Sex Therapy Trends and Insights from 50 years of Clinical Practice

Dr. Clifford & Joyce Penner

Fuller SOP & MFT

Travis Auditorium

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Disclaimer

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

- *The Gift of Sex*, 2003
- 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
 Royalties for books purchases here today will go to the fund for Emotionally Healthy Leaders

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 clinician' real-world observations and from client values and preferences in addition to research evidence as a basis for establishing EBP."

Sturmey & Hersen 2012

Learning Objective 1:

Participants will be able to describe sex and the brain research, sexual response theories, and medical interventions that optimize sexual functioning and enhance sexual fulfillment in marriage.

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"

1981 The Gift of Sex by Clifford & Joyce Penner

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

1990 Counseling for Sexual Disorders by Penners – sexual therapy protocol

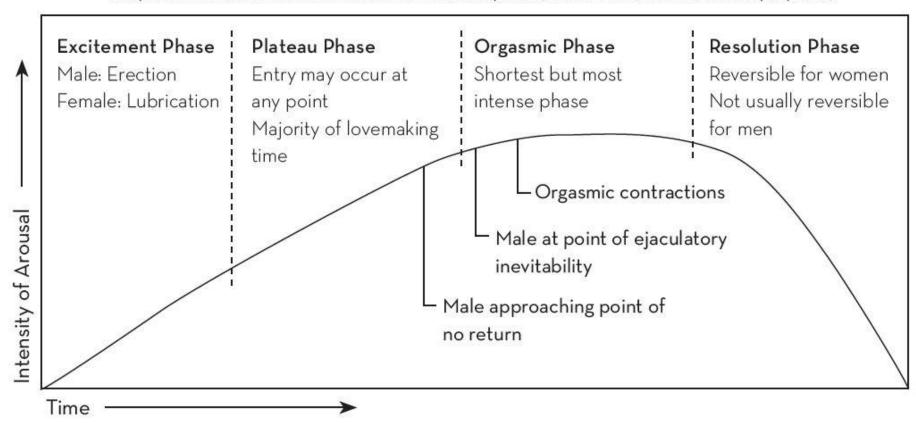
1995 San Franciso Sexual Therapy Conference – major leaders presented their findings

