

# Building, Maintaining, & Rekindling Intimacy in Relationships

Dr. Clifford & Joyce Penner

AACC 2025

# Disclaimer

Dr. Clifford & Joyce Penner have no disclosures to make other than royalties from the following books used in this session:

- *The Married Guy's Guide to Great Sex*, 2017
- *Enjoy! The Gift of Sexual Pleasure for Women*, 2017
- *Restoring the Pleasure*, 2016
- *Counseling for Sexual Disorders*, 2025

# Evidence Based Practice

- “Research evidence is not necessarily the only base for determining what constitutes EBP. The American Psychological Association Presidential Task Force on Evidence-Based Practice (2006) explicitly proposed requiring evidence from clinicians’ real-world observations and from client values and preferences in addition to research evidence as a basis for establishing EBP.”

Sturmey & Hersen 2012

**Text your**

**QUESTIONS**

**626 390 4230**



How important is sex in marriage?

Healthy sexual intimacy is important to build openness, trust and vulnerability in marriage.

Marriages that reflect healthy sexual intimacy have a powerful impact on children, families and communities.

# Is sexual intimacy the most important factor in marriage?

- ***Covenant Commitment*** = ***the machine*** that is the central component of marriage
- ***Effective Communication*** = ***the fuel*** that keeps the machine running.
- ***Mutually Satisfying Sexual Relationship*** = ***the lubricant*** that keeps the machine running smoothly

# Learning Objectives:

The participants will be able to

1. Connect biblical teaching about male and female roles for intimacy with ***gender-related roles and responsibilities*** that promote sexual fulfillment in contrast to patterns that interfere with mutual intimacy in marriage.
2. Comprehend that ***sexual mutuality*** is necessary for long-lasting intimacy in a committed relationship and can be attained as each spouse takes responsibility to do his/her part and releases responsibility to the other to do their part.
3. Accept that passion in marriage will only last if the couple focuses on ***pleasure and enjoyment***, not responses or results.



## Learning Objectives, continued:

4. Identify when *healing* from past hurts or sexual dysfunction is necessary for the couple to gain healthy sexual intimacy.

5. Promote *intentionality* by teaching couples to nurture their intimacy by engaging in deliberate connecting times, using tools like The Formula for Intimacy.

# Learning Objective 1:

Connect biblical teaching about male and female roles for intimacy with *gender-related roles and responsibilities* that promote sexual fulfillment in contrast to patterns that interfere with mutual intimacy in marriage.

Embrace male/female difference:

It is the combination of  
male consistency and  
female ever-changing complexity  
that keeps the spark alive

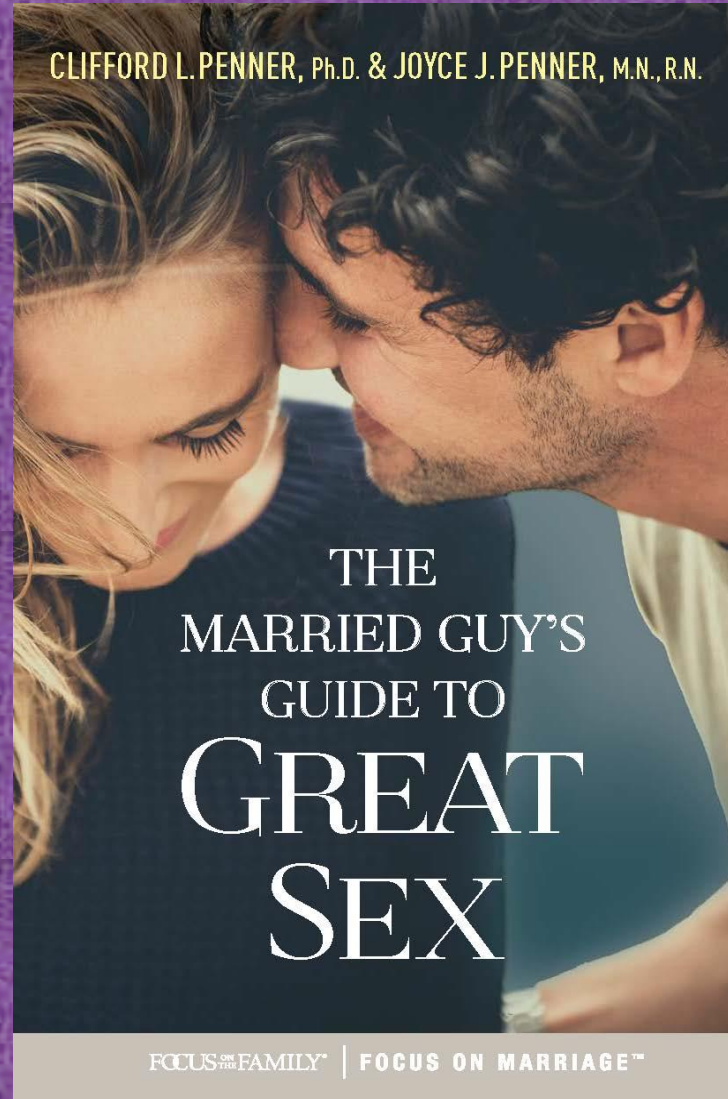
# Man's Role

Love his wife like Christ loves us



## Ephesians 5:25-28

“Husbands go all out in your love for your wives, exactly as Christ did for the church - a love marked by giving, not getting. Christ’s love makes the church whole, his words evoke her beauty. Everything he does and says is designed to bring the best out of her”



[www.passionatecommitment.com](http://www.passionatecommitment.com)

## Woman's Role:

The woman needs to be able to listen to her body, freely enjoy and share herself with him like the woman in the Song of Solomon.



## Excerpts from Song of Solomon:

“On my bed night after night, I sought him whom my soul loves.”

“I am my beloved’s and my beloved is mine.”

“... My love’s kisses flow from his lips to mine. I am my lover’s. I’m all he wants. I’m the world to him! Come, dear lover. . .”



JOYCE J. PENNER, M.N., R.N. & CLIFFORD L. PENNER, Ph.D.

# ENJOY!

THE GIFT OF  
SEXUAL PLEASURE  
FOR WOMEN

FOCUS<sup>®</sup> ON FAMILY<sup>®</sup> | FOCUS ON MARRIAGE<sup>™</sup>

[www.passionatecommitment.com](http://www.passionatecommitment.com)

***For passion in marriage,  
a woman needs to be able to take;  
she needs to believe she is worthy  
of his touch and has the right to be  
intensely sexual.***

*The woman leads with her sexuality, not with demand, but by listening to her body, taking in the good feelings of touch and inviting him to enjoy her body as she enjoys his.*



***A turned-on woman is usually a  
turn-on to a man;  
on the contrary, a turned-on man  
can be experienced as a demand  
or pressure to a women***



# HOW TO SATISFY A WOMAN EVERY TIME

Caress, praise, pamper, relish, savor, massage, make plans, fix, empathize, serenade, compliment, support, feed, tantalize, bathe, humor, placate, stimulate, jiffylube, stroke, console, purr, hug, coddle, excite, pacify, protect, phone, correspond, anticipate, nuzzle, smooth, toast, minister to, forgive, sacrifice for, ply, accessorize, leave, return, beseech, sublimate, entertain, charm, lug, drag, crawl, show equality for, spackle, oblige, fascinate, attend, implore, bawl, shower, shave, trust, grovel, ignore, defend, coax, clothe, brag about, acquiesce, aromate, fuse, fizz, rationalize, detoxify, sanctify, help, acknowledge, polish, upgrade, spoil, embrace, accept,, butter-up, hear, understand, jitterbug, locomote, beg, plead, borrow, steal, climb, swim, nurse, resuscitate, repair, patch, crazy-glue, respect, entertain, calm, allay, kill for, die for, dream of, promise, deliver, tease, flirt, commit, enlist, pine, cajole, angelicize, murmur, snuggle, snoozle, snurfle, elevate, enervate, alleviate, spotweld, serve, rub, rib, salve, bite, taste, nibble, gratify, take her places, scuttle like a crab on the ocean floor of her existence, diddle, doodle, hokey-pokey, hanky-panky, crystal blue persuade, flip, flop, fly, don't care if I die, swing, slip, slide, slather, mollycoddle, squeeze, moisturize, humidify, lather, tingle, slam-dunk, keep on rockin' in the free world, wet, slicken, undulate, gelatinize, brush, tingle, dribble, drip, dry, knead, fluff, fold, blue-coral wax, ingratiate, indulge, wow, dazzle, amaze, flabbergast, enchant, idolize and worship, then go back, Jack, and do it again.

# HOW TO SATISFY A MAN EVERY TIME

Show up naked





# The System that Works

The husband loves, adores, and connects  
with his wife;

His adoration ignites her passion.

She invites him

(which is the model in the Song of  
Solomon).

He feels validated.

Both end up happy -- It's a WIN WIN!



## Learning Objective 2:

Comprehend that ***sexual mutuality*** is necessary for long-lasting intimacy in a committed relationship and can be attained as each spouse takes responsibility to do his/her part and releases responsibility to the other to do their part.

# Mutuality

is the key to a satisfying sexual  
relationship in marriage

# I Corinthians 7:3-5

“The marriage bed must be a place of **mutuality**. The husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to ‘stand up for your rights.’ Marriage is a decision to serve the other whether in bed or out.”



*Sex has to be as good for one  
as it is for the other,  
if it is going to be good for both  
for a lifetime.*

***Mutual sexual joy and fulfillment  
can be attained... as each spouse  
takes responsibility to do his/her  
part and releases responsibility to  
the other for his/her part.***

## Learning Objective 3:

Accept that passion in marriage will only last if the couple focuses on ***pleasure and enjoyment***, not responses or results. .



Ch. 13; Pages  
136-137

CLIFFORD & JOYCE PENNER

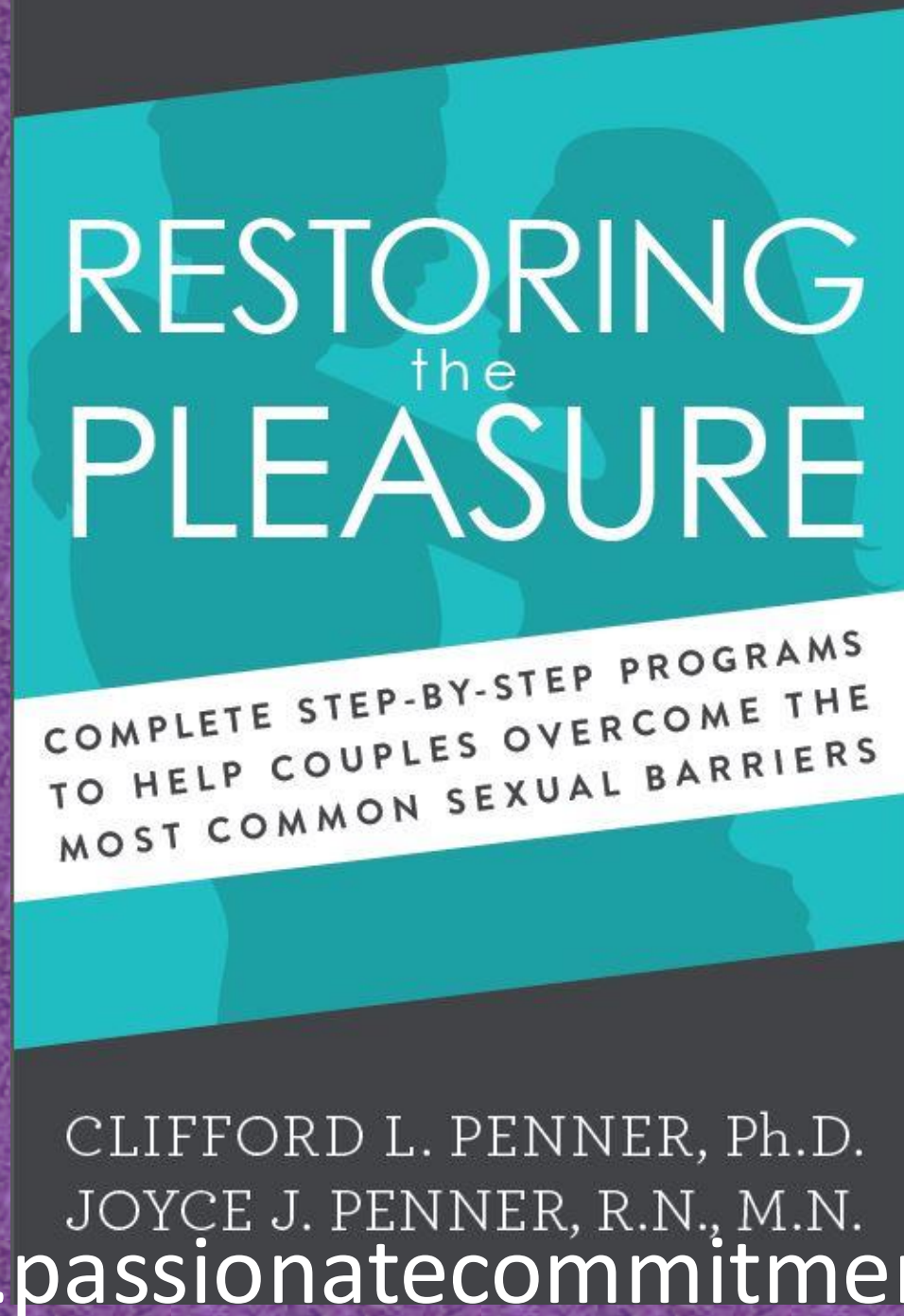
The  
Gift of Sex

*A Guide to  
Sexual Fulfillment*

[www.passionatecommitment.com](http://www.passionatecommitment.com)



Pages 94-97  
& 147-149



[www.passionatecommitment.com](http://www.passionatecommitment.com)

Pages 127;  
136-138

# COUNSELING — FOR — SEXUAL DISORDERS

A THERAPIST'S HANDBOOK



Clifford and Joyce Penner



# Pursue Pleasure by:

- Touching in circles
- Going with the contour of the other's body
- Keeping his pace behind hers
- Kissing passionately daily without leading to sex

## Learning Objective 4:

Identify when *healing* from past hurts or sexual dysfunction is necessary for the couple to gain healthy sexual intimacy.

Seek self-help or professional therapy

To heal from  
past and current hurts or  
To correct sexual dysfunctions –  
when sex isn't working



Self-help

# RESTORING the PLEASURE

COMPLETE STEP-BY-STEP PROGRAMS  
TO HELP COUPLES OVERCOME THE  
MOST COMMON SEXUAL BARRIERS

CLIFFORD L. PENNER, Ph.D.  
JOYCE J. PENNER, R.N., M.N.

[www.passionatecommitment.com](http://www.passionatecommitment.com)

# Counseling for Sexual Disorders

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JOYCE J. PENNER, R.N., M.N.  
CLIFFORD L. PENNER, Ph. D.

