



Enhancing Sexuality: A Problem-Solving Approach to Treating Dysfunction Therapist Guide Therapist Guide (Treatments That Work)

John Wincze

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Sexual dysfunction can cause significant distress in both men and women and their partners. This therapist guide presents a comprehensive program for assessing and treating sexual dysfunction in couples or single individuals, regardless of sexual orientation. It outlines pathways for therapy and gives recommendations for formulating a treatment plan. Therapists are encouraged to be flexible in their approach while guiding clients through this step-by-step program.

The guide and corresponding workbook present information on a number of sexual problems including low sexual desire, difficulty becoming sexually aroused, premature or quick ejaculation, erectile dysfunction, trouble achieving orgasm, and pain or discomfort during sex. Clients are educated about sexual development and common sexual myths. They also learn about factors that influence sexual functioning in order to create favorable conditions for sex.

For each topic, this guide offers an overview of principles underlying treatment and main concepts to convey to clients. Case vignettes illustrate key points and important tips for the therapist are highlighted throughout. The corresponding workbook includes chapter review quizzes, exercises, and worksheets to reinforce client understanding and couple participation. Enhancing sexuality is a worthy goal for couples and individuals, and clinicians will find this a rewarding program to put into practice.

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