an introduction each chapter offers a case study followed by an analysis based on one perspective methodology as well as a discussion of the clinical implications of that perspective The book closes with a chapter integrating the approaches This book will be of interest to mental health care professionals including psychiatrists psychologists and social workers who treat patients with sexual disorders **Sexual Dysfunction in Men** David L Rowland, 2012-01-01 By far the best professional book ever published about understanding assessing and treating male sexual dysfunction Sexual dysfunctions in men such as erectile dysfunction ejaculatory disorders and low sexual desire are typically sources of significant distress for men This book being published with the companion volume *Sexual Dysfunction in Women* provides general therapists with practical yet succinct evidence based guidance on the diagnosis and treatment of the most common male sexual disorders encountered in clinical practice It assumes that mental health professionals and other clinicians without expertise in the field of sex therapy have much to offer these men by combining a multidisciplinary understanding of issues surrounding sexual problems with their general clinical knowledge and expertise With tables and marginal notes to assist orientation the book is designed for quick and easy reference while at the same time providing more in depth understanding for those desiring it The book can serve as a go to guide for professional

clinicians in their daily work and is an ideal educational resource for students and for practice-oriented continuing education. Recent Praise Simply put this is by far the best professional book ever published about understanding, assessing, and treating male sexual dysfunction. David Rowland examines the biopsychosocial model of sexual function and dysfunction and applies a multi-dimensional, complex approach to understanding and changing male sexual dysfunction. This book makes a major contribution to the field and should be on the bookshelf of every psychologist, physician, and couple therapist treating men individually or in couple therapy.

Barry McCarthy, Professor of Psychology, American University, Washington, DC, certified marriage and sex therapist, coauthor of *Men's Sexual Health and Sexual Awareness*, 5th ed. David Rowland's text is an important addition to the literature and belongs in every therapist's library. It is especially valuable because it is designed to help the generalist deal with sexual problems and is written clearly with a practical emphasis.

Robert Taylor Segraves, MD, PhD, Professor of Psychiatry, emeritus, Case Western Reserve University, Cleveland, OH, Editor of *Journal of Sex and Marital Therapy*. Written for both professionals and the general population, David Rowland's work provides a comprehensive scholarly review of men's sexual problems and up-to-date treatments. He concisely examines physiological and psychological causes and provides the theoretical underpinnings necessary for accurate diagnosis and treatment. This compact volume is a valuable source of useful information, succinctly covering an all-too-often-ignored area of human function and interaction.

Diane Morrissette, PhD, Psychotherapist specializing in sex and relationship counseling, Palo Alto, CA. The interdisciplinary expertise of Dr. David Rowland makes this comprehensive book on sexual dysfunction in men an essential read for any professional. The excellent descriptions of assessment and treatment will prove enlightening to medical health providers as well as anyone in the mental health field. The inclusion of the empirical evidence of varying treatments will help clinicians focus on the most efficacious approach.

*Sex Dysfunction in Men* is a welcomed addition to evidence-based practice.

Lin Myers, Professor of Psychology, California State University Stanislaus, researcher, educator, clinician in the field of sexology for over 25 years, full member of the International Academy of Sex Research and a member of SSTAR and ASSECT. *Treating Sexual Desire Disorders*, Sandra R. Leiblum, 2010-04-16. The loss or lack of interest in sex is a common complaint in sex therapy. Organized around in-depth case presentations, this book showcases effective treatment approaches for individuals and couples. The contributors are highly skilled therapists who explore the complexity of sexual desire problems and offer detailed descriptions of clinical techniques. The book illuminates the complex interplay of biological, psychological, interpersonal, contextual, and cultural factors that need to be considered in assessment and intervention. Concise chapter introductions by editor Sandra R. Leiblum summarize key themes and provide a context for understanding each author's approach.

**Sexual Dysfunction, Second Edition**, Michael P. Carey, John P. Wincze, 2012-08-30. An ideal introduction for sex therapy students and trainees, this volume provides an overview of the most common sexual dysfunctions and the full range of assessment and treatment approaches. The book begins with discussions of the main classes of sexual dysfunction.

describing what is currently known about clinical presentation prevalence and etiological factors Addressing the practical tasks of clinical evaluation and intervention the authors clearly explain basic strategies and methods for working with clients