# Sexual Therapy

## COUNSELING — FOR — SEXUAL DISORDERS

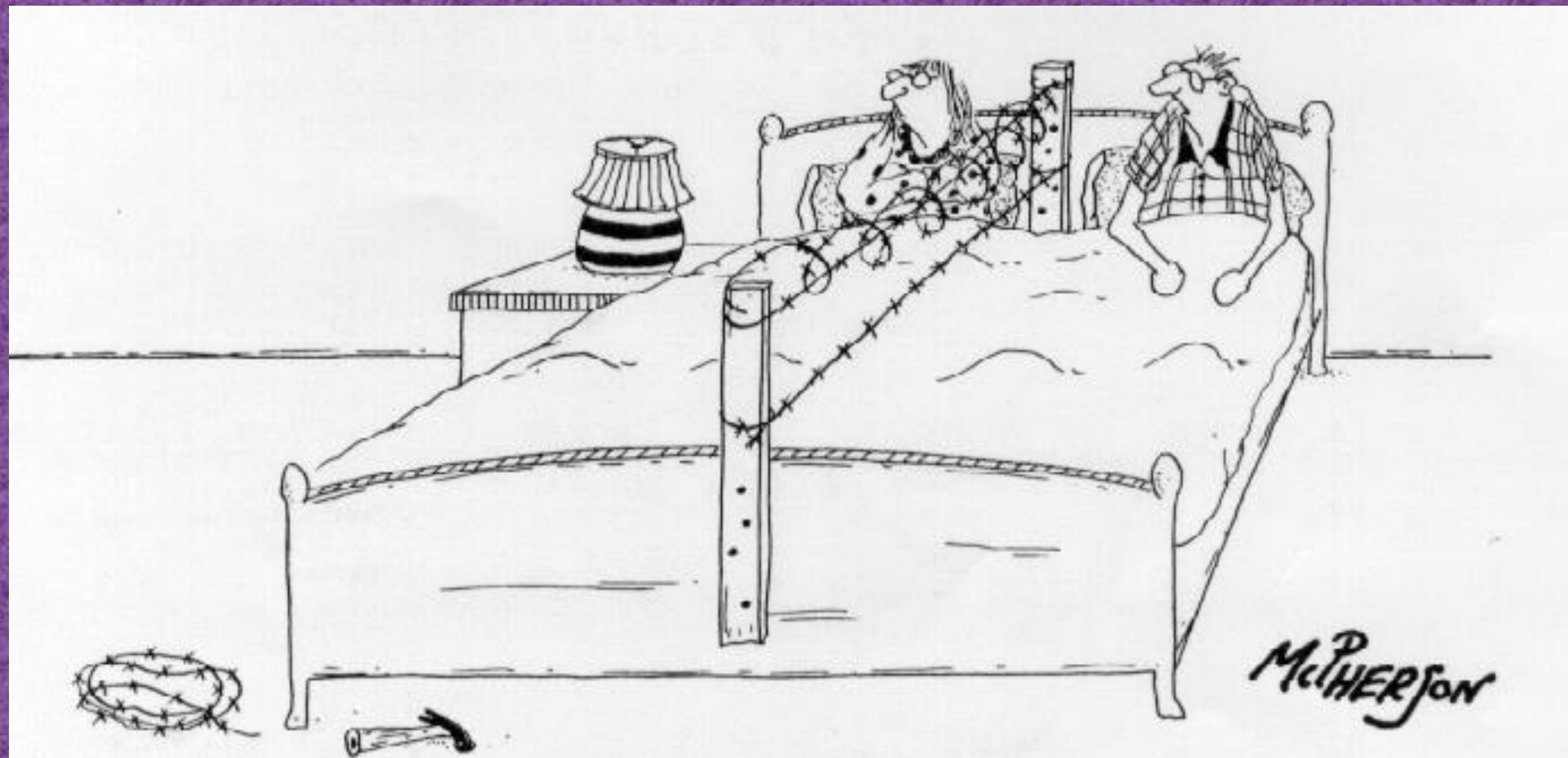
A THERAPIST'S HANDBOOK



Clifford and Joyce Penner



Healing will be necessary if  
relationship conflict,  
anger or shame  
have crept into the bedroom

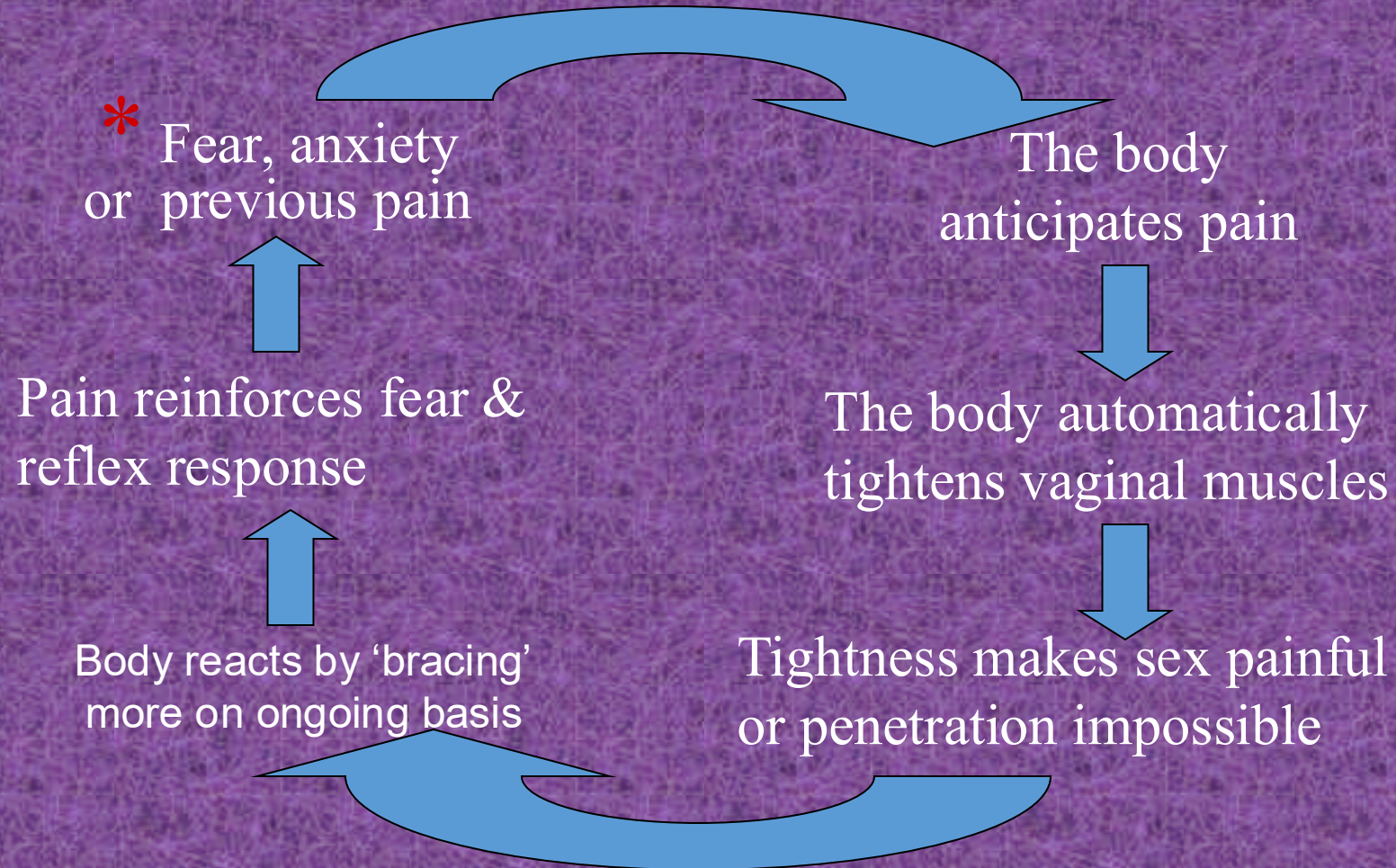


**"APPARENTLY I HAVE DONE SOMETHING  
TO UPSET YOU."**

*When sex hurts*  
*Sex is for pleasure!*  
*Painful sex can not be*  
*allowed to continue*



# The Cycle of Pain



Dyspareunia  
267-297

# COUNSELING — FOR — SEXUAL DISORDERS

A THERAPIST'S HANDBOOK



Clifford and Joyce Penner

*A person who has experienced  
**past abuse,**  
shows high interest in sex  
before & outside of marriage;  
that desire shuts down radically  
in marriage.*



Abuse  
209-212

# COUNSELING — FOR — SEXUAL DISORDERS

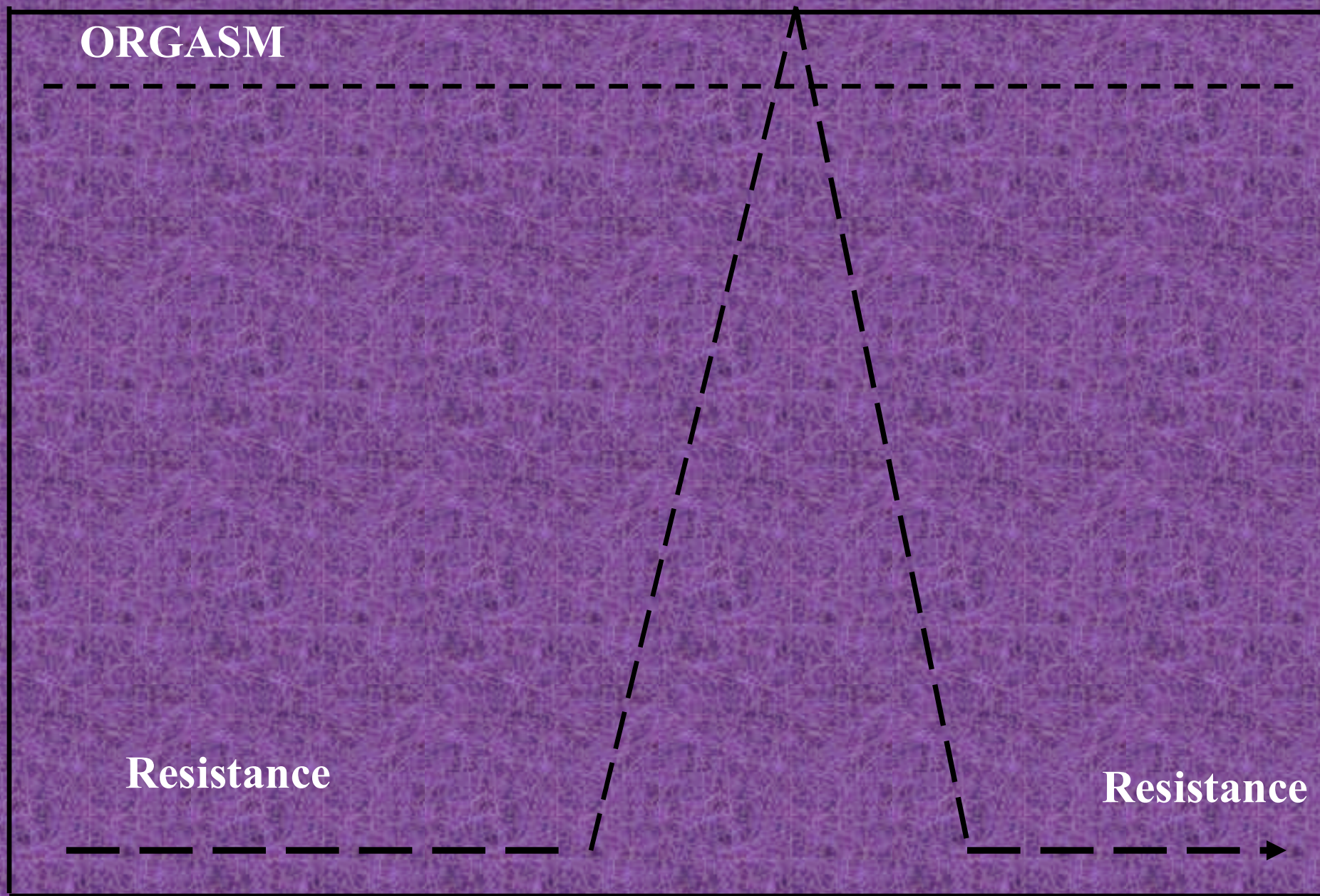
A THERAPIST'S HANDBOOK



Clifford and Joyce Penner

## ACA

*May be tenaciously resistant to  
getting into a sexual experience  
until her body responds;  
THEN SHE HAS A GREAT TIME!*



**GRAPHING YOUR RESPONSE PATTERN: ACA Graph**



ACA 213-  
214

# COUNSELING — FOR — SEXUAL DISORDERS

A THERAPIST'S HANDBOOK



Clifford and Joyce Penner

## ***Porn or other external stimuli***

Sexual responses that got triggered  
by non intimate stimuli, are  
tenaciously self-perpetuating.

*The brain chemicals  
that spark attraction  
are totally different from  
those that foster  
life-long attachment*



***Excited love\*:***

*newness attraction; dopamine; SNS*

***Quiet love\*:***

*long-term attachment; oxytocin; PNS*

\*Dr. Allan Schore, UCLA

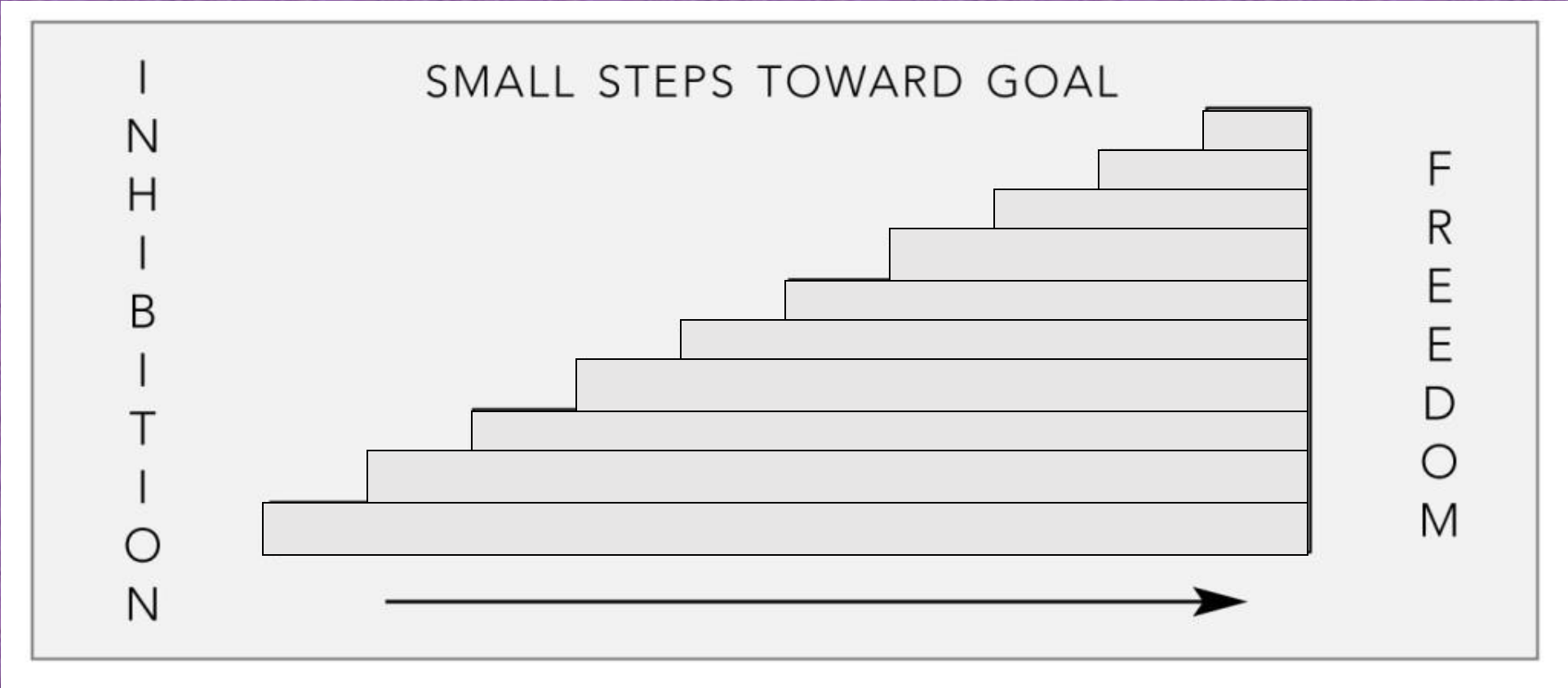
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- VI. to spotlight addictive patterns and behaviors interfering with mutuality

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- V. to help overcome body image and weight issues
- VI. to spotlight addictive patterns and behaviors interfering with mutuality
- VII. to highlight resistance to reversing symptoms & achieving goals
- VIII. to help couples spark passion and get the love they are longing for with each other (Harville Hendrick's *Getting the Love you Want*)

The ultimate goal:  
Help couples achieve a mutually  
satisfying sexual relationship within  
the parameters of what is possible  
given their situation.

