



Case Studies in Sex Therapy

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Case Studies in Sex Therapy From The Guilford Press

The field of sex therapy has changed dramatically since Masters and Johnson were recommending brief, problem-centered treatments that tended to focus on the mechanics of sexuality. With simple cases of premature ejaculation or anorgasmia becoming increasingly rare, clinicians are now utilizing a sophisticated array of multidisciplinary approaches to treat a complex variety of challenging problems and patient populations. Bringing together, under one cover, case studies and clinical discussions by the very authorities whose work is changing the field, *Case Studies in Sex Therapy* provides a state-of-the-art guide to current clinical practice.

Presenting a comprehensive overview of treatment models, the case studies cover each of the major categories of sexual dysfunction. The first section focuses on cases of sexual desire disorders, a major area of sex therapy in recent years. Issues explored include desire disparity between partners, clinical interventions in marital and sex therapy, the interplay of low and excessive desire disorders in couples, biological aspects of inhibited sexual desire, treatment considerations with a homosexual couple, the application of integrative therapy for treating secondary low sex desire, and the many factors that may contribute to sexual avoidance. Illustrating the trend toward a richer, postmodern understanding of the instances and sources of adult sexual dysfunction, chapters also examine the interaction of therapy and politics as well as the effects of childhood sexual trauma or physical abuse on sexual desire later in adulthood.

Focusing on sexual performance problems, chapters in the next section demonstrate both the opportunities and the complex challenges posed to the clinician by the array of new medical, surgical, and pharmacological therapies. With an emphasis on the integration of medical and psychological approaches, these cases focus on the treatment of problems such as male erectile disorder and chronic genital pain. Reflecting the importance of social and cultural factors, the third section addresses the growing interest in the field in sexual addiction and compulsion. Case studies cover such contemporary and controversial issues as the treatment of a sexually addictive client and the treatment implications when a client has been sexually exploited by another therapist.

A major addition to the clinical literature, this indispensable resource will be of

value to a wide range of mental health and medical professionals, including marriage and family therapists, psychologists, psychiatrists, social workers, family physicians, and psychiatric nurses. Bringing the issues to life with case studies that are sure to stimulate classroom discussion, the book also serves as a teaching text for advanced undergraduate and graduate students.

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Editorial Review

Review

"This book is must reading for all who practice marital and sex therapy. The case studies really bring the technology to life. Approaches that seem abstract and technical are transformed into personal, humanistic accounts of change. Plain and simple, it is a great book." --Neil S. Jacobson, Ph.D.

"This extraordinary book is must reading for all sex therapists, couple therapists, and family therapists. Rosen and Leiblum, leading sex therapist experts for over two decades, have pulled together many of the most experienced and creative therapists in the field to offer fascinating clinical descriptions of their evolving work. We live in a time of changing mores regarding sexual behavior, which make our knowledge of sex therapy all the more important. This book shows a broad range of sophisticated approaches to sex therapy, which take into account the complexities of biological, psychological, couple, family of origin, life cycle, and systems issues. The cases are compelling, well written, described with all the vicissitudes of human problems. There is no magic here, just solid, thoughtful, creative approaches to real life clinical issues." --Monica McGoldrick, A.C.S.W., Ph.D., Director, Family Institute of New Jersey

"Through case examples from leaders in the field, this book surveys contemporary theory and clinical practice in sex therapy. Each chapter is unique, revealing its author's clinical and personal style, which makes the volume interesting. Many approaches to treating problems of low sexual desire are showcased, reflecting the field's current maturation. Examples of treatment for sexual performance difficulties through integrated medical and therapeutic interventions are sophisticated and up to date. This readable book will be of interest to today's clinicians and tomorrow's scholars." --David Schnarch, Ph.D.

"... an excellent collection of chapters written by experienced therapists, who detail their work with an openness and self-reflection that is welcome and enormously helpful. The book should have appeal to a wide range of audiences. Those in the field will find the approaches and techniques described validating and broadening; mental health professional who do not specialize in treating people with sexual difficulties will expand their diagnostic and therapeutic considerations, and young therapists who have gotten interested in integrating sexual approaches in their work will derive much from the shared wisdom of the group represented in the book. ...a superb book; it is authoritative and informative, and presents a wide range of material in a way that should enhance most therapists' skills." Derek C. Polonsky, M.D., Department of Psychiatry, *Harvard Medical School. Journal of Sex & Marital Therapy*.

"Readers who are familiar with the three earlier volumes by Rosen and Leiblum...are used to thoughtful and well-presented issues that are at the same time scholarly and highly readable....Clearly, Rosen and Leiblum have given us another gift. Case Studies in Sex Therapy is an ambitious volume covering a broad range of topics discussed by well-known clinicians. It brings us up to date..."--Journal of Sex Research
(*Journal of Sex Research* 1995-05-21)

From the Back Cover

With simple cases of premature ejaculation or anorgasmia becoming increasingly rare, clinicians are now utilizing a sophisticated array of multidisciplinary approaches to treat a complex variety of challenging problems and patient populations. Bringing together, under one cover, case studies and clinical discussions by the very authorities whose work is changing the field, Case Studies in Sex Therapy provides a state-of-

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About the Author

Raymond C. Rosen, PhD, is Professor of Psychiatry and Medicine and Co-Director of the Center for Sexual and Marital Health at the University of Medicine and Dentistry of New Jersey Robert Wood Johnson Medical School. A prominent scholar and researcher in the area of sexual psychophysiology and male sexuality, Dr. Rosen is a highly productive author and coeditor of many books, including, most recently, Patterns of Sexual Arousal, Erectile Disorders ,Sexual Desire Disorders, and the second edition of Principles and Practice of Sex Therapy. Additionally, he is the editor of Annual Review of Sex Research.

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