



HELP IS NOW AVAILABLE

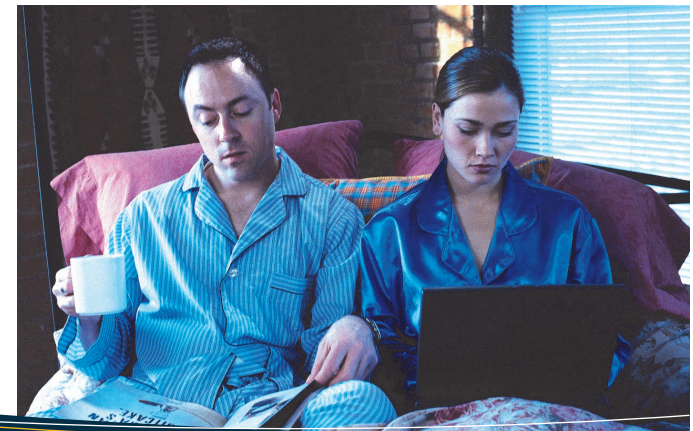
Psychosexual counseling using effective CBT interventions is now available through **Cognitive-Behavioral Therapy Center of**

WNC, PA. Visit us on the web:

www.BehaviorTherapist.com

Physician Handout

Sexual Health/Sexual Problems



OTHER ISSUES WE ADDRESS

- Depression
- Anxiety and panic
- Excessive worry
- Phobias
- Assertiveness training
- Social anxiety
- Substance abuse
- Smoking cessation
- Stress management
- Trichotillomania
- Obsessive-compulsive disorder
- Compulsive skin picking
- Weight loss
- Chronic pain

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SEXUAL HEALTH AND COGNITIVE-BEHAVIORAL THERAPY: LIVING AND COPING WITH SEXUAL PROBLEMS.

Diagnosis
Treatment
Men and Women

CBT HAS DEMONSTRATED SUCCESS WITH:

- IMPAIRED SEXUAL DESIRE & INTEREST
- AROUSAL DIFFICULTIES
- PERFORMANCE PROBLEMS
- EJACULATION/ORGASM DIFFICULTIES
- SEXUAL DISSATISFACTION



Since Masters and Johnson's pioneering work on psychological treatment of sexual problems in the 1970's, the field of cognitive-behavioral counseling for sexual problems has grown considerably and is now considered a major resource in helping clients who experience distress related to sexual problems.

COGNITIVE-BEHAVIORAL THERAPY (CBT)

Cognitive-behavioral therapy (CBT) is an effective, time limited and problem-focused approach to sexual difficulties and the psychological and social side effects caused by these difficulties. CBT involves practical interventions targeting behavioral, emotional, and cognitive issues that interfere with sexual performance and satisfaction.

In addition, the cognitive-behavioral approach is helpful in the treatment of sexual problems related to medical issues such as diabetes and

chronic pain, issues arising out of sexual trauma, and with issues connected to familial or cultural factors.

CBT interventions have been found to be effective in 80% of clients presenting for treatment!

CBT interventions can also dovetail effectively with pharmacological interventions. An advantage of adding CBT interventions is that individuals learn skills which promote self-efficacy and prevent relapse. This may also prevent over-reliance on medication as the solution to problems.

*“CBT interventions
have been found to be
80% effective...”*

CBT Interventions Involve:

- Psycho-education/providing accurate information
- Challenging erroneous assumptions regarding sexuality
- Sensate focus and non-demand pleasuring
- Behavioral assignments to increase comfort
- Permission giving
- Teaching effective communication techniques
- Techniques related to the specific presenting problem, ex. desensitization for vaginismus, self-control methods for premature ejaculation.



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