

Sensate Focus Exercises For Couples

Udo Jonas, Walter Thon, Christian G. Stief

Sensate Focus in Sex Therapy Linda Weiner, Constance Avery-Clark, 2017-02-24 Sensate Focus in Sex Therapy: The Illustrated Manual is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

The Wiley Handbook of Sex Therapy Zoë D. Peterson, 2017-04-24 The Wiley Handbook of Sex Therapy ist ein umfassendes und auf empirischer Basis überarbeitetes Werk zur jüngsten Theorie und Praxis in der psychotherapeutischen Behandlung sexueller Probleme quer durch alle Klientengruppen. -In vier Abschnitten werden spezifische sexuelle Fehlfunktionen, theoretische Ansätze der Sexualtherapie, die Arbeit mit der Diversität der Klienten und zukünftige Richtungen in der Sexualtherapie dargestellt. -Vertritt einen ganzheitlichen Ansatz in der Sexualtherapie, fokussiert auf die Anwendung einer Bandbreite psychotherapeutischer Theorien und Techniken mehr als nur auf die gängigen Verhaltensstrategien. -Fallstudien dokumentieren das breite Spektrum an Zuständen, die Klienten erleben können und die Sexualtherapeuten daher im Beratungsraum antreffen. -Enthält Beiträge von mehr als 60 Experten verschiedenster Fachrichtungen.

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.

Heterosexuality William H. Masters, Virginia E. Johnson, Robert C. Kolodny, 2001-01-01 Masters and Johnson have been internationally acclaimed as pioneer sex researchers. Now, they have studied the critically important changes that have occurred in the 30 years since their landmark study, Human Sexual Response, was first published. These include changes in the legal, social, political, medical, scientific, psychological, public and private perspectives of human sexuality. Here is a comprehensive survey of virtually every aspect of sexual relations between men and women. Complete with graphs, diagrams, line drawings and other visual aids, the book provides definitive, accurate, and practical info. on such topics as: love and intimacy; performance anxiety; sexual dysfunction; sex and aging; conception and contraception; disease; and much more.

Knowing Her Intimately Laura M. Brotherson, 2016-09-07 Take your relationship to the next level...intimately! Knowing her intimately is the ultimate how-to-handbook--power-packed with hope and help for creating the intimate and passionate relationship God intended. Taking a respectful, yet straightforward approach, this sex-therapy-in-a-book, helps couples navigate the intricacies of intimacy to strengthen their marriages.--Back cover.

Textbook of Female Sexual Function and Dysfunction Irwin Goldstein, Anita H. Clayton, Andrew T. Goldstein, Noel N. Kim, Sheryl A. Kingsberg, 2018-07-02 A comprehensive text on female sexual function and dysfunction that offers a multi-disciplinary, biopsychosocial approach to diagnosis and treatment Textbook of Female Sexual Function and Dysfunction offers a multi-disciplinary, biopsychosocial approach and provides guidance for the safe and effective diagnosis and treatment of various sexual health issues. With contributions from an international panel of experts, the text provides the scientific basis of the clinical recommendations for dealing with problems of sexual, desire, arousal, orgasm and pain. The text is clearly organised around the four major disease states in female sexual dysfunction (FSD) and is officially endorsed by the International Society for the Study of Women's Sexual Health (ISSWSH). The authors cover a wealth of topics such as hypoactive sexual desire disorder, psychological management of sexual disorders, anatomy and physiology of sexual

dysfunction and pain and information on future developments and research. In addition, the text reviews all FDA approved medications for sexual dysfunction and contains consideration of off-label treatments for FSDs. This important text: • Offers the only textbook to highlight female sexual dysfunction in light of recently approved FDA medications • Contains a unique biopsychosocial approach from a collaborative team of physicians, psychologists, physical therapists as well as other sexual health professionals • Presents a comprehensive text led by one of the foremost global experts in Women's Sexual Health, Irwin Goldstein, founder of ISSWSH, with three other past presidents and one president-elect Written for any professional dealing with women's sexual health, Textbook of Female Sexual Function and Dysfunction offers an invaluable guide to the most safe and effective diagnosis and treatment.

A Clinician's Guide to Systemic Sex Therapy Gerald Weeks, Nancy Gambescia, Katherine M. Hertlein, 2012-08-06 A Clinician's Guide to Systemic Sex Therapy provides readers with an integrative and comprehensive theory in guiding their clinical practice. Pragmatically oriented, this text walks clinicians through diagnosis and treatment with resources such as tables, graphs, flow charts, and implementation strategies. The text does not rely on only visual elements, however. Acknowledging that information needs to be guided by a theory that can be translated into practice, the authors use the Intersystems approach to provide a comprehensive perspective in understanding and improving intimate and sexual relationships for clients. A Clinician's Guide addresses and fills the lack of theoretical integration in the practice of couple and sex therapy and provides a relevant follow-up to the authors' extensive text, Systemic Sex Therapy (Routledge, 2008). This book is an essential roadmap for translating theory into practice and trains clinicians to give their clients the most thorough and valuable assistance possible.

