



Top 10 reasons to see a Sex Therapist

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What is Sex Therapy?

Sex Therapy is...

- Is first and foremost a form of psychotherapy
- Is one form or treatment for sexual concerns that cause distress
- Includes a bio-psycho-social framework
- Often includes collaborations with other types of providers
- Is usually not only about sex, but can be
- Is often more effective with homework

What is good sex therapy?

Affirming and non-pathologizing!

“Good Sex Therapy” treatment includes building a therapeutic alliance which necessitates assessment and a client-centered orientation to the values and situated meaning-making of sex and gender and the current distress. It is not a univocal approach and often is collaborative and affirming.

What differentiates sex therapy from other forms of therapy?

Education and training in sex-related concerns!

**What are some reasons
someone would someone
see a sex therapist?**

1. Lack of Desire

Not feeling in the mood the way you used to? Low sexual desire or Hypoactive Sexual Desire Disorder, is the sexual problem most commonly reported to sex therapists. It is difficult to treat, but the good news is that once the underlying cause is found, it is usually cured. While hormonal imbalances, hypothyroidism, pituitary tumors and renal dialysis as well as certain antidepressants and stimulants can trigger low sex drive, when medical reasons aren't to blame, a sex therapist can help identify the emotional and psychological reasons and their antidotes. examples include: stress, unresolved anger towards spouse.

2. Painful Intercourse

Sometimes pain during intercourse is medical in nature, such as conditions like vulvodynia. But sometimes it is behavioral (holding on to stress/trauma), so a sex therapist can find out from a client (usually women) what is happening at home and make suggestions, such as to spend more time in foreplay, which enhances vaginal lubrication and makes the vagina larger in size to accommodate a typical penis, or to use lubricant or try certain sex positions, such as woman on top, that give the woman more control during sex. Sex therapy can help women and their partners learn to better communicate about the pain and how it affects their relationship. Sex therapy can also help women and men widen their scope of what 'sex' is—for example, to consider oral sex, sex toy play, mutual caressing and other forms of sexual pleasure. Some doctors and therapists are even finding that vibration on women's genitals can help reduce pain...

3. Desire Discrepancy

or mix-matched desires (or one partner wants it more than the other). For Ex., You want sex every night of the week, but your partner is happy with a few times a month. Sex therapy can help clients understand that it is normal for couples to have emotional and meaningful differences in the amount and kind of sex they want, and conflict around this issue is not about too much distance, but too much closeness. The cure, especially for couples who spend much of their time together, is to take a step back and find a way to balance emotion and objectivity. For example, if you're the one with the lower sex drive, perhaps spending a little time away from your husband—even for a few hours on a Saturday—might help your desire improve. Like Esther Perel says, "Love seeks closeness, but desire needs space to thrive." just as a flame needs oxygen.

4. Sexual Anxiety

Sexual anxiety can manifest in a number of ways, including: body shame, erectile dysfunction, inability to orgasm, and as a response to sexual trauma. Sex therapists can help to address the underlying causes of anxiety, develop anxiety-reduction techniques, and prepare for future sexual encounters and the client would prefer to have them: with less stress and anxiety!

5. Sexual Shame

From gender identity to surviving an assault to sex work and more, a sex therapist can help you deal with something that brings you shame even if that emotion is totally unwarranted. Deep down, most people who see them want to know if they're "normal." Shame has a funny way of making you feel like you're not, and it's the opposite of conducive to enjoying a healthy sex life. But it can also be almost impossible to escape, especially in a culture with so much shame. Shame can also manifest itself in ED and gender identity/ sexuality issues, each of which may be helped by a sex therapist.

6. Orgasm Difficulty

Many people are concerned about orgasm—or lack thereof. The most common orgasm-related problem is not being able to orgasm at all. Sex therapists can provide clients with information about their bodies, for example, the clitoris. Many women do not know much about the clitoris or how it can most easily be stimulated, such as through oral sex, masturbation or certain intercourse positions. A sex therapist can suggest that a woman engage in masturbation, at home and alone, rather than with her partner, so that she doesn't feel pressured to 'perform.' Often, with practice, women are able to learn to orgasm through self-pleasuring/masturbation exercises with their fingers or with a vibrator.