Keys to Success:

Clear Guidelines

An In-charge Therapist

Data Gathering re Homework

Effective Management of Client's  
Idiosyncrasies & Relational Issues



## Learning Objective 5:

Promote ***intentionality*** by teaching couples to nurture their intimacy by engaging in deliberate connecting times, using tools like The Formula for Intimacy.

# Intentionality

The anticipation of planned  
intimate times together builds  
quality;  
the allotment of those time  
increases quality

Are couples having sex by

Duty or Demand

rather than

Desire or Decision?



## 4 D's: ~~Demand~~, ~~Duty~~, Desire, or Decision



## ***Formula for Intimacy***

***\*15 minutes a day to:***

***-connect emotionally:** look into each other's eyes (↑ oxytocin: trust hormone); share a positive thought, feeling and/ or affirmation of the other.*

***-connect spiritually:** share an inspirational reading and prayer.*

***-connect physically:** hug for 20 seconds (↑ oxytocin); kiss passionately for 5-30 seconds without leading to sex (↑ dopamine: passion hormone)*

***\* One evening a week :** walk, date, shower, caress, no demands*

***\* One day a quarter:** fun, play, lead and teach enjoyable touch*

***\* One weekend a year:** together away or at home; no distractions*

***Penner & Penner***

*[www.passionatecommitment.com](http://www.passionatecommitment.com)*

# Formula for Intimacy

15 Minutes per day:

- To connect emotionally - share an affirmation, thought or feeling – looking into each other's eyes
- To connect spiritually - read a verse/devotional or say a pray
- To connect physically –  
hug 20 sec to ↑oxytocin  
kiss 5-30 sec to ↑dopamine



*Daily passionate kissing  
keeps the pilot light on so  
the flame can easily be  
turned up.*

# Key Principles we've learned about men, women & sex in marriage

- Embrace male/female differences
- Pursue Mutuality
- Focus on pleasure, not results
- Seek self help or professional intervention for hurt or dysfunction
- Practice Intentionality

# Ephesians 5:1-3

Watch what God does,  
and then do it . . .

Mostly what God does  
is love you.

Keep company with Him and  
learn a life of love.



**Text your**

**QUESTIONS**

**626 390 4230**

Guiding principles what is okay in marriage:

Is it loving?

Is it mutually enjoyable?

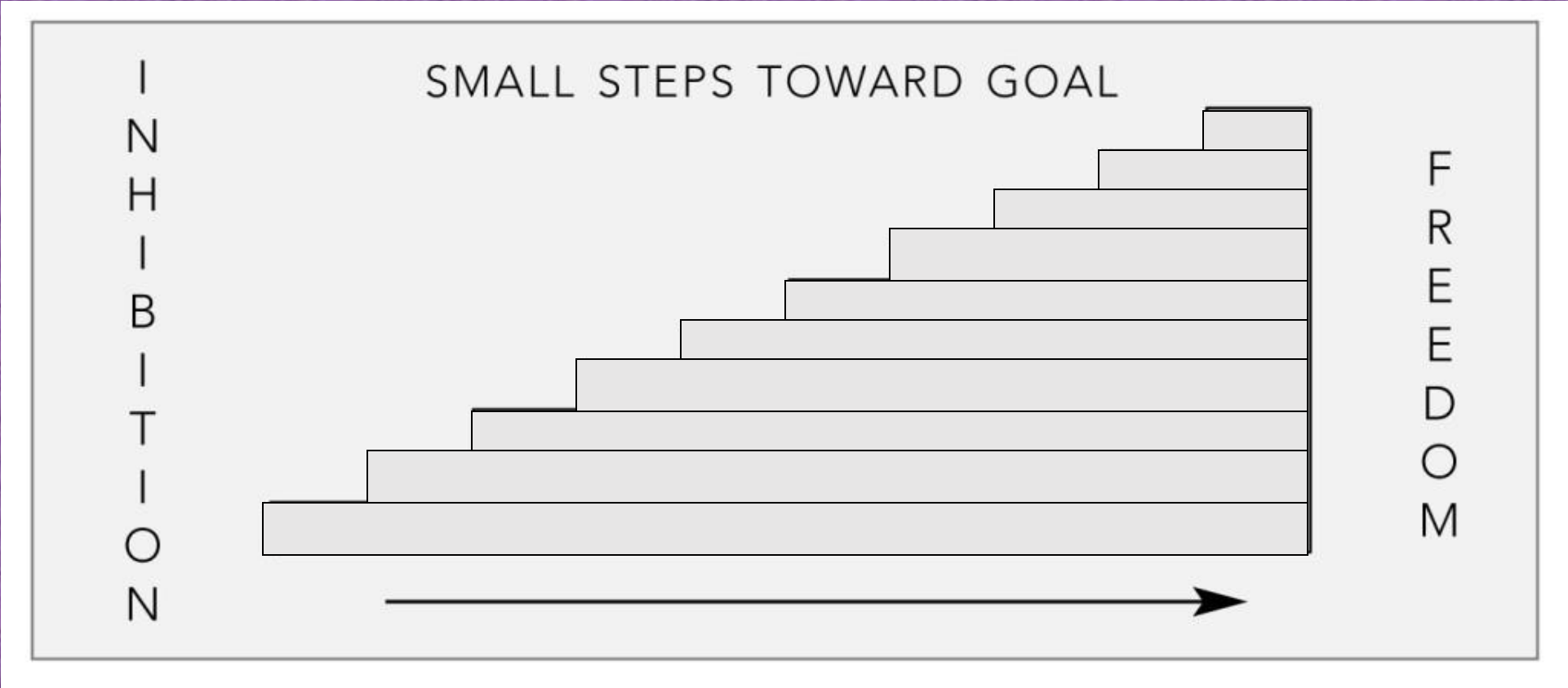
Does it build intimacy?

Does it in any way distance you from God or violate any biblical principle?

Is it medically safe?

Go with the most conservative spouse, allowing that one to take small steps toward comfort with that activity if it fits the above criteria.

Play freely within those guidelines





**Text your**

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# Ephesians 5:1-3

Watch what God does,  
and then do it . . .

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# History of Sexual Therapy & where we fit in:

1966 *Human Sexual Response* by Masters & Johnson – the basis for the formation of Sex Therapy

1970 *Human Sexual Inadequacy* by Masters & Johnson – defined sexual dysfunction and principles & model for sexual therapy.

1974 *The New Sex Therapy* by Helen Singer Kaplan

1975 Penners taught first 10-week class on sexual adjustment in marriage

1976 Penners presented Teaching Healthy Sexuality in the Church & Community at the annual CAPS convention – LA Times: Sex Revolution in the Church launched us as pioneers

1981 *The Gift of Sex*

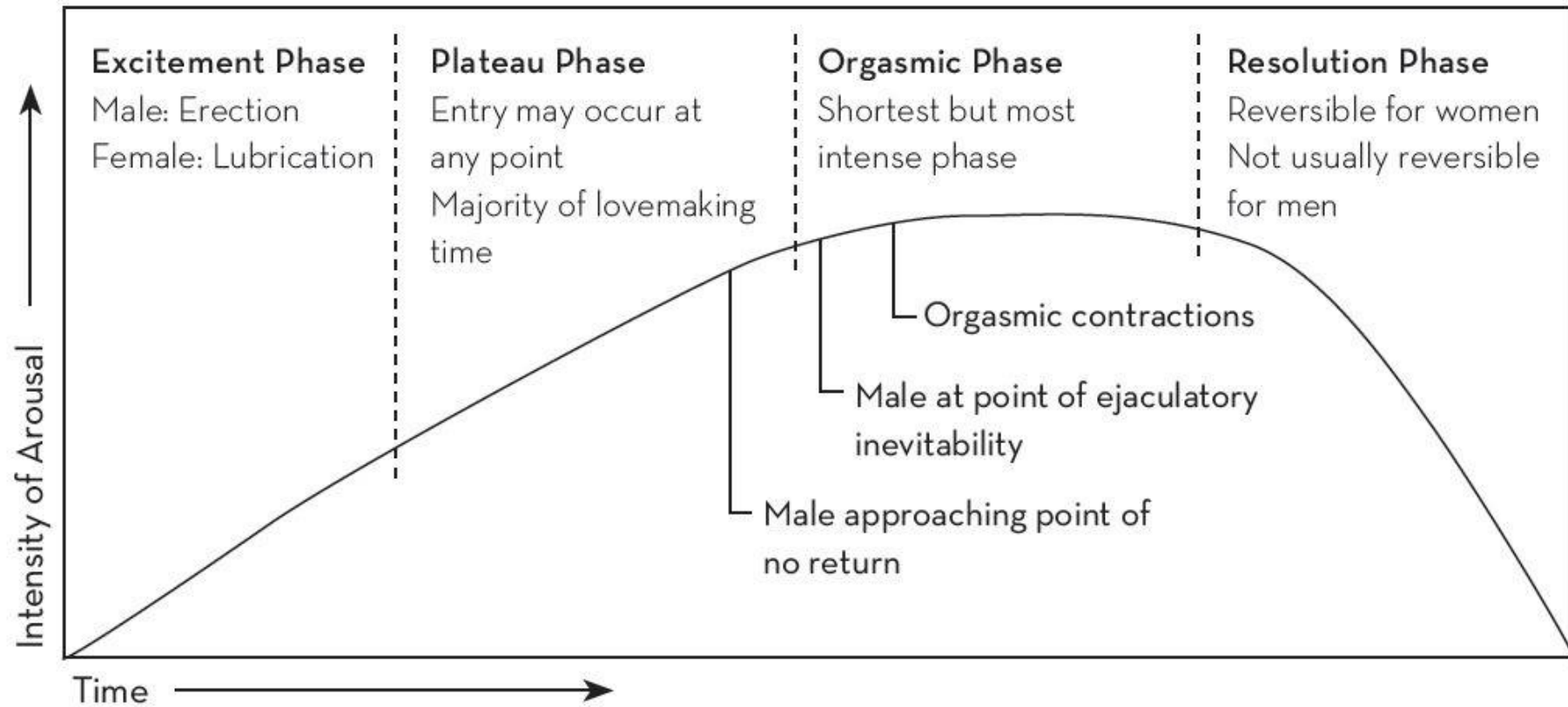
1982 *Sex and Human Loving* by M & J – The model and principals for sex therapy