*Nutraceuticals for the Treatment and Prevention of Sexual Disorders* Raj K. Keservani,Sharangouda J. Patil,Ivan Aranha,2025-02-10 This unique book covers diverse aspects of sexual dysfunctions and the role of nutraceutical therapeutics applying both traditional knoweldge and modern evidence based research The new book focuses on the use of nutraceuticals on sexual disorders highlighting the working solutions as well as open problems and future challenges in the use of nutraceuticals in sexual disorder research Disucssing state of the art developments and trends in this field the book covers the use of antioxidants in stress induced male infertility the role of nutraceuticals in prostate cancer male sex hormone disturbances and the impact of nutraceuticals on male accessory organs The book also addresses the use of nutraceuticals on female sexual disorders and remedial measures in treating breast cancer cervical complications pregnancy health and disorders menstrual disturbances female sex hormones female infertility and prevention of vaginal infections The book also covers the use of nutraceuticals to combat general sexual disorders such as urinogenital complications geriatric sexual functions traditional nutraceuticals use for sexual disorders the use of nutritional spices for sexual disorders and the role of nutraceuticals on transgendered individuals

#### **Management of Sexual Dysfunction in Men and Women** Larry I.

Lipshultz,Alexander W. Pastuszak,Andrew T. Goldstein,Annamaria Giralddi,Michael A. Perelman,2016-07-05 This book provides a comprehensive state of the art review of the intersection of male and female reproductive and sexual health The text comprehensively discusses the evaluation and management of physical genetic and psychological causes of male and female sexual dysfunction Discussion of treatment focuses on current medical and surgical psychosexual therapies in both the male and female The book highlights erectile ejaculatory and orgasmic disorders in the male desire arousal and orgasmic disorders in the female and an integrated approach to the couple Lifestyle modifications through diet and exercise and optimization of anthropomorphic characteristics are also discussed including a holistic approach to these disorders that goes beyond a focus on the genital system alone *Sexual Dysfunction in Men and Women An Interdisciplinary Approach* serves as a resource for physicians and researchers interested in sexual medicine seeking a comprehensive overview of the practice and novel research in the field

*Enhancing Sexuality* John Wincze,2009-04-24 Sexual dysfunction can cause significant distress in both men and women and their partners This therapist guide presents a comprehensive program for assessing and treating sexual dysfunction in couples or single individuals regardless of sexual orientation It outlines pathways for therapy and gives recommendations for formulating a treatment plan Therapists are encouraged to be flexible in their approach while guiding clients through this step by step program The guide and corresponding workbook present information on a number of sexual problems including low sexual desire difficulty becoming sexually aroused premature or quick ejaculation erectile dysfunction trouble achieving orgasm and pain or discomfort during sex Clients are educated about sexual development and

common sexual myths They also learn about factors that influence sexual functioning in order to create favorable conditions for sex For each topic this guide offers an overview of principles underlying treatment and main concepts to convey to clients Case vignettes illustrate key points and important tips for the therapist are highlighted throughout The corresponding workbook includes chapter review quizzes exercises and worksheets to reinforce client understanding and couple participation Enhancing sexuality is a worthy goal for couples and individuals and clinicians will find this a rewarding program to put into practice

**Treatment of Sexual Problems in Individual and Couples Therapy** Robert Atkins Brown, Joan Roberts Field, 1988

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Treating Sexual Desire Disorders Sandra R. Leiblum, 2010-04-16

The loss or lack of interest in sex is a common complaint in sex therapy Organized around in depth case presentations this book showcases effective treatment approaches for individuals and couples The contributors are highly skilled therapists who explore the complexity of sexual desire problems and offer detailed descriptions of clinical techniques The book illuminates the complex interplay of biological psychological interpersonal contextual and cultural factors that need to be considered in assessment and intervention Concise chapter introductions by editor Sandra R Leiblum summarize key themes and provide a context for understanding each author s approach

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*Principles and Practice of Sex Therapy* Kathryn S. K. Hall, Yitzchak M. Binik, 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

*Disorders of Sexual Desire and Other New Concepts and Techniques in Sex Therapy* Helen Singer Kaplan, 1979

**Treating Sexual Disorders** Randolph S. Charlton, 1997 Crafted to be accessible to novice clinicians experienced therapists as well as experts in sexual dysfunction this book is filled with down to earth advice and case examples The book provides clinicians with the necessary tools to understand the basics behind the formulation of effective treatment of sexual dysfunction Numerous clinical examples are presented to show how the author arrived at a treatment strategy

*A Clinician's Guide to Systemic Sex Therapy* Nancy Gambescia, Gerald R. Weeks, Katherine M. Hertlein, 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

**Sexual Dysfunction** John P. Wincze, Risa B. Weisberg, 2015-05-18 Highly regarded as a course text and practitioner resource this book presents concise intervention guidelines for the most frequently encountered sexual dysfunctions in women and men Following a consistent format chapters on each clinical problem cover its description clinical presentation prevalence etiology and biological and psychosocial factors Illustrative case examples of diverse individuals and couples are included The authors provide a state of the art framework for conducting comprehensive assessments weaving multiple data sources into a coherent case formulation and planning effective treatment that integrates medical and psychosocial strategies New to This Edition Incorporates major advances in both sexual medicine and psychotherapy Extensively rewritten with all new case material throughout New chapter organization aligned with DSM 5 Expanded coverage of biopsychosocial assessment Discusses pseudoscientific and sham treatments

