

Sexuality at different life stages assignment

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Richard (Ty) Trevino PSY 265 - Ch. 13 Assignment Axia College - University of Phoenix Anna, an adolescent girl, is very much in love with her boyfriend who is three years older than she. He is putting a lot of pressure on her to have sex. At the same time, she is anxious about her parents' attitude towards her boyfriend. Her mother constantly warns her about dating an older boy and assumes that he intends to take advantage of her.

The therapist needs to coach Anna on the sexual decision-making process, including addressing her feelings and also what she would recommend, in regards to what would be related to her mother's anxiety. The therapist would then translate data as a simplified version of advice for the child, to be capable of using them as their own rather than something that was becoming an imposition upon them as their own rather than something imposed on the child. "Laying down the law" is not likely to be as effective as providing information and encouraging discussions with the child, which could be used to make sound decisions and not out of dire necessities. Convictions are to be clearly stated, with advice provided, regarding sex with expressions of the parents' values and beliefs. Parents of teenage children often react to sexual experimentation with threats or punishments, which may cause adolescents to rebel or tune them out. The adolescent may learn to associate sex with fear and anger, which may persist for awhile, even in adult relationships.

Parents may find it as a more constructive way to convey concerns about the consequences of children's actions in a loving and nonthreatening way that invites an open response. Say, for example, "I'm worried about the way you are experimenting, and I'd like to give you some information that you may

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not have. Can we talk about it? ” (Calderone & Johnson, 1989, p. 141). Tom and Susan are an elderly couple. Tom has been retired for several years, and Susan is more recently retired. She has shown a renewed interest in sexual activity. Tom has not reciprocated Susan’s interest as he is anxious about his sexual ability at this age. The therapist is going to address the physical and psychological changes which affect sexuality in both Tom’s and Susan’s life together. Tom and Susan should focus on more oral methods of pleasuring each other since sex organs of elderly people are not quite as sensitized compared to when they were younger. This desensitization of an elderly couples sex organs leads to recommendations by a therapist to consider alternative methods of pleasuring one another. Susan would be showing a renewed interest in sexual activity with Tom, since she has been most likely taking estrogen treatments. Tom’s anxiety to perform for Susan had been interfering with his ability to relax more. Once Tom learns to relax, while he and Susan are ready to have sex together, then Tom may be more psychologically receptive and be able to perform for Susan. The therapist will recommend that Susan also make efforts of stimulating Tom’s genitals so that Tom can respond more effectively for Susan. Although Bill has been paralyzed from the waist down since he was a child, the therapist can explain alternative methods of giving and receiving pleasure in other ways. The therapist can explain all types of oral methods of exchanges that Bill can use to be intimate with his partner. A therapist can also help Bill to become less nervous and uncomfortable by explaining the use of meditation techniques. The therapist can explain how strong the power of our mind is and by using the power of suggestion, accompanied by mild sedatives, can help Bill to relax more, while he is engaged in intimacy with his partner.

One of the main concerns for Bill has always been his disability, which has been the root cause for Bill's nervousness and discomfort. The therapist can help Bill accept and come to terms with his own disability, thereby reducing the psychological blocks that have been preventing Bill from enjoying intimacy with his partner. Resources Fichner-Rathus, Lois, Nevid, Jeffrey, S. , Rathus, Spencer, A. , Copyright © 2005 by Pearson Education, Inc. , Human Sexuality in a World of Diversity, Sixth Edition, Published by Allyn and Bacon