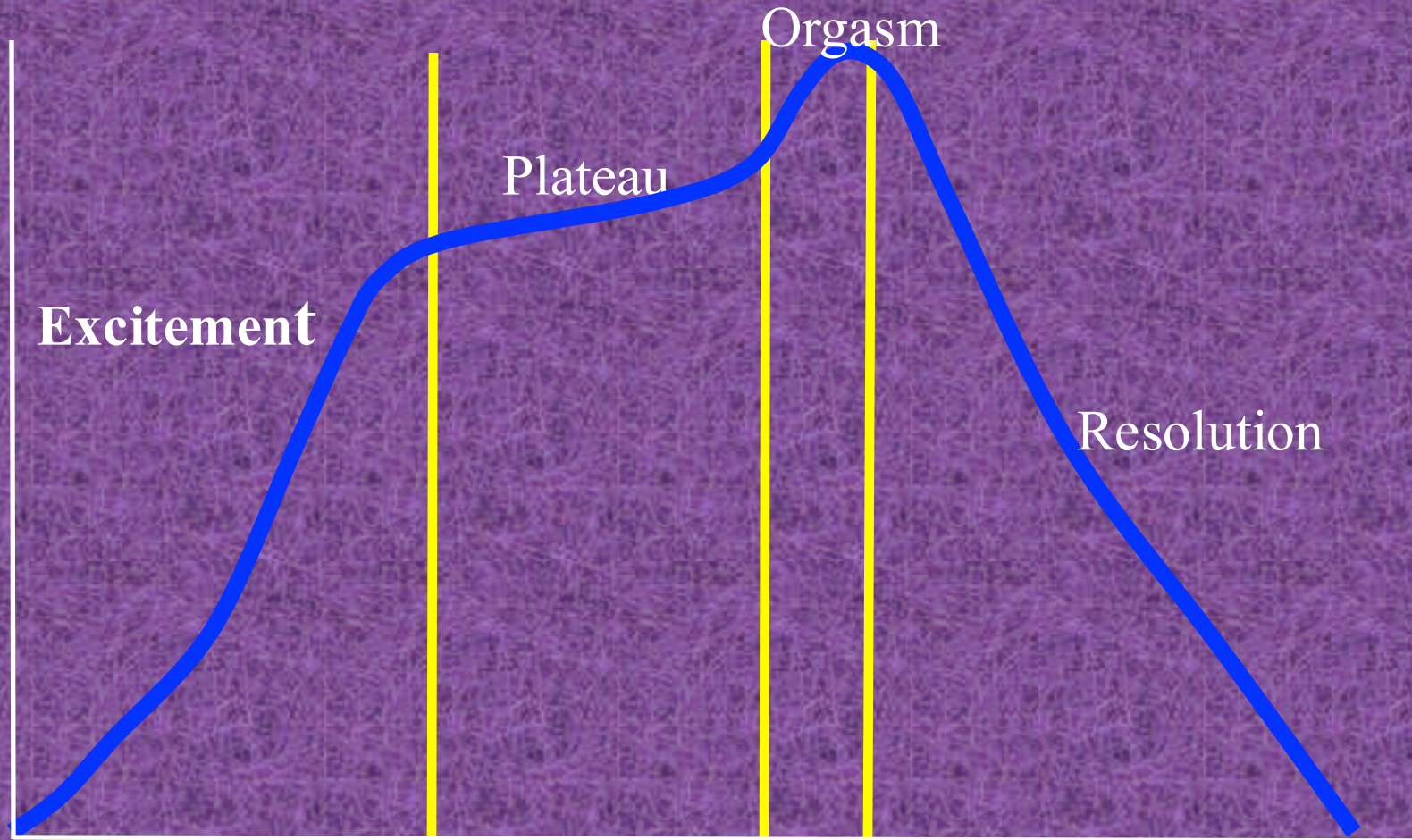
# SEXUAL RESPONSE GRAPHS

# SEXUAL RESPONSE PATTERN

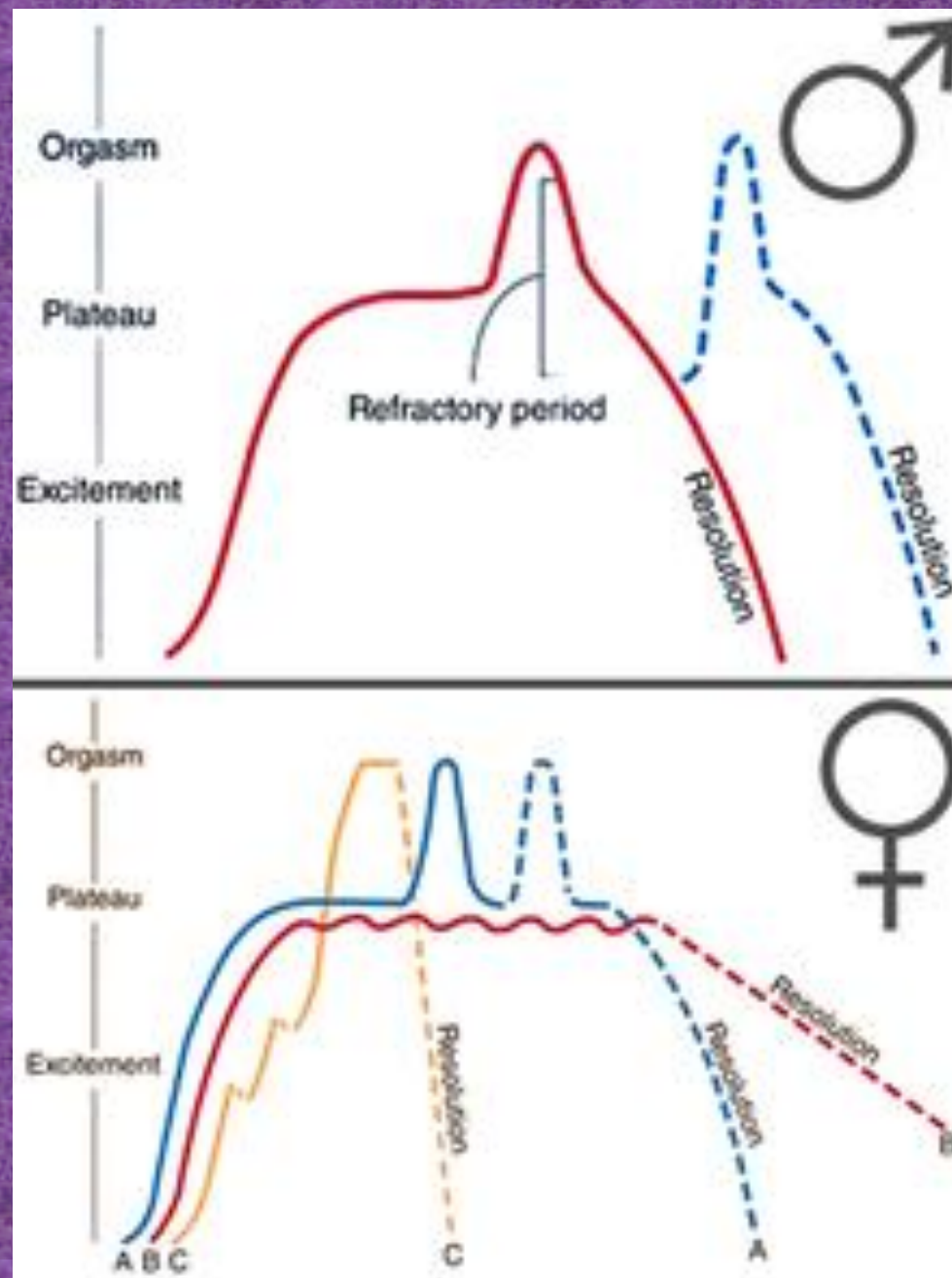
Adapted from Masters and Johnson, *Human Sexual Response* (Boston: Little, Brown, and Company, 1966).



