

Sex therapy



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Sex therapy is a specialized form of professional counseling that helps both men and women overcome their sex related problems. It is the treatment of sexual problems such as non-consummation, premature ejaculation or erectile dysfunction, low libido, unwanted sexual fetishes, sexual addiction, painful sex, or a lack of sexual confidence. It also helps in recovering people who have suffered from sexual harassment. It can solve erectile dysfunction problems which are mainly caused because of stress, work pressure, problems in personal relationship or lack of proper sexual communication. Sex therapists provide sessions to those who are facing these problems and help them recover and lead a normal sex life (Wikipedia, 2011). A sex therapist has professional training and the required practice to solve sexual problems. They generally have an educational background in other fields like psychology, medicine or social work. Many people have inhibitions in discussing their sexual problems but sex therapists help them overcome it. During their sessions they ask the patient to read various sex related books, practice better sexual communication skills and do touching exercises which are so designed so as to reduce their problem they have during intercourse. Sex therapy does not give a medical degree but has a separate course with its own rules and regulations (Indiadiets. com, 1999). Many women all over the world are facing childbirth problems which can be solved through sex therapy. The sex therapist helps in determining the exact problems that a couple faces in childbirth. He assesses the whole situation and provides the solution accordingly. There are people who have been sexually abused and are suffering from depression. A sex therapist through proper counseling can help such people overcome the problem. Thus sex therapy also helps in clinical works. In a case, a wife had been referred to a sex therapist by a

psychologist. Initially she was having orgasmic problems which the psychologist related to excessive drinking by the husband and use of violent language by him. After six months of marital therapy, the conflict between the husband and wife was solved but their sexual problems still remained. On consulting the sex therapist it was known that the couple's problem was orgasmic dysfunction and premature ejaculation. A series of 14 visits to the sex therapist their dysfunctions were successfully solved (Maurice, August 1976). Traditional way of sex therapy involves the general stop and squeeze exercises. They don't look into the depth of the problem and basically look at a problem from a medical or a psychological view point. Their process generally involves intake of medicines rather than a practical approach and takes a long time to get solved. In this approach only the patient is involved in the treatment. The systemic approach looks at a sexual problem from a couple's point of view rather than just the patient. They treat the partner as the homework surrogate instead of the traditional thought of just being an informant. The systemic method goes much beyond the traditional approach- understanding the main problems faced by the couples in having sex, its assessment in details and providing solutions involving both the patient and his partner. It's a new approach which believes that the reasons of sexual problems in a couple may vary from inhibitions to lack of sexual communication. The viewpoints of both the partners matter in solving a sexual problem otherwise it may spoil their relationship. In this system the couple is given respect and space to understand their weakness so as to enable them to do their homework sincerely. The systemic approach to sex therapy is much advanced and better than the traditional approach (Hertlien, 2008). Sex therapy has helped many couples overcome the problems of

sexual dysfunction. This therapy is based on lot of research and study of various couples suffering from different kinds of sexual problems in their life. It has helped many couples regain their confidence and lead a happy marital life. People who are shy in approaching a sex therapist with their problems should go in for the therapy and see for themselves how it works successfully in regaining their normal life back again. REFERENCES N. p, n. d. Cleveland clinic, Retrieved from [http//my. clevelandclinic. org/disorders/erectile_disorder_impotence/ hic_sex_therpy. aspx](http://my.clevelandclinic.org/disorders/erectile_disorder_impotence/hic_sex_therpy.aspx). Web 29 May, 2011 N. p, 1999. Retrieved from [http://www. indiadiets. com](http://www.indiadiets.com). Web 30 May, 2011 Hertien Katherine M., Weeks Gerald, Gambrecia Nancy, 2008. Sysmetic sex therapy Retrieved from [http://www. amazon. com](http://www.amazon.com). Web 30 May, 2011 Wikipedia, 2007. Retrieved from [http://en. wikipedia. org/wiki/sex_therapy](http://en.wikipedia.org/wiki/sex_therapy) Web 29 May, 2011. Maurice William L., MD, FRCP[C]; Stuart Frieda, MSW; Szasz George, MD, CMA Journal, 21 August 1976. Retrieved from [http://www. ncbi. nih. gov/pmc/articles/PMC1878659/Pdf/canmedaj01486- 0033pdf](http://www.ncbi.nih.gov/pmc/articles/PMC1878659/Pdf/canmedaj01486-0033pdf). Web 31 May, 2011