Sex Therapy for the General Therapist, Part 2: Treating Common Sexual Concerns and Dysfunctions

Sexual intimacy is considered by many to be a critical aspect of a healthy romantic relationship. Amid a social focus on sexuality that sometimes seems to border on the obsessive, sexual concerns and dysfunctions are common in both general and clinical populations. Indeed, love-making embodies the most intimate and vulnerable experiences of our client’s lives. However, discussing and treating these issues in the therapy room can be challenging for therapists. Most therapists have not had the benefit of training in the fascinating and complex nature of human sexuality to feel confident addressing these topics. In this talk we will review the common sexual concerns and dysfunctions of heterosexual couples, and arm general therapists with treatment options for men, women, and couples.

This talk stands alone but is Part Two of a two-part series on sex therapy for the general therapist. It is recommended that this lecture on treatment be completed as the second in that series, thus enabling the therapist to place treatment issues in a more general sexual context.

Learning Objectives

- Summarize primary causes of female sexual dysfunction
- Demonstrate skills in the psychological treatments for female sexual dysfunction
- Summarize primary causes of male sexual dysfunction
- Demonstrate skills in the psychological treatments for male sexual dysfunctions
- Identify common medical treatments for male and female sexual dysfunctions

The Presenter

Dr. Marianne Brandon is a clinical psychologist and Diplomate in sex therapy. She is author of Monogamy: The Untold Story, Unlocking the Sexy in Surrender: Using the Neuroscience of Power to Recharge Your Sex Life, and co-author of Reclaiming Desire: 4 Keys to Finding Your Lost Libido. She co-hosted a talk radio show, is a past book review editor for the American Association of Sex Educators, Counselors, and Therapists, past board member of The International Society for the Study of Women’s Sexual Health, and regularly writes and lectures for professional and lay audiences. She has served twice as a panel member for FDA hearings evaluating medications relevant to female sexual function. Her areas of expertise include the conceptualizing human sexuality and sexual dysfunction from an evolutionary perspective. You can learn more about her work at www.drbrandon.net, join her on twitter @DrBrandon, and on facebook /DrMarianneBrandon. Dr Brandon is in private practice in Boston, MA.

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