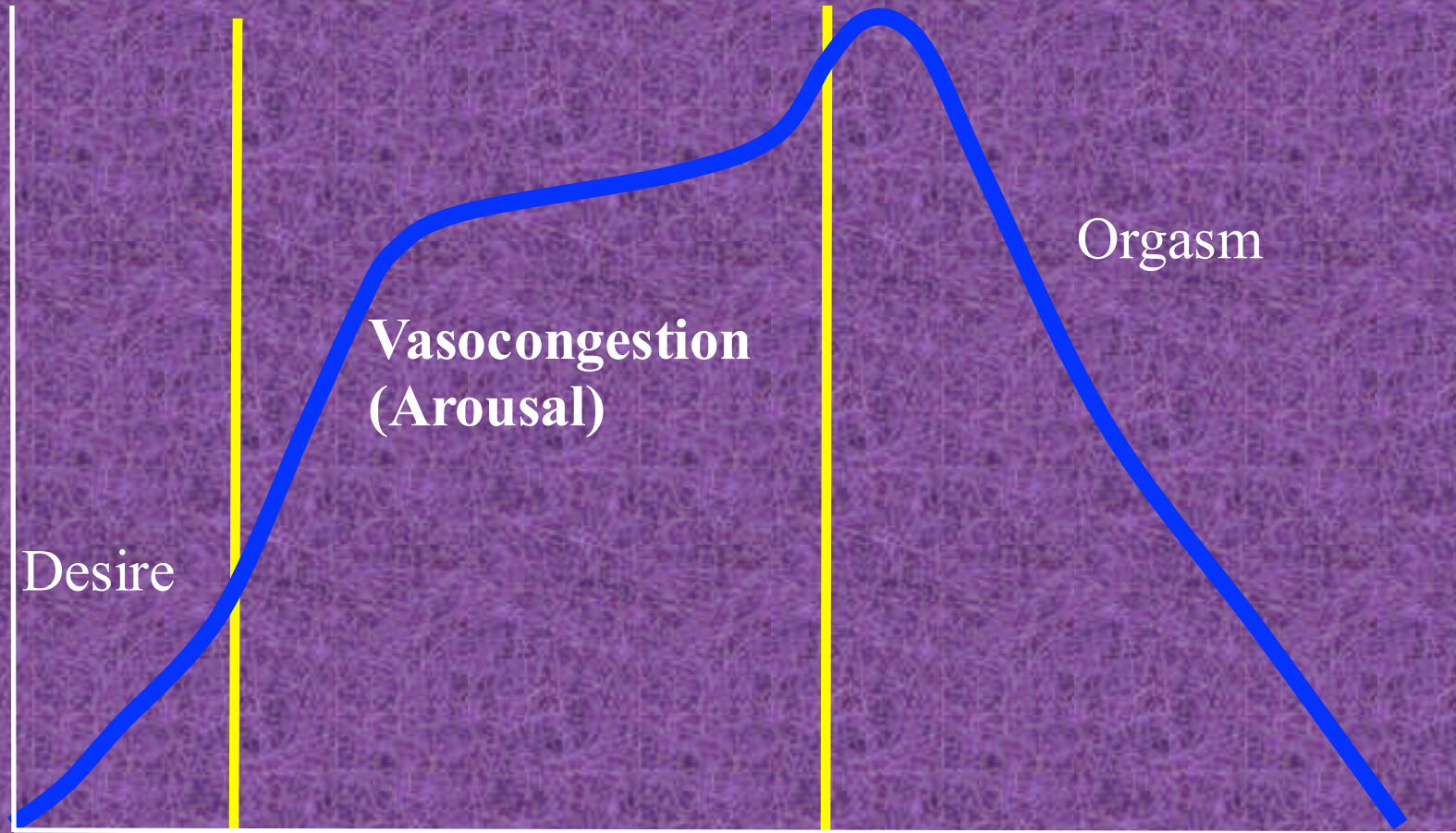
# Masters and Johnson Model

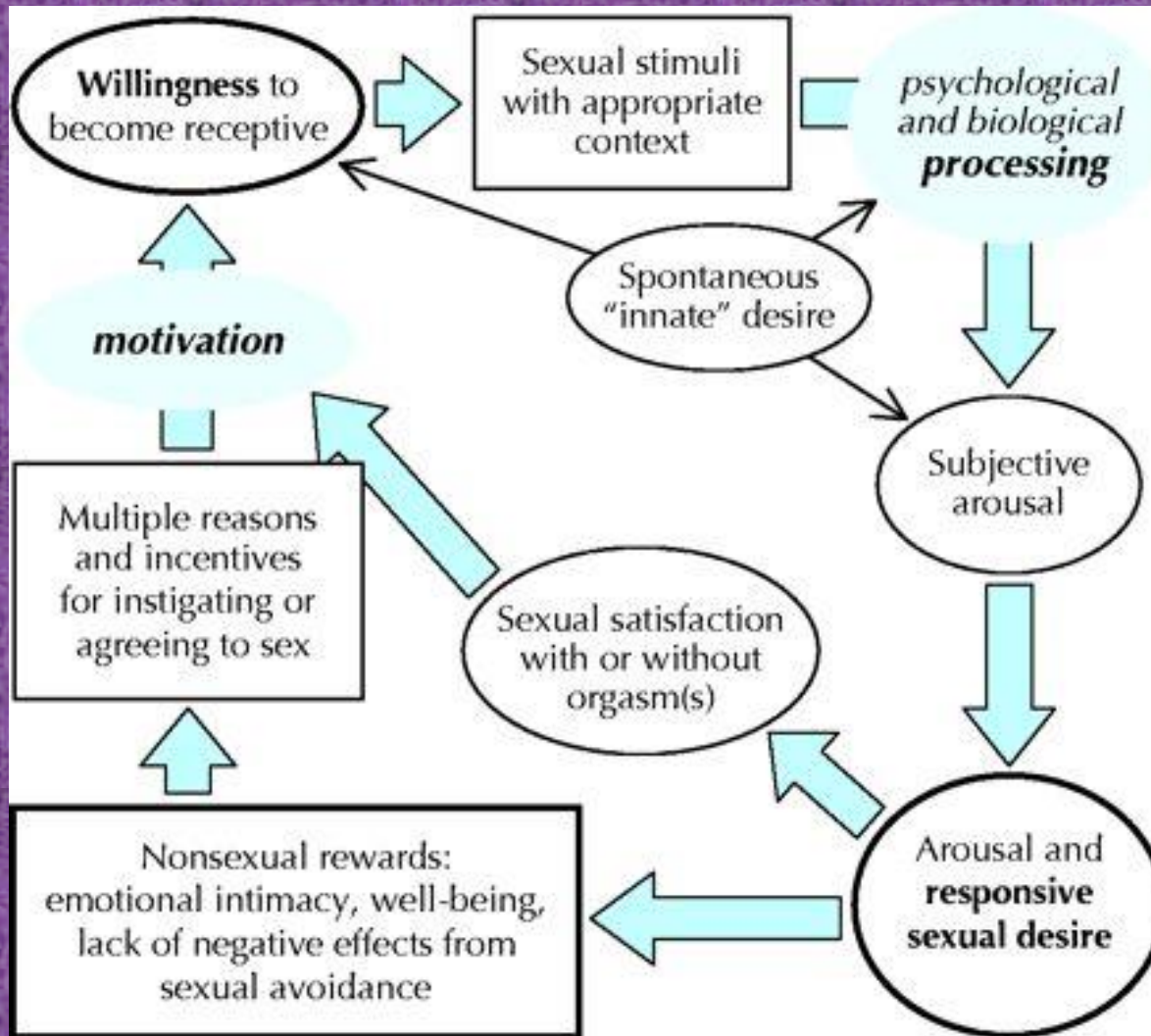






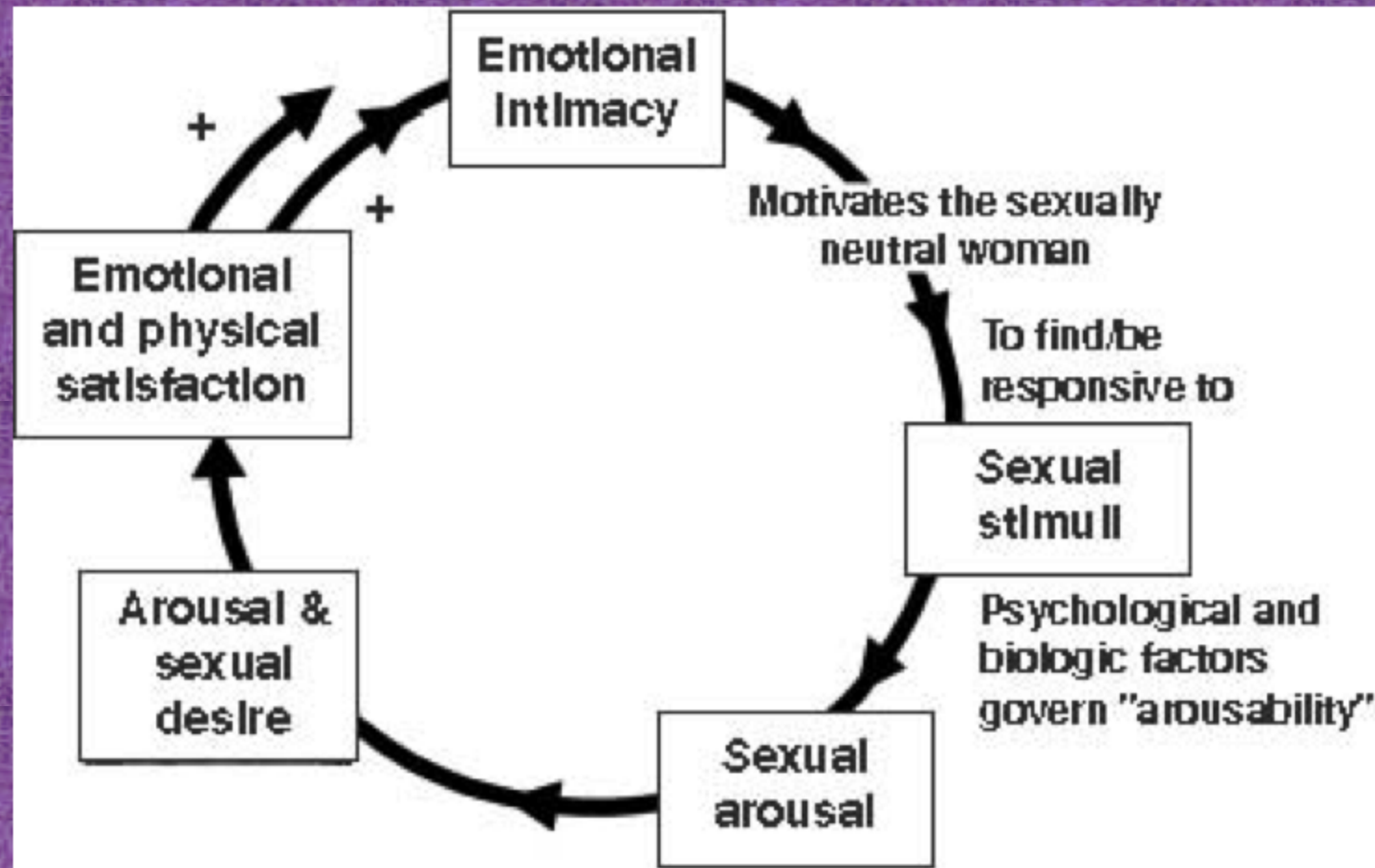
# Kaplan's Triphasic Model





Rosemary Basson's Non-Linear Model 2000

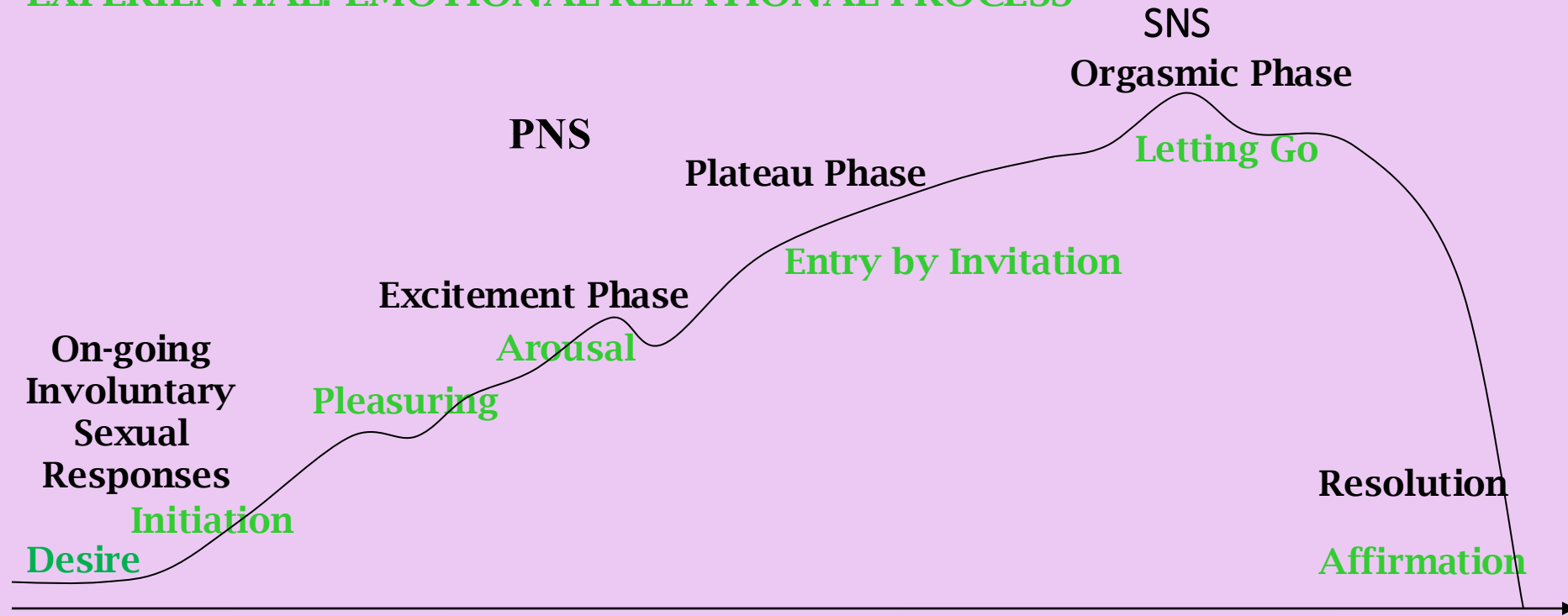




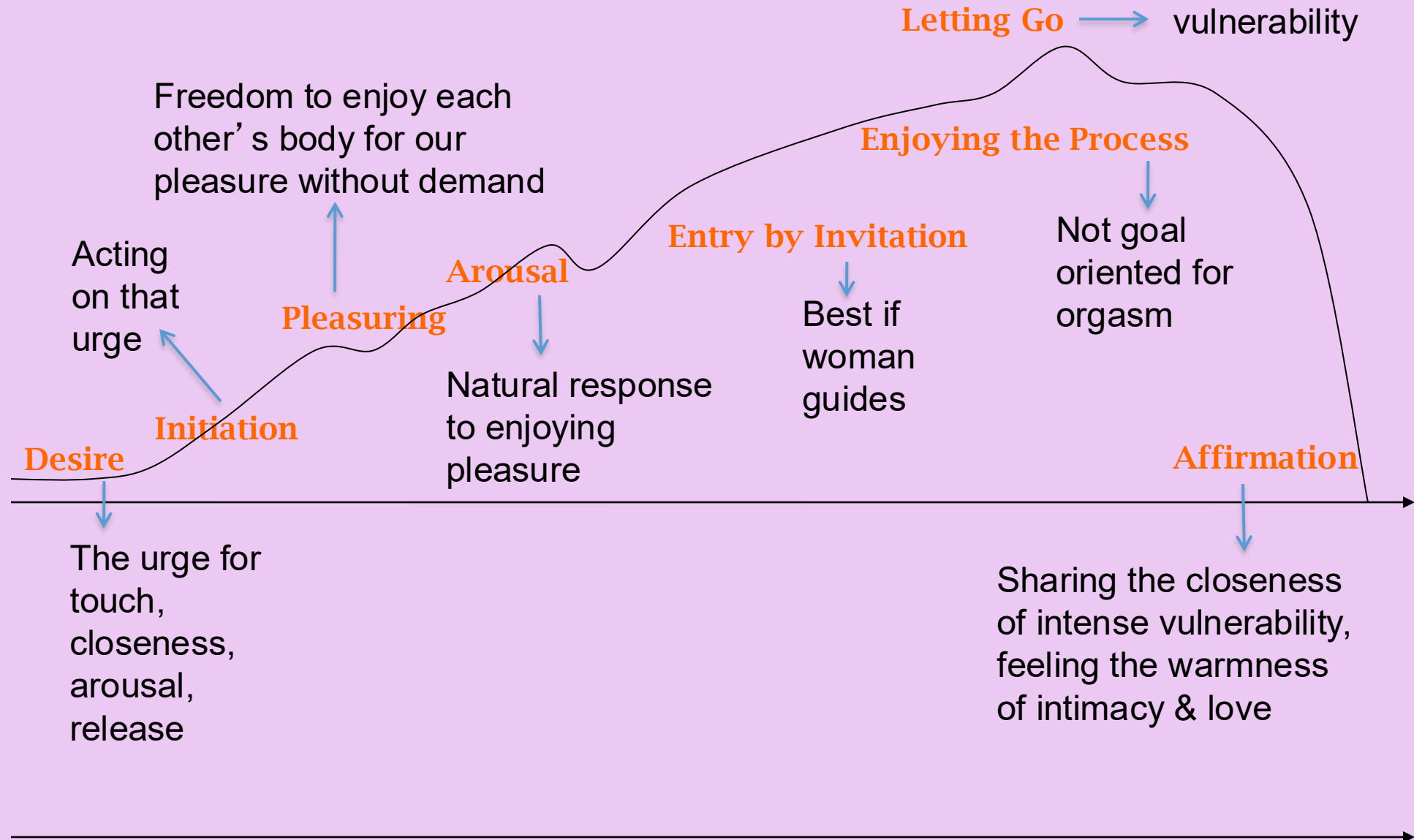
Circular Adaptation of  
Rosemary Basson

# PHYSIOLOGICAL: SEXUAL RESPONSE CYCLE

## EXPERIENTIAL: EMOTIONAL-RELATIONAL PROCESS



# EMOTIONAL-RELATIONAL PROCESS: Becoming One

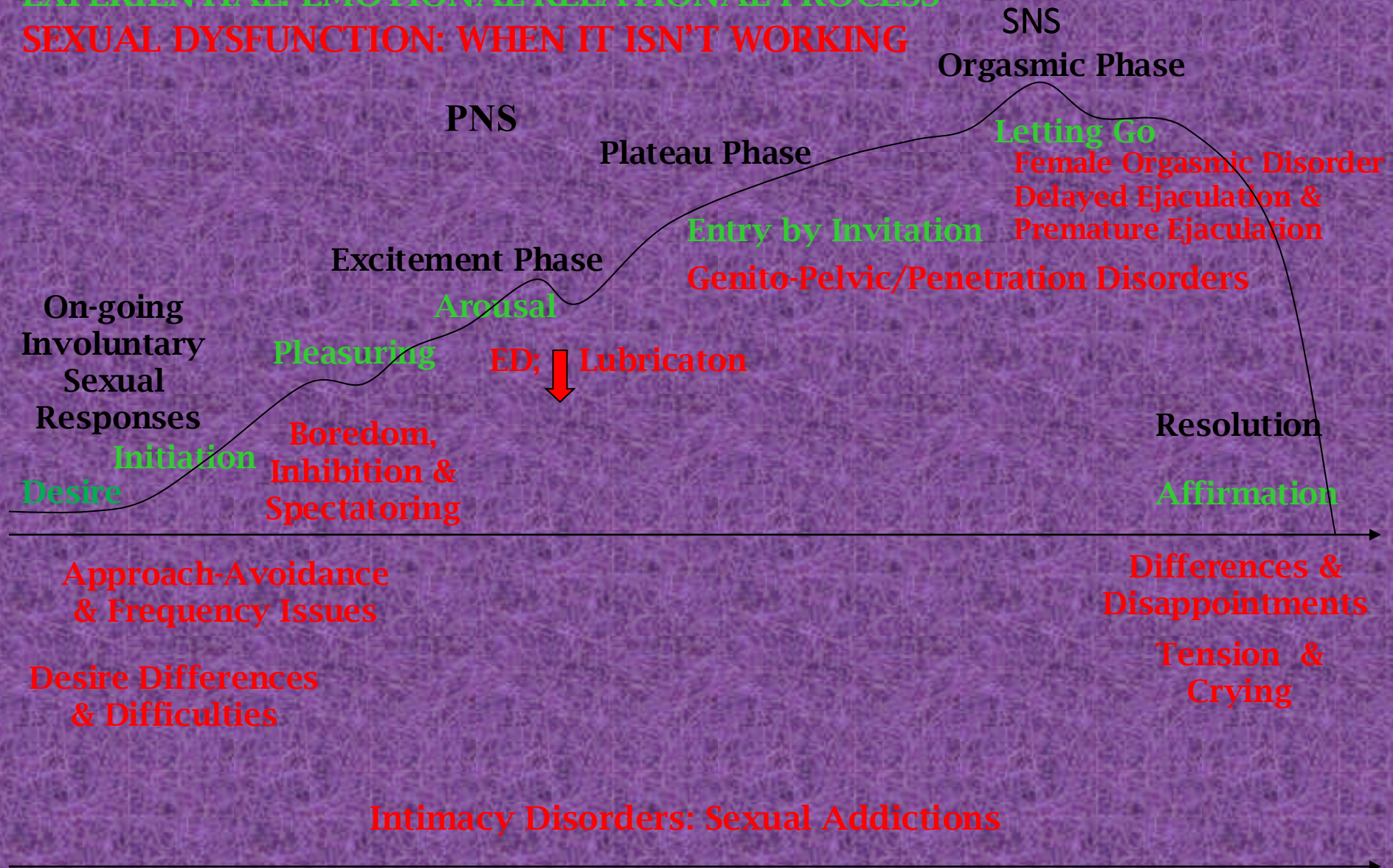




# PHYSIOLOGICAL: SEXUAL RESPONSE CYCLE

## EXPERIENTIAL: EMOTIONAL-RELATIONAL PROCESS

## SEXUAL DYSFUNCTION: WHEN IT ISN'T WORKING



<http://www.soc.ucsb.edu/sexinfo/article/sexual-response-cycle>

A great website for  
diagrams, graphs and explanations  
of various response cycles.

# SEX AND THE BRAIN



# Sex's impact on the person:

- Sex is like a drug
- Sex can act like an antidepressant
- Sex relieves pain
- Sex may boost memory
- Sex makes you sleepy – men more than women  
(due to surge of prolactin follows ejaculation)

Sex and the brain research  
has informed practice

# Understanding Sex & the Brain Makes a Difference in the Sexual Therapy Process

~ in embracing male~female similarities &  
differences;



It is the combination of men's  
simplicity and predictability  
and women's ever-changing  
complexity that is the key to  
keeping sex alive in marriage!

# The Sexual Therapy Process to help couples

- Embrace their male~female differences
- Make the transition from attraction to attachment

***The brain chemicals  
that spark attraction  
are totally different from  
those that foster  
life-long attachment***



***Excited love\*:***

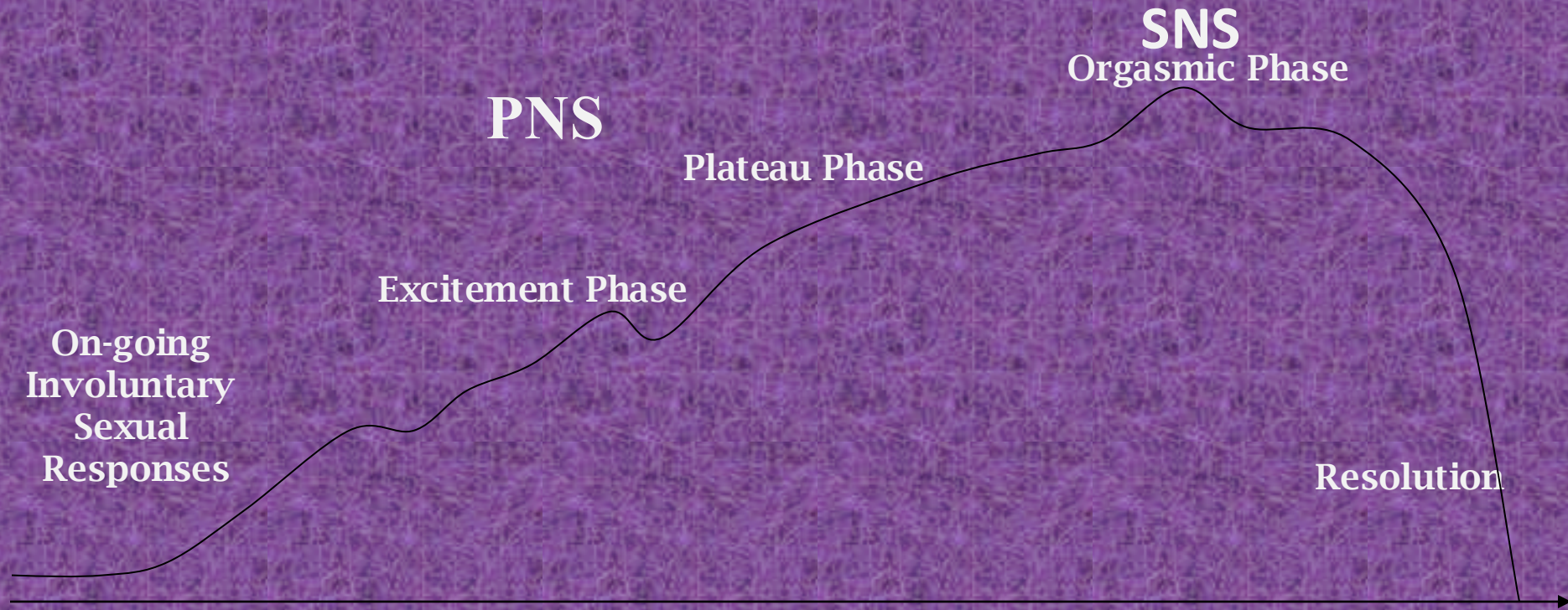
***newness attraction; dopamine; SNS***

***Quiet love\*:***

***long-term attachment; oxytocin; PNS***

**\*Dr. Allan Schore, UCLA**

# PHYSIOLOGICAL: SEXUAL RESPONSE CYCLE



# Formula for Intimacy

15 Minutes per day:

To connect emotionally – eye to eye-share an affirmation, thought, feeling (↑ oxytocin)

To connect spiritually - read a verse, devotional or say a pray

To connect physically - hug 20 seconds→  
↑oxytocin; kiss 5-30 sec ↑dopamine



# Understanding Sex & the Brain Makes a Difference in the Sexual Therapy Process

- ~ in embracing male~female differences;
- ~ in making the transition from attraction to attachment;
- ~ choosing & using hormonal contraceptives

16<sup>th</sup> EDITION

# Managing Contraception

*for your pocket*

## INCLUDING:

**CDC UPDATE:** 2021 STI guidelines

**STEP-BY-STEP INSERTION INSTRUCTIONS:** for all IUDs  
(Copper T, Mirena, Liletta, Kyleena & Skyla)

## RECENTLY APPROVED METHODS:

- ▶ **Annovera:** combined vaginal ring
- ▶ **Nextellis:** new OC estrogen formulation
- ▶ **Phexxi:** vaginal gel contraceptive
- ▶ **Slynd:** progestin-only pill
- ▶ **Twirla:** combined hormonal patch

Mimi Zieman  
Robert A. Hatcher  
Ariel Z. Allen  
Lisa Haddad

[www.managingcontraception.com](http://www.managingcontraception.com)

# MANAGING CONTRACEPTIVE PILL PATIENTS AND OTHER HORMONAL CONTRACEPTIVES

17th Edition/1

by Richard Palmer Dickey, MD, PhD  
and Madison Lynn Seymour, MPH



medical publishers



# Managing Contraceptive Pill/Drug Patients, 17<sup>th</sup> edition, March 2021

By Richard P. Dickey, MD, PhD  
in pharmacology

An intrauterine device (IUD) is a little, t-shaped piece of plastic inserted into the uterus to provide birth control. The 3 types of IUDs that use the hormone progestin include Mirena, Skyla, and Liletta. Skyla is the smallest of the progestin IUDs.