Finding and Revealing Your Sexual Self Libby Bennett, Ginger Holczer, 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and 'Sexercises' designed to enhance the information in each chapter. The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations. Special 'Sexual Healing' sections are dispersed throughout, containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication. The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy. Finding and Revealing Your Sexual Self helps readers to become sexually self-aware and able to share this awareness with their partner, while providing the tools to discuss sex with professionals, if necessary.

The Couples Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., David J. Berghuis, 2011-04-06 The Couples Psychotherapy Progress Notes Planner, Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Couples Psychotherapy Treatment Planner, Second Edition. The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation. Saves you

hours of time-consuming paperwork, yet offers the freedom to develop customized progress notes Organized around 35 behaviorally based presenting problems, including loss of love and affection, depression due to relationship problems, jealousy, job stress, financial conflict, sexual dysfunction, blame, and intimate partner violence Features over 1,000 prewritten progress notes (summarizing patient presentation, themes of session, and treatment delivered) Provides an array of treatment approaches that correspond with the behavioral problems and DSM-IV-TRTM diagnostic categories in The Couples Psychotherapy Treatment Planner, Second Edition Offers sample progress notes that conform to the requirements of most third-party payors and accrediting agencies, including CARF, The Joint Commission (TJC), COA, and the NCQA Presents new and updated information on the role of evidence-based practice in progress notes writing and the special status of progress notes under HIPAA

Systemic Sex Therapy Katherine M. Hertlein, Gerald R. Weeks, Nancy Gambescia, 2010-06-10 Systemic Sex Therapy serves as an introduction to the field of sex therapy from a systems perspective. It is an excellent resource for graduate students in marriage and family therapy programs or students and professionals who want a truly fresh perspective on sex therapy. This approach moves beyond traditional behavioral approaches to incorporate individual, couple, and intergenerational factors in etiology and treatment. Unlike current books on the market that are outdated, too advanced, simplistic, unfocused, or too diffuse in content, Systemic Sex Therapy is comprehensive, concise, highly focused on treatment, user-friendly, and contains features not found in other sex therapy texts, such as a systemic/behavioral focus, clinical innovation, and a greater focus on implementation rather than competing works.

Compulsive Sexual Behaviours Silva Neves, 2021-05-10 Compulsive Sexual Behaviours offers a unique approach to the struggles people face with their out-of-control sexual behaviours. This comprehensive guide is deeply rooted in the science of sexology and psychotherapy, demonstrating why it is time to re-think the reductive concept of 'sex addiction' and move towards a more modern age of evidence-based, pluralistic and sex-positive psychotherapy. It is an important manual for ethical, safe and efficient treatment within a humanistic and relational philosophy. This book will be an important guide in helping clients stop their compulsive sexual behaviours as well as for therapists to self-reflect on their own morals and ethics so that they can be prepared to explore their clients' erotic mind.

Working with Sexual Issues in Psychotherapy Desa Markovic, 2017-08-25 Whilst many psychotherapists work skilfully and creatively with the subject of sex, the lack of professional support systems – such as training and supervision – mean that the topic is often still treated as taboo in the psychotherapy room. This secretive treatment may increase clients' feelings of shame and embarrassment, thus mirroring the confusing views on sexuality in society and leading to the onset and development of sexual dysfunctions. Bringing the medical perspective of sexology together with systemic psychotherapy informed by social constructionism, this timely book seeks to fill the gap in psychotherapy literature, research and training

by providing a theoretical framework, as well as practical guidance, for effective therapeutic interventions in working with sex and sexual relationships in clinical practice. Exploring topics such as sexual prejudice, the significance of sexual diversity and the assessment and treatment of sexual dysfunctions, enriched with a wealth of engaging case studies, *Working with Sexual Issues in Psychotherapy* is a fascinating and important read both for students new to this complex topic, and for practitioners looking for a comprehensive source of reference.

Sex, Attachment and Couple Psychotherapy Christopher Clulow, 2018-05-08 The contributors to this book have drawn on different mentors to provide a framework for understanding the sexual problems of the couples they see, and to inform the work they do. But whether Freud, Jung, Klein or Bowlby has been the progenitor of their own particular therapeutic narrative, the spirit of enquiry and curiosity is evident in their approach. This has created space to explore the dimensions of sex, love, hate and power in ways that allow the facts of life to emerge and be discovered as something unique and authentic to each couple. It has also created a platform from which new understandings may emerge to inform practice in the future.

Sexuality and Chronic Illness Leslie R. Schover, Søren Buus Jensen, 1988-06-10 This much-needed work presents a clear, sensitive, and practical guide for clinicians who treat sexual problems among chronically ill men and women. Providing a comprehensive analysis of the difficulties faced by these individuals in their attempts to live full lives, the volume teaches clinicians basic skills needed to comfortably discuss sexuality with patients, assess sexual problems using both psychological and medical approaches, and create a systematic treatment plan. Authors Schover and Jensen's consistent emphasis on integrative assessment and therapeutic techniques goes a long way toward rectifying the imbalance often created by a strictly medical or psychological techniques.

