

# Treatment of Sexual Problems

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# Common Treatments For Sexual Problems

- Sex Therapy
  - psychoeducation about sexuality
  - self exploration/self-stimulation techniques
  - sensate focus exercises
- CBT interventions – *anxiety reduction techniques*
- Oral Medications – *Viagra, Cialis, Levitra*  
*hormone replacement therapies (HRT), Addyi*  
*or Flibanserin*

# Common Medical Treatments for Sexual Problems

- Intracavernosal injections
- Intraurethral pharmacotherapy
- Penile implants
- SSRI – anti-depressants
- Pelvic floor physiotherapy
- Female Genital surgery (vulvar vestibulectomy)

# Goals of Sex Therapy:

- An intervention-oriented CBT approach
- Emphasizes “doing and understanding”
- Clients are encouraged to try different sexual activities at home - they are then helped to understand why they are experiencing difficulties.
- Encourages couple to develop a different lovemaking repertoire to circumvent difficulties
- Provides information and education
- Promotes positive attitudes towards sexuality

# Goals of Sex Therapy:

- Focus on eliminating performance anxiety
- Avoidance of “spectator role”
- Promotes being “in the moment” and focusing on positive, sexual thoughts, feelings, behavior
- Encourages couples to improve their communication on sexual preferences and effectiveness of sexual techniques.
- Encourages couples to make emotional and physical intimacy a priority.

# Self-awareness / Self-stimulation Exercises

- Getting in touch with your own body
- Exploring arousal and factors that increase
- Learning to acquire better control over your sexual responsiveness
- Identify factors that stimulate arousal and orgasm vs. factors that impede it.
- Entail orgasmic re-orientation

# Goals of Self-Stimulation Exercises

- Identify and regulate negative thoughts and/or feelings which impede sexual functioning
- Be able to respond better to appropriate, sexual stimuli
- Be able to get in touch with your sexuality in a low-stress, anxiety free context.

# Sensate Focus Exercises

- Refers to a series of gradual steps of specific sexual behaviors which the couple engages in at home as a way of re-building their sexual repertoire.
- Initially intercourse, breast and genital stimulation are prohibited
- Couple focuses on caressing, touching, messaging the non-sexual parts of their bodies.

# Sensate Focus

- Forbidding more intense sexual expression allows couples to enjoy kissing, hugging, caressing and body massage
- This bypasses the stress that would occur if they anticipated that these activities would be followed by goal-directed sex
- The couple's sexual repertoire is then rebuilt through a graduated series of successive approximations to full sexual activity

# Sensate Focus

- At each step, anxiety reduction, skill enhancement and elimination of performance demands are emphasized
- This ensures that the couple's interactions remain pleasurable, therapeutic interactions.
- These new corrective, learning experiences will reduce anxiety and encourage more flexible behavioral repertoires

# Goals of Sensate Focus

- Allow couple to relax and feel comfortable together while naked and without the pressure of having to perform.
- Enables each partner to explore and become familiar with their partner's body.
- Experiment with different types of non-sexual touching and to learn more about the partner's preferences.
- Experiment with different types of sexual touching.

# Goals of Sensate Focus

- Promote communication between partners as it relates to sexual thoughts, feelings & behaviors.
- Enables the couple to build a “new approach” to lovemaking.
- Allows all of above goals to be attained in a low-stress, low-anxiety context.
- Promotes more flexible, varied approach to sex
- Can be modified accordingly for same-sex couples