A progestin IUD releases a small amount of hormones into the uterus to prevent sperm from fertilizing eggs. It's inserted by a healthcare professional. It is 99% effective and can be left in 4 – 6 years.



# Working with the medical team regarding hormonal issues

- Choosing & using hormonal contraceptives
- Achieving hormonal balance for women of all ages and stages of life

# NAMS – North American Menopause Society

Early or surgically induced menopause, must use Hormone Replacement Therapy to decrease heart disease, dementia and bone loss, but not oral/systemic hormone therapy – always transdermal.

# ADDYI (flibanserin)

Addyi is a prescription non-hormonal pill taken every day at bedtime. It is the only FDA approved treatment for Hypoactive Sexual Desire Disorder (HSDD). Addyi is believed to work on the part of the brain involved in sexual motivation and response though it's exact mechanism of action is not fully understood.<sup>6</sup> In clinical studies with ADDYI, some women experienced improvement in one or more of their HSDD symptoms, including:

- INCREASED sexual desire
- INCREASED number of times in a month that a woman had satisfying sexual intercourse or engaged in other satisfying sexual activity, such as oral sex, masturbation, or genital stimulation by a partner
- DECREASED distress associated with low sexual desire
- Addyi is not FEMALE Viagra.



# INTRAROSA

**INTRAROSA** is a steroid indicated for the treatment of moderate to severe dyspareunia, a symptom of vulvar and vaginal atrophy, due to menopause.

INTRAROSA is made from prasterone, a synthetic form of a substance your body produces naturally called DHEA. DHEA is important because after menopause it becomes your body's primary source of sex hormones, but as you age, DHEA decreases.

Like DHEA, INTRAROSA is inactive until your body converts it into sex hormones, specifically androgens and estrogens, which remain within normal postmenopausal ranges

# ISSWSH -

The International Society for the Study of  
Women's Sexual Health <http://www.isswsh.org>

The ISSWSH is a multidisciplinary, academic, and scientific organization with the following purposes:

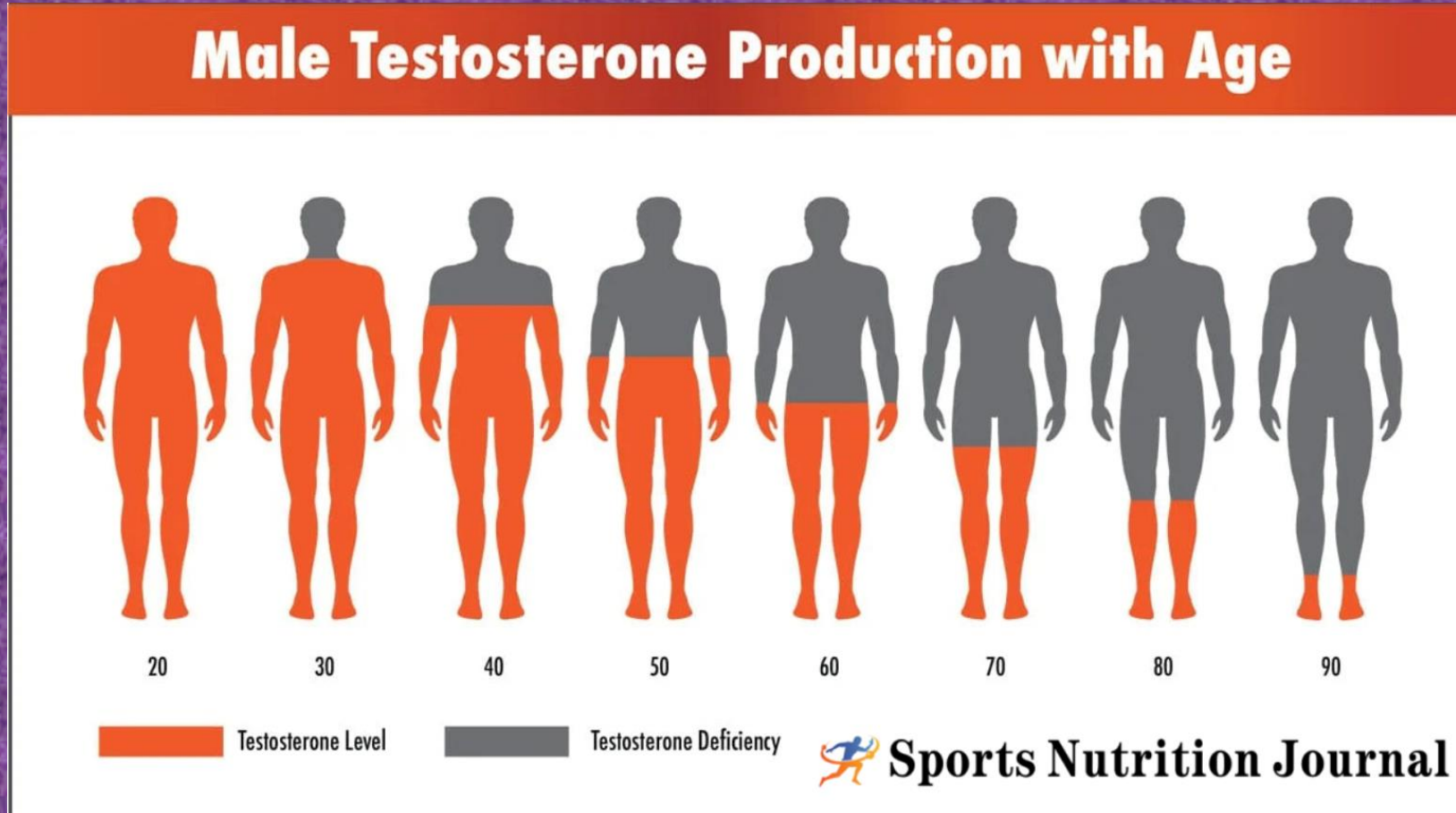
- To provide opportunities for communication among scholars, researchers, and practitioners about women's sexual function and sexual experience,
- To support the highest standards of ethics and professionalism in research, education, and clinical practice of women's sexuality, and
- To provide the public with accurate information about women's sexuality

# Working with the medical team regarding hormonal issues

- Choosing & using hormonal contraceptives
- Achieving hormonal balance for women of all ages and stages of life
- Treating androgen deficiency in men



Levels decrease 1% per year, starting in men's 20s



**Man with  
high testosterone**

Able to focus

Normal mood

Normal energy

Healthier heart

Increased  
muscle mass

Less body fat

High libido

a man who has high  
testosterone levels and  
one who has low  
testosterone levels.

**Man with  
low testosterone**

Depression

Lack of focus

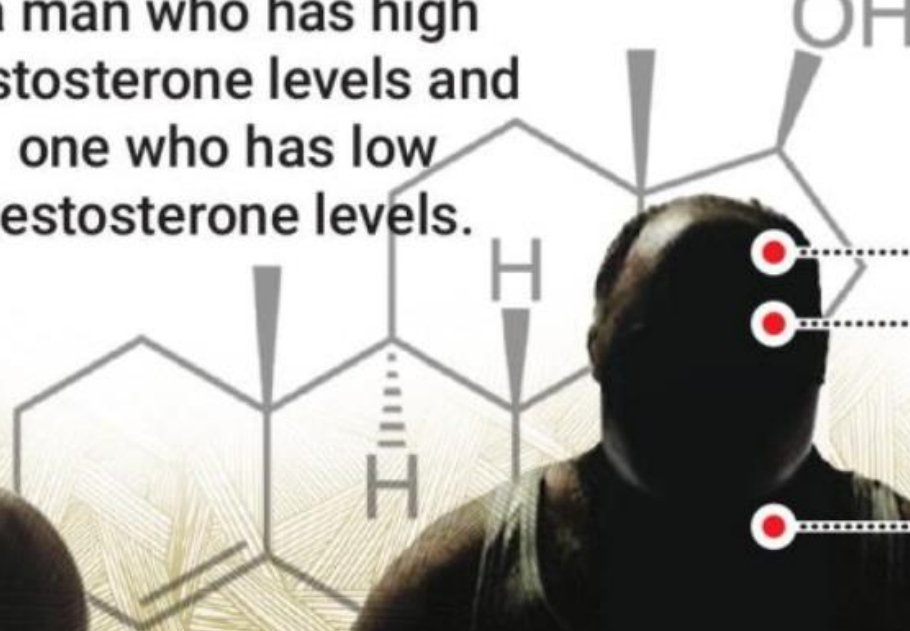
Constant  
fatigue

Decreased  
muscle mass

Man boobs

Increased  
abdominal fat

Low libido





Androgen deficiency means the body has lower levels of male sex hormones, particularly testosterone, than is needed for good health.

Androgen deficiency is treated with testosterone replacement therapy. Look for natural ingredients that have been proven by scientific research to boost testosterone levels safely and effectively.



# Resource for medical issues:

Irwin Goldstein, MD

<http://www.sandiegosexualmedicine.com/courtesy-call>  
619.265.8865

## Learning Objective 2:

Identify attitudes and expectations of men and women toward their own and their spouse's sexuality, as well as gender-related roles and responsibilities for sex in marriage that either interfere with or promote sexual fulfillment.

# Importance of Sex:

- *The Covenant Commitment* is **machine** that is the key component of the relationship
- *Effective Communication* is the **fuel** that keeps the machine running
- *A Mutually Satisfying Sexual Relationship* is the **lubricant** that keeps it running smoothly

•



Truths, roles &  
responsibilities of men &  
women that ***promote***  
mutual sexual fulfillment  
in marriage.

Nothing turns on a man  
more than  
a turned on woman!

Women get turned on  
when they feel good  
about themselves.



The man's role is to  
affirm his wife  
for who she is as a person and  
for who she is sexually

## Ephesians 5:25-28

“Husbands go all out in your love for your wives,  
exactly as Christ did for the church - a love marked  
by giving, not getting.  
Christ’s love makes the church whole,  
his words evoke beauty.  
Everything he does and says  
is designed to  
bring the best out of her”

## Philippians 2:5-8

“Think of yourselves the way Christ thought of Himself...

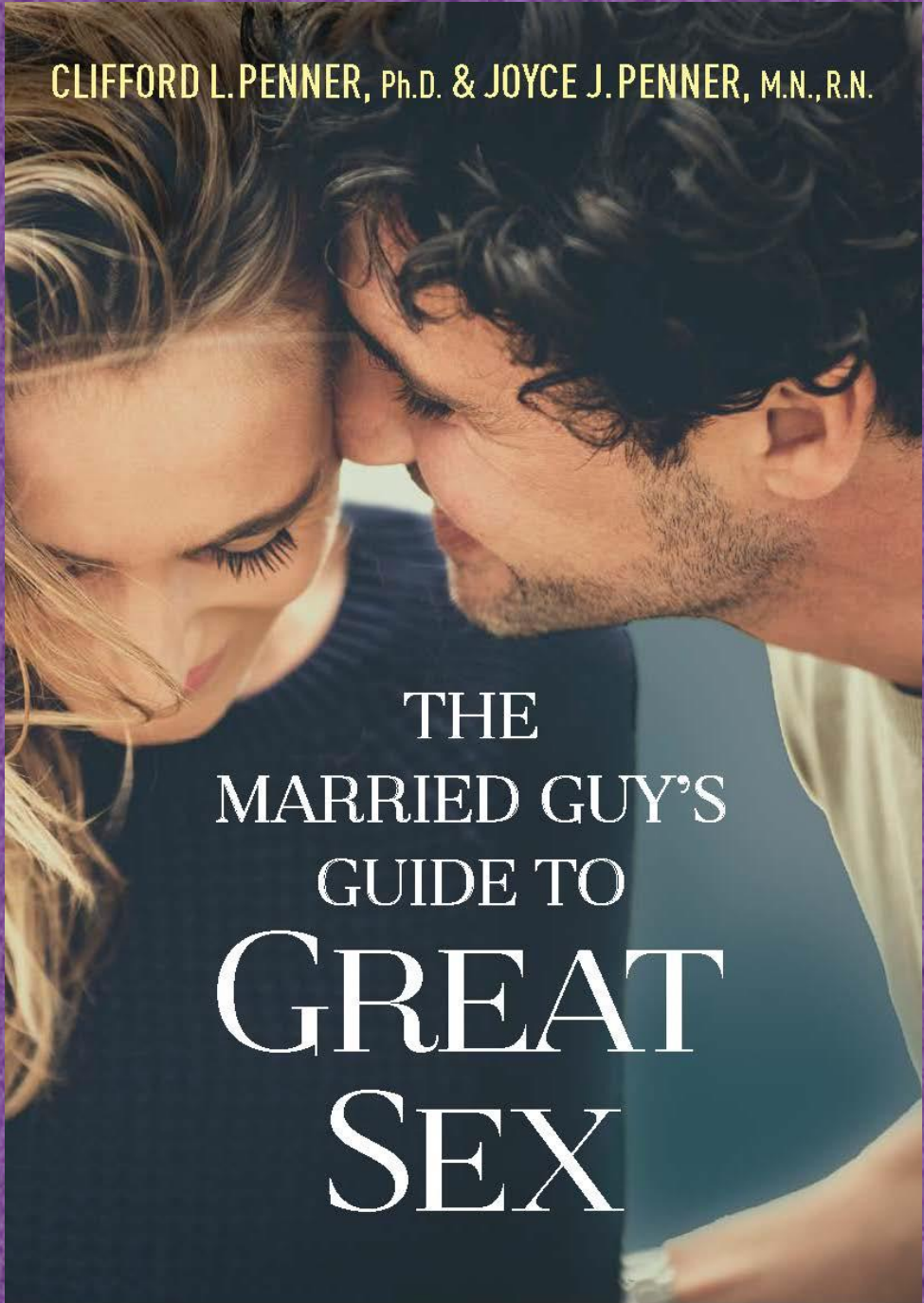
When the time came, He set aside His privileges...”



The man has the key to his wife's  
sexuality:

**AFFIRMATION!**

CLIFFORD L. PENNER, Ph.D. & JOYCE J. PENNER, M.N., R.N.

A close-up photograph of a man and a woman in a romantic embrace, nearly kissing. The woman is on the left, looking down with a smile, and the man is on the right, looking at her. They are both wearing dark clothing. The background is a soft, out-of-focus light color.

# THE MARRIED GUY'S GUIDE TO GREAT SEX

FOCUS ON THE FAMILY® | FOCUS ON MARRIAGE™

The woman's role is to  
embrace her sexuality and  
share it with him.