The New Sex Therapy Helen Singer Kaplan, 1974 In recent years the work of Kinsey Masters and Johnson and other investigators has led to tremendous advances in our understanding of human sexuality This increased understanding is currently being translated into innovative new approaches to the treatment of sexually dysfunctional men and women with often dramatic results in relieving the distressing sexual symptoms of countless individuals who were formerly beyond help even with years of costly psychotherapy Now a noted psychiatrist and specialist in the new sex therapy describes for the first time the new treatment of the sexual dysfunctions providing a clear picture of the entire process of treatment as well as conceptualizing the theory underlying it The author's method is unique in that it represents an integration of psychoanalytic and sex therapy techniques It treats the couple on an outpatient basis and is applicable to office practice as well it focuses on relief of the sexual problem and attaining improved sexual functioning and it is multicausal and eclectic in orientation combining psychoanalytic and learning theories and techniques through the integration of assigned sexual tasks which the couple conducts at home with conjoint psychotherapeutic sessions in the doctor's office Treatment is usually brief requiring only six to fifteen visits for most couples This comprehensive volume covers the anatomy and physiology of the sexual response including the role of hormones and the brain with 13 anatomical and schematic illustrations the biological and psychological causes of sexual dysfunction and the basic principles and procedures of sex therapy Discarding the pejorative terms impotence and frigidity the author classifies the six major sexual dysfunctions as in Men Erectile Dysfunction Premature Ejaculation and Retarded Ejaculation in Women General Sexual Dysfunction Orgasmic Dysfunction and Vaginismus For each of these the author describes the immediate and deeper causes the specific sexual tasks assigned the therapist couple interaction in the therapeutic sessions and the results of treatment

Thirty nine detailed case studies supplement the text and seven drawings by internationally known artist Betty Dodson illustrate the sexual tasks most frequently prescribed Another major contribution of this volume is a group of tables showing the effects on male and female sexuality of a broad spectrum of drugs and physical illnesses The interrelationship of sexual dysfunction and marital discord contraindications for sex therapy the handling of psychiatric disorders in patient or partner and the qualifications of sex therapists are among the many ramifications of the new sex therapy which are analyzed by Dr Kaplan Evidence now suggests she says that sexual problems while they may of course be manifestations of profound emotional disturbance or mental illness are not invariably so but also commonly occur in persons who function well in other areas and have no other psychological symptoms For many patients the new brief forms of intervention are far more effective than the traditional psychiatric approaches In sum this is a comprehensive and highly professional volume which places treatment of the sexual dysfunctions on a solid scientific basis

Cognitive-Behavioral Therapy for Sexual Dysfunction  
Michael Metz,Norman Epstein,Barry Mccarthy,2017-11-13 Cognitive Behavioral Therapy for Sexual Dysfunction provides clinicians and graduate students with a comprehensive biopsychosocial model of useful practical empirically based strategies and techniques to address common sexual dysfunctions It is the most comprehensive volume describing the couple cognitive behavioral approach to assessment treatment and relapse prevention of sexual dysfunction The focus is on sexual desire and satisfaction with an emphasis on the Good Enough Sex GES model of sharing sexual pleasure rather than an individual perfect intercourse performance test This title reflects the contributions of Mike Metz to the field of couple sex therapy

*Handbook of Sexual Dysfunctions* William T. O'Donohue,James H. Geer,1993 Following the taxonomy of sexual dysfunctions contained in the DSM III R brings together the best available information on the diverse sexual problems as well as describing the research agenda for the future Each chapter author writes on the psychopathology assessment and treatment of each disorder and also outlines important questions for future research For each group of dysfunctions desire arousal orgasm and pain disorders the handbook also contains a chapter written by a physician on the medical aspects of that group of dysfunctions Annotation copyright by Book News Inc Portland OR

Clinical Handbook of Couple Therapy, Fourth Edition Alan S. Gurman,2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy Noted contributors many of whom developed the approaches they describe combine clear conceptual exposition with thorough descriptions of therapeutic techniques In addition to presenting major couple therapy models in step by step detail the book describes effective applications for particular populations and problems Chapters adhere closely to a uniform structure to facilitate study and comparison enhancing the book s utility as a reference and text See also Clinical Casebook of Couple Therapy also edited by Alan S Gurman which presents in depth illustrations of treatment

## Reviewing **Treating Sexual Disorders**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Treating Sexual Disorders**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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