7. Infidelity

After someone cheats, many marriages end. But those who decide to forgive and try again can benefit from sex therapy, which can help rebuild trust. Sex therapy can help couples to address betrayal, reestablish trust, and heal the relationship.

8. Sexual changes after pregnancy and childbirth

Many couples complain that the kids have ruined their sex life, and in many cases it's true. Many parents put sex on the back burner hoping to get back in the groove at some point down the road, but when they can't, sex therapy can help. The physical and emotional changes that happen after childbirth can have a strong impact on the relationship. For women, changes in their hormone levels often leave them with a lower sex drive, particularly if they are nursing. Many women have also experienced changes to their body that leave them feeling uncomfortable. And while men most often remain attracted to their wives at the same level they always were, some report being dramatically affected by the changes in their partner's body. Sex therapy can help a couple re-establish a connection and teach them to see each other as a man and a woman in a loving relationship, rather than just two sleep-deprived parents caring for the needs of young children.

9. Sexual changes with aging

Normal aging brings physical changes in both men and women. These changes sometimes affect the ability to have and enjoy sex. For ex, a woman may notice changes in her vagina including thinning of vaginal walls and decreased lubrication. As men get older, impotence (also called erectile dysfunction, or ED) becomes more common. ED may cause a man to take longer to have an erection, his erection may not be as firm or as large as it used to be, and he may lose erection after orgasm more quickly. These changes could make certain types of sexual activity, such as vaginal penetration, painful or less desirable. Sex therapy can help educate clients of the natural sexual changes that occur with aging and offer suggestions for individuals and couples to accommodate their changing bodies, making sex more pleasurable and relieving the pressure to continue to perform like their in their 20s.

10. Feeling sexually out of control

OCSB or Sexual addictions can manifest in many ways, including excessive pornography use, masturbation, infidelity and others, each of which can destroy intimacy, trust and sexual satisfaction in a partnership. Sex therapists are trained to deal with these intricate issues to rebuild a couple's trust and connection when an OCSB threatens a relationship. Some therapists (like myself) prefer to view the problem as obsessive-compulsive as opposed to the 12-step addictive model, but nevertheless the treatment is similar. With sex therapy, couples can work together to try to identify the root cause of the behavior. Knowing where it came from helps understand the trigger points and gives the "addict" more control over his or her behavior.

How can someone find a sex therapist? (TIPS)

Finding the right therapist can feel like dating. Here are a few steps to try:

1. If you have insurance, call and ask for help finding a local sex therapist.
2. Look into the American Association of Sexuality Educators, Counselors and therapists (AASECT). They have an online directory of local professionals. Not all of the professionals list their insurance policies, though, so you'll need to visit their websites or get in touch with their offices to ask about that.
3. Online services such as Psychology Today have filters that allow you to get more specific about what you want. For instance, on Psychology Today, you can drill the results down to sex therapists who specialize in gender identity, take your insurance, and participate in online therapy.
4. Google "sex-positive therapist in [insert your city here]." You may find a network which lists sex-positive therapists in your areas who specialize in areas such as kink, ethical non-monogamy, and sexual assault survivorship.
5. Consider Pricing. If you're struggling with insurance, try asking your potential therapist's office if they ever accept payment on a sliding scale and, if they do, which income brackets qualify.

Resources:

For reducing shame:

“Come as You Are: The Surprising New Science that Will Transform Your Sex Life”

[BUY NOW ON AMAZON](#)

For Desire loss/discrepancy:

“Mating in Captivity: Unlocking Erotic Intelligence”

[BUY NOW ON AMAZON](#)

For Infidelity:

“The State of Affairs: Rethinking Infidelity”

[BUY NOW ON AMAZON](#)

“When You're the One Who Cheats: Ten Things You Need To Know”

[BUY NOW ON AMAZON](#)