For passion in marriage,  
a woman needs to be able to take;  
she needs to believe she is  
worthy of his touch and  
has the right to be intensely sexual.

She has to be able to  
enjoy her sexuality,  
her husband's sexuality, and her  
husband's enjoyment of her  
sexuality

JOYCE J. PENNER, M.N., R.N. & CLIFFORD L. PENNER, Ph.D.

# ENJOY!

THE GIFT OF  
SEXUAL PLEASURE  
FOR WOMEN

FOCUS ON THE FAMILY\* | FOCUS ON MARRIAGE™



When sex is  
as good for one  
as it is for the other  
if it is likely to be  
good for both for a  
lifetime.

# I Corinthians 7:3-5

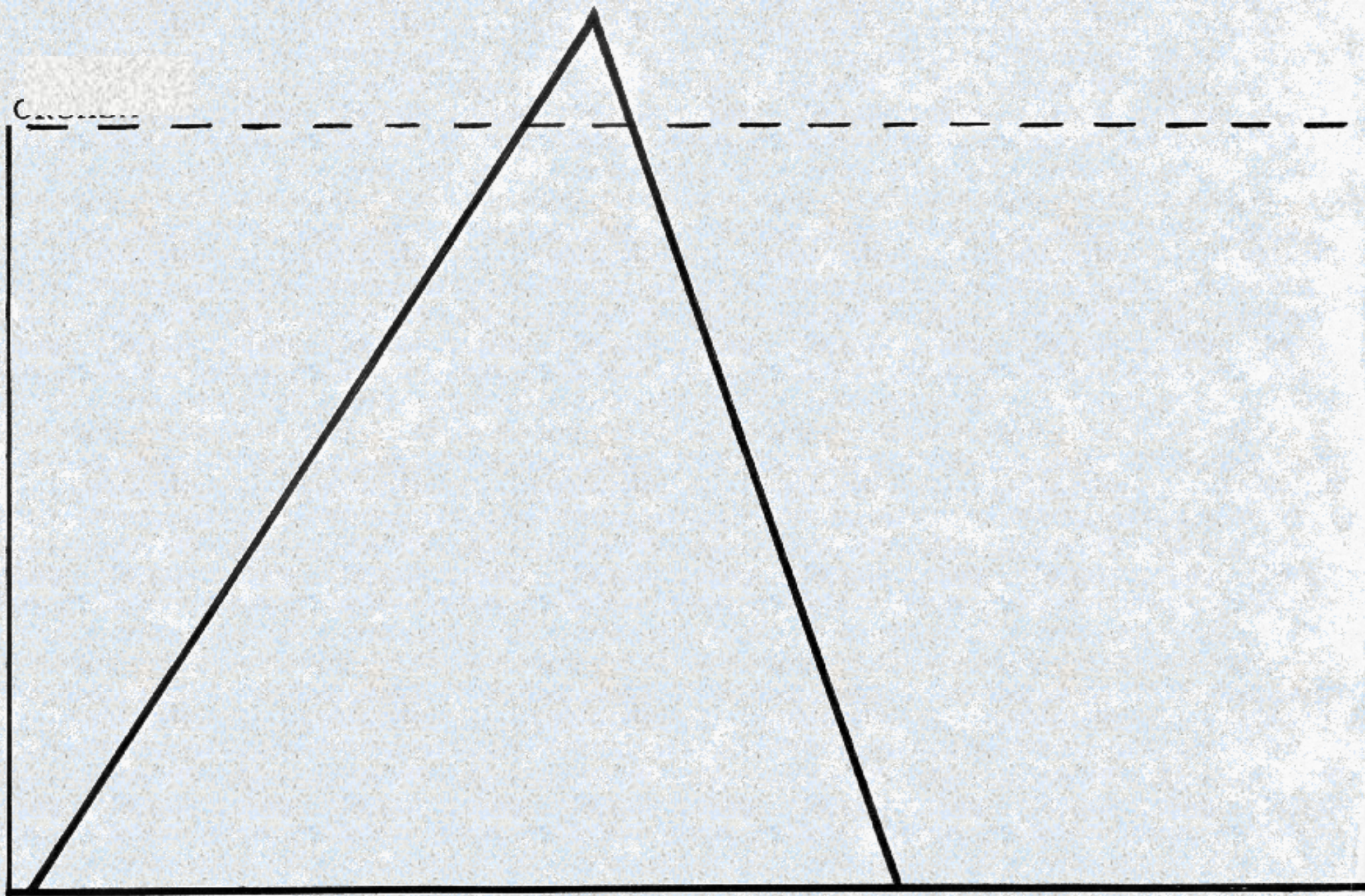
“The marriage bed must be a place of **mutuality**.

The husband seeking to satisfy his wife,  
the wife seeking to satisfy her husband.

Marriage is not a place ‘stand up for your rights.’

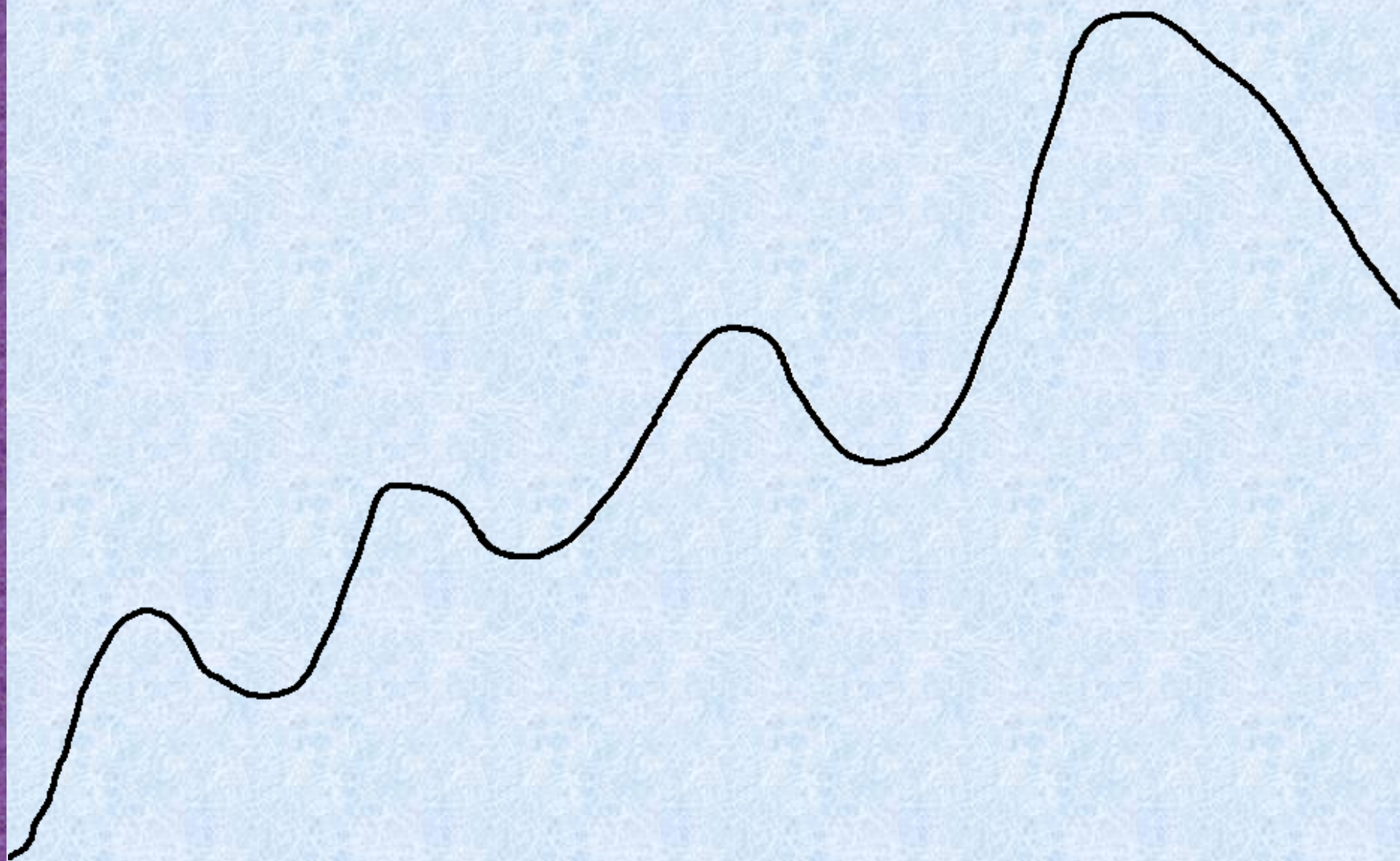
Marriage is a decision to serve the other  
whether in bed or out.”





Male Graph





Since the man isn't truly satisfied  
unless the woman is,  
He has to shift his  
GOAL orientation  
to her PROCESS orientation

As the husband moves in the  
direction of  
his wife's natural tendencies,  
her heart will open to him, and  
her sexual attraction to him  
will increase.



The woman leads with her sexuality,  
not with demand,  
but by listening to her body,  
going after what her body desires;  
then she guides him and invites him to  
enjoy her body, which meets her needs  
and makes him feel good about himself.

The husband adores his wife;  
his affirmation ignites her passion;

she invites him sexually;  
her invitation validates him.

Mutual affirmation  
is the result.

## Our task:

- Help men become students of their wives!
- Help women become students of their own bodies and sexuality!



In addition to patterns that  
promote mutuality,  
patterns that *interfere*  
with sexual fulfillment  
in marriage

Sexual Patterns are  
easily conditioned and  
self-perpetuating

## Observation:

The earlier in the developmental stages, mastery has been arrested, the earlier in the sexual process the response is affected and a greater emphasis on psychodynamic therapy is needed.



# MASTERING SEXUAL DEVELOPMENT

Dr. Clifford & Joyce Penner

STAGE	CRITICAL LEARNING	PARENTS' ROLE	IMPACT ON SEXUAL ADJUSTMENT
Infancy	Bonding	Attachment Parenting	Capacity for Intimacy
Toddlerhood	Touching, Naming & Control of Genitals	Affirm Genitals as God's special design & feelings; use correct names	Positive Acceptance of Genitals (user friendly)
Preschool	Question-Asking	Reinforce, Reflect, Review, Respond, Repeat; Prevent sexual molestation & abuse.	Open Communication About Sex
School Age	Exploring	Affirm Curiosity, Set Boundaries, Protect from Abuse	Sexual Awareness With Boundaries and Without Shame
Pre-Adolescence	Erotic Feelings & Bumbling Discovery	Prepare for Changes, Protect from Pornography; Affirm God-given Responses, Systematic Education.	Self-Acceptance & Competence in Relating to Opposite Sex
Adolescence	Decision-Making	Affirm sexual desire as God-given, Share Values, Guide Decision-Making, Listen!	Accept Feelings; Control Actions

## The Insecure, Sexually Needy Male (I,SNM):

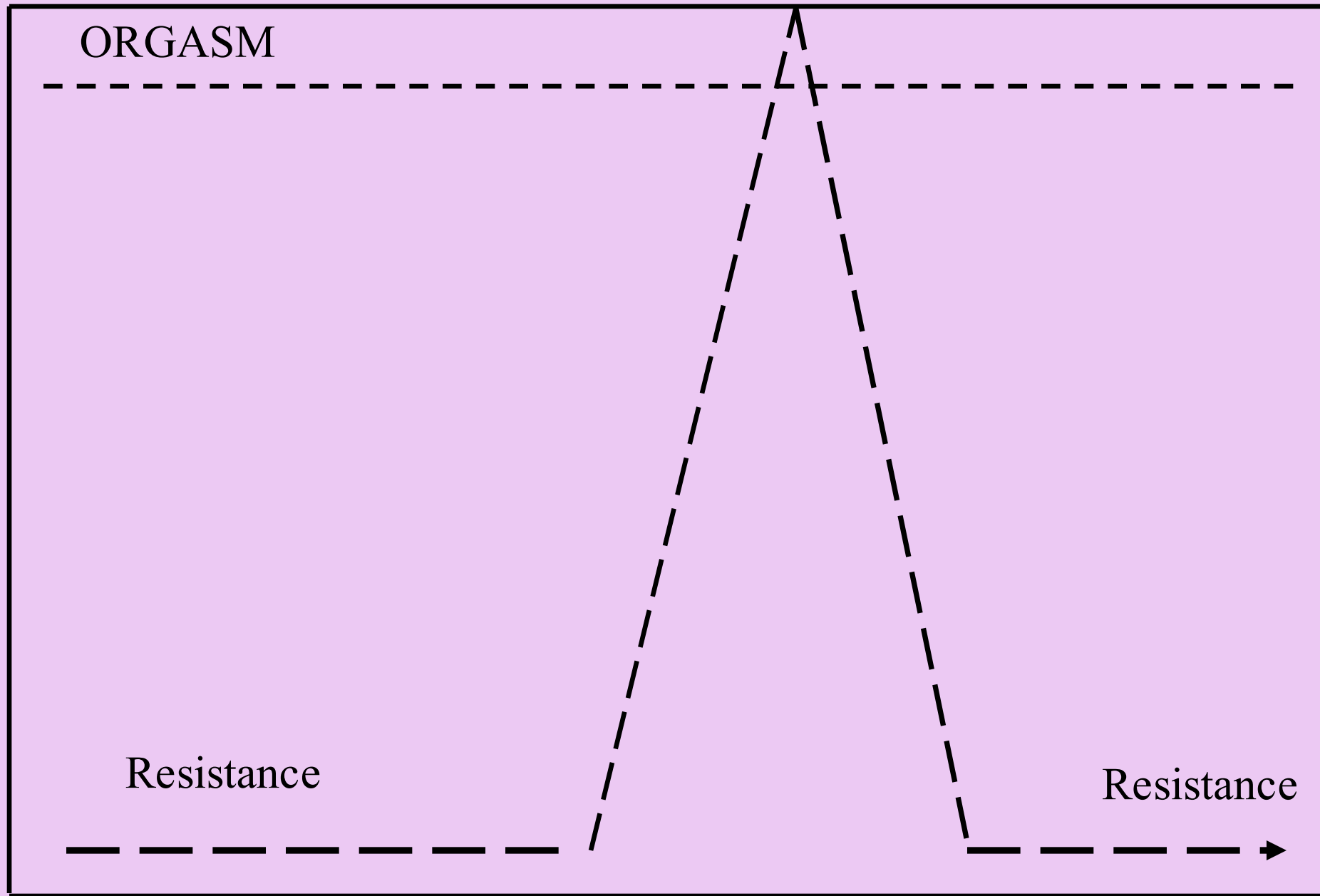
When the man's mood/self worth is dependent on her sexual interest and responsiveness to him,  
his neediness shuts her down sexually.

A person who has experienced  
past abuse,  
shows high interest in sex  
before & outside of marriage;  
that desire shuts down radically  
in marriage.