Cognitive Behavior Therapy William T. O'Donohue, Jane E. Fisher, 2008-12-23 Proven to be highly effective for the treatment of a wide range of problems, cognitive-behavior therapy is the most widely used psychotherapeutic technique. Building on the success of the previous edition, *Cognitive Behavior Therapy, Second Edition* presents specific direction for cognitive behavior therapy techniques. Fully updated and expanded, this edition contains contributions from world-renowned experts on problems including smoking cessation, stress management, and classroom management. Its step-by-step illustrations create a hands-on reference of vital cognitive-behavioral therapy skills. This reference is essential for psychologists, counselors, and social workers.

Sacred Stress George R. Faller, MS, LMFT, The Rev. Dr. Heather Wright, 2016-04-20 Learn how to understand and use your stress for positive change. With up-to-date analysis, real-life examples and spiritual practices, this book explores the effects of stress and ways to honor its symptoms. Rather than be limited by a perspective of distress, you can use stress as a catalyst for growth in all areas of life.

The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-09-15

The SAGE Encyclopedia of Marriage, Family and Couples Counseling is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche aspects of the field and some broader views of counseling in general, this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches and techniques and how they address various life events within the unique dynamics of families, couples and related interpersonal relationships. Key topics include: Adolescence Adoption Assessment Communication Coping Diversity Divorce and Separation Interventions and Techniques Life Events/Transitions Parenting Styles Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with References/Further Readings and Cross References to related entries to aid the reader in their research journey

Erectile Dysfunction Udo Jonas,Walter Thon,Christian G. Stief,2013-04-17 The basic principles of the phenomenon erection have been known since the pioneering work of Kolliker, Eckhard and Langley in the nineteenth century. Nonetheless, under the influence of Freud, erectile dysfunction was predominantly attributed to psychogenic factors. A more liberal perception of sexuality since the 1960s, the development of new and refined diagnostic techniques, and the expansion of basic research activity resulted in a new concept of erectile dysfunction, identifying arteriogenic, venogenic, endocrinologic or myopathic (cavernous smooth muscle dysfunction) factors. From this research other considerations such as autonomic innervation, cavernous endothelial intactness or impaired neurotransmitter pool are being introduced into routine clinical assessment. A reevaluation of psychogenic etiology with a consequential new concept of psychogenic impotence is on the rise. In this book the new concepts of basic knowledge on cavernous smooth muscle function and its supraspinal, spinal, and local control; the new diagnostic approaches in psychogenic and autonomic factors; and the new developments of reconstructive therapeutic options for the patient have been tied together. Outstanding and internationally renowned experts in the field of erectile dysfunction have given detailed insight into the latest basic and clinical developments. Well-established diagnostic and therapeutic techniques are presented by experienced colleagues. We hope that this book will help the reader to get an overview of the current concepts of erection. Furthermore, we hope that international collaboration in basic and clinical research in the field of erectile dysfunction will render an update necessary in the near future.

Couples and Family Therapy in Clinical Practice Ira D. Glick,Douglas S. Rait,Alison M. Heru,Michael Ascher,2015-10-15 Couples and Family Therapy in Clinical Practice has been the psychiatric and mental health clinician's

trusted companion for over four decades. This new fifth edition delivers the essential information that clinicians of all disciplines need to provide effective family-centered interventions for couples and families. A practical clinical guide, it helps clinicians integrate family-systems approaches with pharmacotherapies for individual patients and their families. *Couples and Family Therapy in Clinical Practice* draws on the authors' extensive clinical experience as well as on the scientific literature in the family-systems, psychiatry, psychotherapy, and neuroscience fields.

Restoring the Pleasure Clifford L. Penner, Joyce J. Penner, 2016-03-08 Do you need help restoring the pleasure to your marriage? Whether you've been married a day, a decade, or half a century, if your sexual relationship is marred by pain, tension, or disappointment—you are not alone. Thousands of couples struggle with sexual problems that keep their marriages from being all that God intended them to be. But there is hope! Now, sexual therapists and best-selling authors Joyce and Cliff Penner share their proven methods in this comprehensive, easy-to-follow book of detailed explanations, realistic anecdotes, and clearly written exercises. Providing the biblical basis for the sexual relationship, as well as helpful diagnostic aids, the Penners help you improve communication and educate yourselves about your God-given sexual response. Then they lead you step-by-step through creative (and fun) sexual-retraining assignments to help you overcome various problems. The Penners provide straightforward advice and reassuring encouragement to help you start restoring the pleasure to your marriage. Beginning counselors and pastors will also find this an invaluable resource for helping others overcome their sexual barriers.

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