

## ***Why Sex Therapy?***

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### **Counseling Solutions at SMI**

I remember my first efforts at speaking and walking. Walking was a real trip, pun intended. I often wondered why I had such difficulties speaking since I had a voice box, my mouth opened just fine, and my feet certainly were big enough. Then I overheard Grandpa say, "If we were meant to fly God would have given us wings." That really screwed me up since I neither had wings nor horns or other fanciful aids to enable my struggles with my parts and pieces.

Healthy and joyful human sexuality also does not happen naturally. Actually we often have a number of difficulties expressing what "should happen naturally."

Hollywood has done more damage to American sexual expression than the Puritans could have imagined. You Tube, Playboy, and internet porn: to mention just a few, have trivialized the act and objectified the participants. Lack of parenting and public sex education has turned the experience into a life time of adolescent gaming.

And yes the pills, creams, and whatever that is advertized so frequently on TV are not the permanent solution.

Sexual attitudes and expressions are learned. Our teachers, e.g., parents, society, clergy, etc., often have conflictual and often negatively prejudicial positions that often lead us away from the sexual joy that is rightful ours to experience with our spouses. Sex therapy can help.

Sexual therapy can help enhance the marital sexual relationship particularly when intercourse is infrequent or there is a lack of sexual interest.

Even in the best marriages there are a high percentage of ***sexual dysfunctions***. Many men have difficulty achieving or maintaining an erection and many more ejaculate prematurely. Females often experience physical or emotional pain during intercourse. A majority of women have difficulty with sexual release, orgasm.

***Sexual addictions*** are sexually related compulsive activities designed to "relieve" emotional stresses. Some of these activities are: excessive masturbation, pornography, adultery, and fornication. Sexually abusing others through voyeurism, exposure, molestation, and violence are some other forms of addiction. Sexual addictions can often lead to sexual exploitation of children.

***Sexual therapy can help with sexual enhancement, dysfunction, and addictions.***

Sexual therapy is designed to relieve the symptoms of unsatisfactory sexual experiences and to teach a couple to communicate and behave with each other in ways that reduce demand, enhance pleasure, and facilitate the natural physiological sexual response.

Much change can take place in a relatively short period of time. How well the change is integrated into the couple's ongoing life depends upon their commitment to scheduling quality sexual experience times each week. Reviewing the principles that brought about the change and planning creative non-demand sexual encounters is vital.

The counselor discusses faulty/hurtful belief systems. He explores with the couple their sexual goals and helps them adjust with realistic expectations. After all marital sex is NOT like Hollywood.

Sexual therapy helps couples discover new avenues of expression that are intimate and non-demanding regardless of their age or health.

The counseling is very private (no one knows that you are in counseling or what we are discussing) and the counselor is never directly involved with the couple's experiences. All the sexual exercises happen at the client's home never at the counselor's office. The counselor does have to ask questions but it is always done appropriately and with good manners.

I would suggest that couples first interview the sex therapist/counselor to be assured that they will be well served.

Many couples have gained fulfillment and relief from difficulties through the sexual therapy process after years of frustration. Approximately eighty percent of sexually dysfunctional couples can be relieved of their symptoms through sexual therapy.

For more information go to: [www.MarriageCounseling.org](http://www.MarriageCounseling.org).

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***Call for your appointment today!***

**336-760-1780**