ACA

May be tenaciously resistant to  
getting into a sexual experience until  
her body responds;  
**THEN SHE HAS A GREAT TIME!**



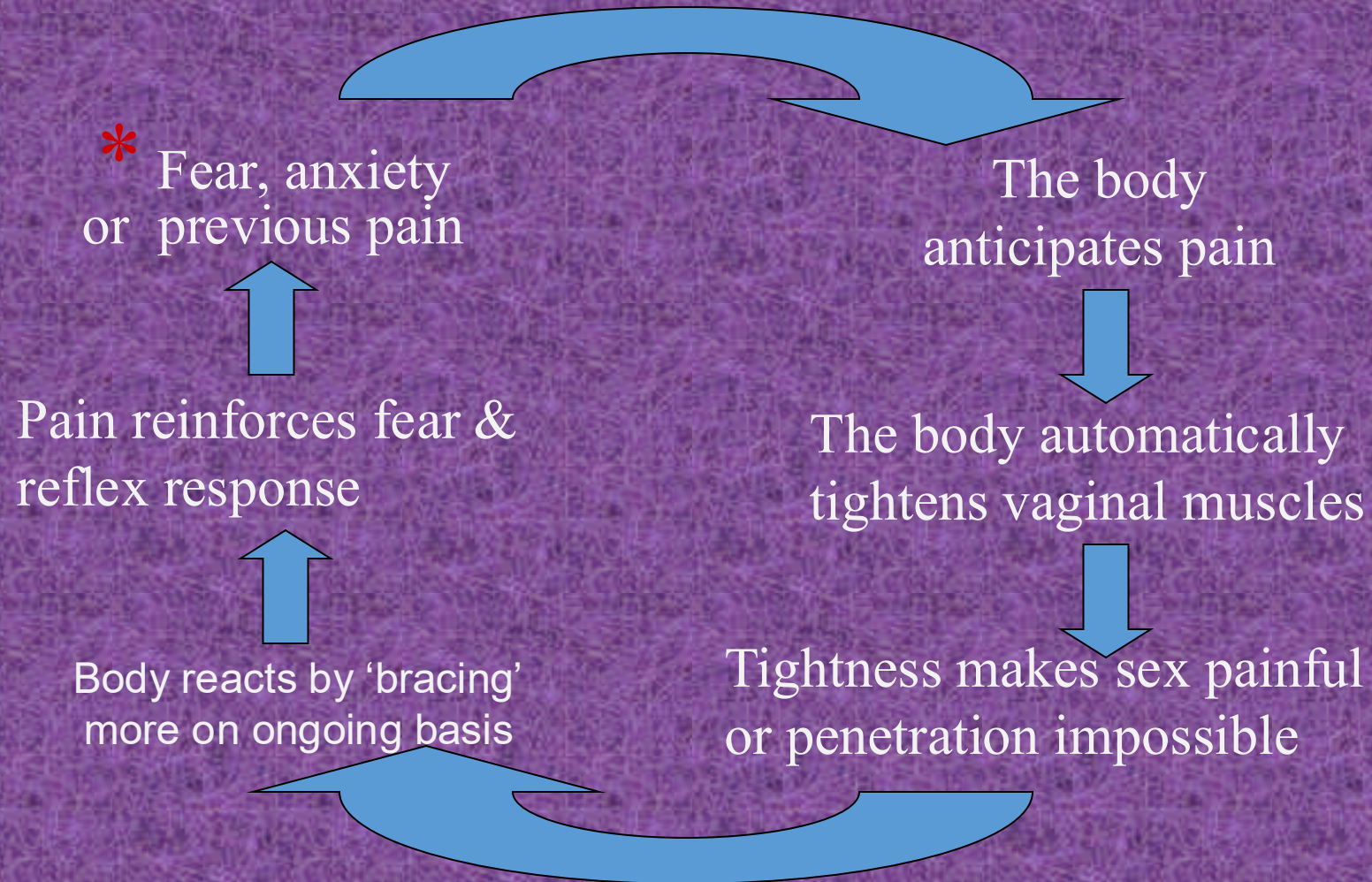
GRAPHING YOUR REPSONSE PATTERN: ACA Graph

Other findings:

Increased recognition  
of physical factors in  
sexual functioning



# The Cycle of Pain



## Learning Objective 3:

Learn to examine attitudes and roles in the effective use of the sexual therapy tools available in *Restoring the Pleasure*.

# Sexual Therapy

## Sexual Retraining



## **SEXUAL RETRAINING:**

an approach to SEXUAL DYSFUNCTION  
and a tool for building  
INTIMACY in MARRIAGE

Couple is retrained to behave &  
communicate with each other to:

- Reduce demand
- Enhance pleasure and
- Facilitate physical responses

- The Sexual Retraining Process includes:

Teaching assignments,  
Touching assignments,  
Talking assignments

- The Goals of Sexual Retraining:

Distract from anxiety

Remove demand & negative or failure experiences

Establish new patterns

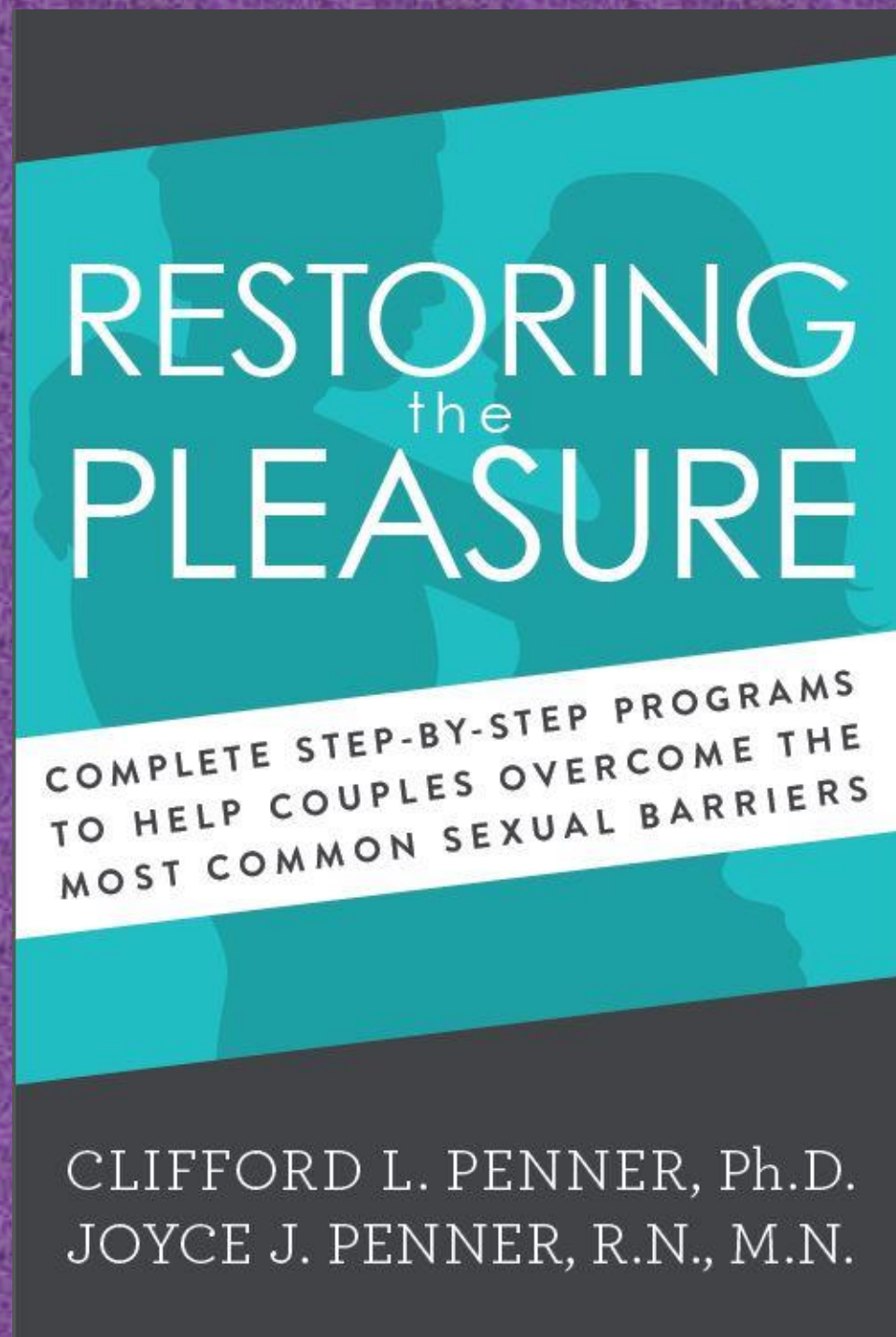
Enhance pleasure

Facilitate Body's responses

Gain new & positive attitudes about sexuality



**Sexual  
Retraining  
Assignments  
Pgs. 143-196**



# Sexual Therapy

# COUNSELING — FOR — SEXUAL DISORDERS

A THERAPIST'S HANDBOOK



Clifford and Joyce Penner

# Sexual Therapy

## Counseling for Sexual Disorders

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JOYCE J. PENNER, R.N., M.N.  
CLIFFORD L. PENNER, Ph. D.



Keys to Success:

Clear Guidelines

An In-charge Therapist

Data Gathering re Homework

Effective Management of Client's  
Idiosyncrasies & Relational Issues

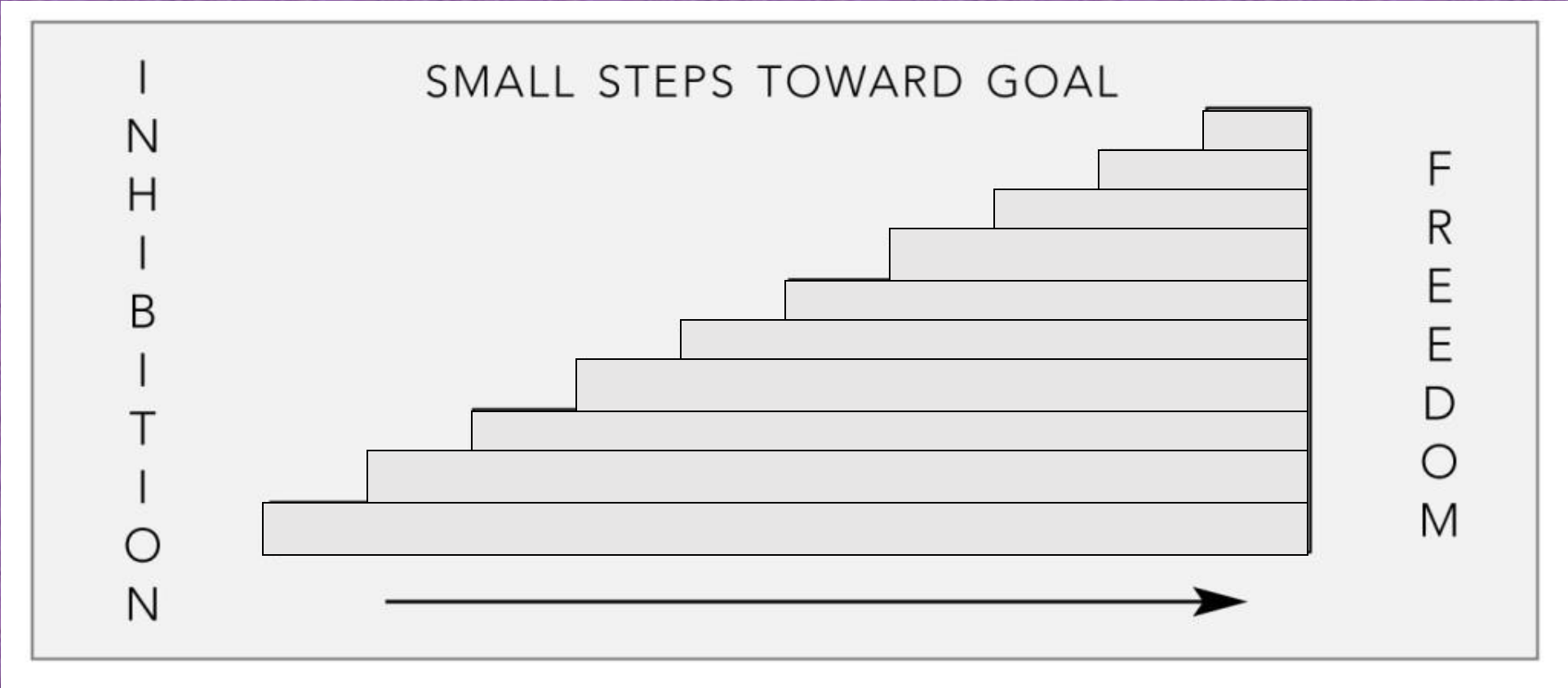
# Sexual therapy can be used as a means

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- II. to break down inhibitions, both emotional and sexual
- III. to build intimacy (Schnarch, *The Sexual Crucible*; Penners Formula for Intimacy)

# Formula for Intimacy

15 Minutes per day:

To connect emotionally – eye to eye-share an affirmation, thought, feeling (↑ oxytocin)

To connect spiritually - read a verse, devotional or say a pray

To connect physically - hug 20 seconds→  
↑oxytocin; kiss 5-30 sec ↑dopamine



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- VI. to spotlight addictive patterns and behaviors interfering with mutuality



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- VII. to highlight resistance to reversing symptoms & achieving goals

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- V. to help overcome body image and weight issues
- VI. to spotlight addictive patterns and behaviors interfering with mutuality
- VII. to highlight resistance to reversing symptoms & achieving goals
- VIII. to help couples spark passion and get the love they are longing for with each other (Harville Hendrick's *Getting the Love you Want*)

The ultimate goal:  
Help couples achieve a mutually  
satisfying sexual relationship within  
the parameters of what is possible  
given their situation.



# Our role as Permission-Givers

# I Corinthians 7:1 & 2

“...is it a good thing to have sexual relations?”

“Certainly...Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced sexual life in a world of sexual disorder”

*The Message*

Our role is to promote Mutuality:  
a biblical concept



# I Corinthians 7:3-5

## Mutuality

“The marriage bed must be a place of **mutuality**. The husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place ‘stand up for your rights.’ Marriage is a decision to serve the other whether in bed or out.”

Our Role: to Endorse Pleasure

# Underlying Principles for enjoying pleasure:

- Give and receive touch, freely
- Relax and soak in
- Focus on body awareness
- Discover and communicate what feels good
- Take time



Our Role: to remove  
demands and duty

# 4 D's: Demand, Duty, Desire, & Decision



Our Role:  
to understand our client's culture



# Impact of cultural/religious perspectives around the world

- Mexico – male-dominance
- Europe – free nudity; inhibited sexual communication
- Jakarta – no “de-flowering a virgin”
- Kenya – clitorectomies

Our Role:

to apply other techniques & therapies  
to the Sexual Retraining process

# Mindfulness

- Mindfulness is a psychological technique used to help those suffering from anxiety, pain, depression ...
- Most accepted definition include the principles of:
  - Presence of mind
  - Acceptance
  - Non-judgmental attachment
- The process of keeping one's mind in the present moment, while staying non-judgmentally detached from potentially destructive thoughts and feelings



# Cultivate Mindfulness by

- Noticing thoughts, feelings, physical feelings
- Being aware of one's values or being the person one wants to be/become
- Quiet or Meditative space 5 – 10 minutes a day
  - Focused Breathing Awareness exercises
  - Mindful walking
  - Mindful eating

Screen of life



## Two-Screen Image

<https://youtu.be/H3FEMbMXv6Q>

Threats  
Fears  
Temptations

# EFT

Emotionally focused therapy and emotion-focused therapy are a family of related approaches to psychotherapy with individuals, couples, or families. EFT approaches include elements of experiential therapy, systemic therapy, and attachment theory. EFT is usually a short-term treatment. [Wikipedia](#)



# EMDR

Eye movement desensitization and reprocessing is a form of psychotherapy that is controversial within the psychological community. It was devised by Francine Shapiro in 1987 and originally designed to alleviate the distress associated with traumatic memories such as post-traumatic stress disorder. [Wikipedia](#)

## Ephesians 5:1-3 from *The Message*

Watch what God does and then do it.

Mostly what God does is love you.

Keep company with him and learn a life of love.

In addition to knowledge and technique, practiced with  
excellence,

radiate love to those with whom we work