1998 Male Sexual Dysfunction conference at UCLA – new findings – focus on physiological

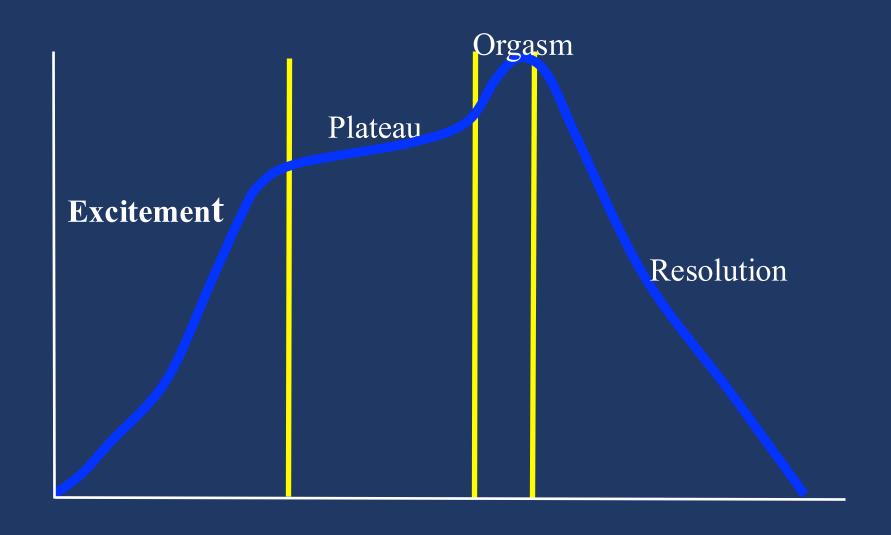
SEXUAL RESPONSE GRAPHS

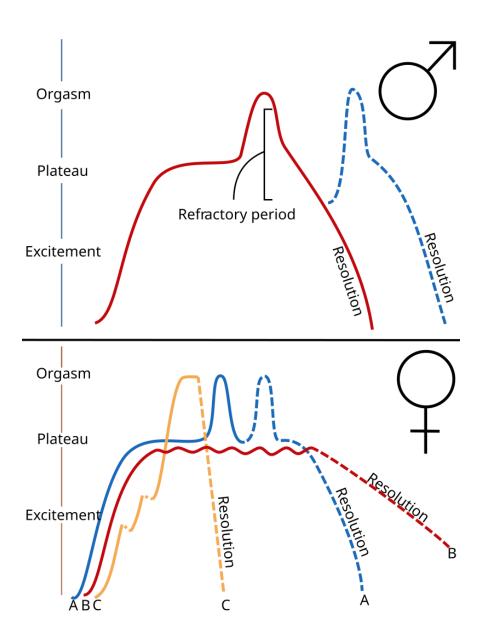
SEXUAL RESPONSE PATTERN

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



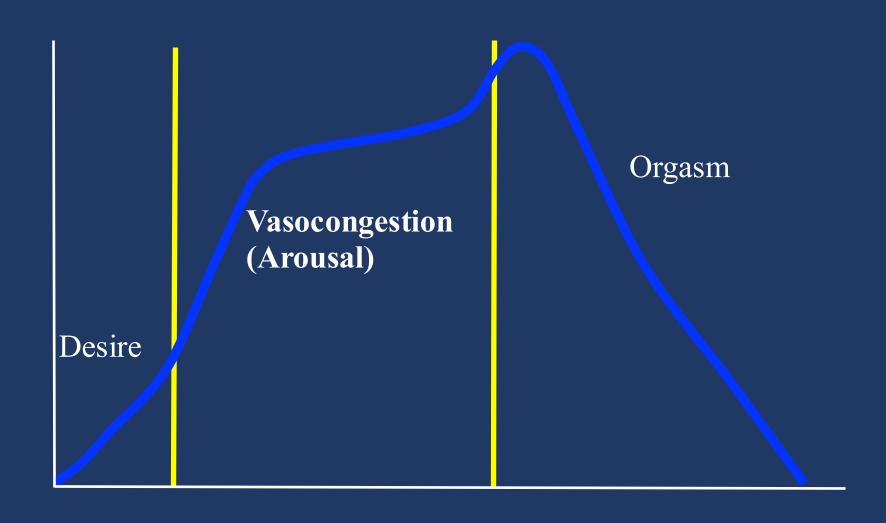
Masters and Johnson Model

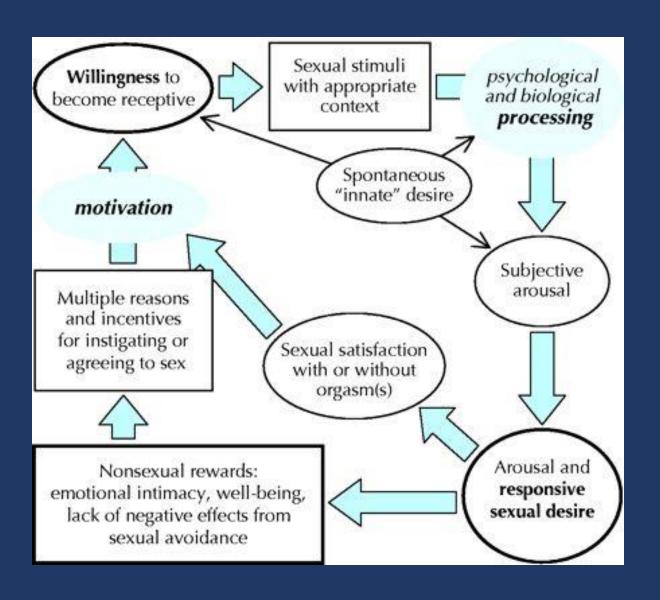




https://en.wikipedia.org/wiki/Human_sexual_response_cycle

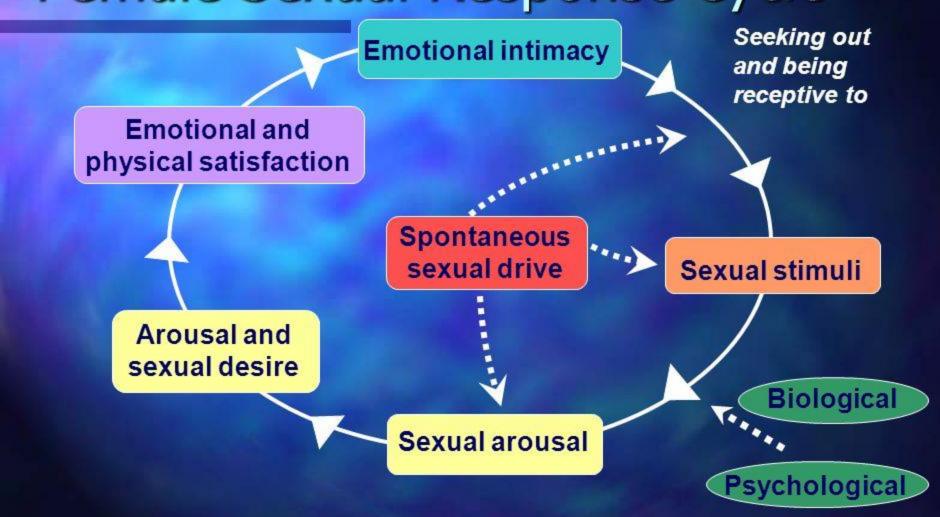
Kaplan's Triphasic Model





Rosemary Basson's Non-Linear Model 2000

Intimacy-Based Model of Female Sexual Response Cycle



Basson R. Obstet Gynecol. 2001;98:350-353.

Rosemary Basson's Non-Linear Model of sexual response incorporates the need for intimacy, acknowledges that *desire* can be responsive (to someone or something else) or spontaneous and may come either *before or after arousal*.

Depends on how we think of or define desire:

Sexual desire is distinct from sexual arousal.

Sexual desire is the positive anticipation of sexual activity.

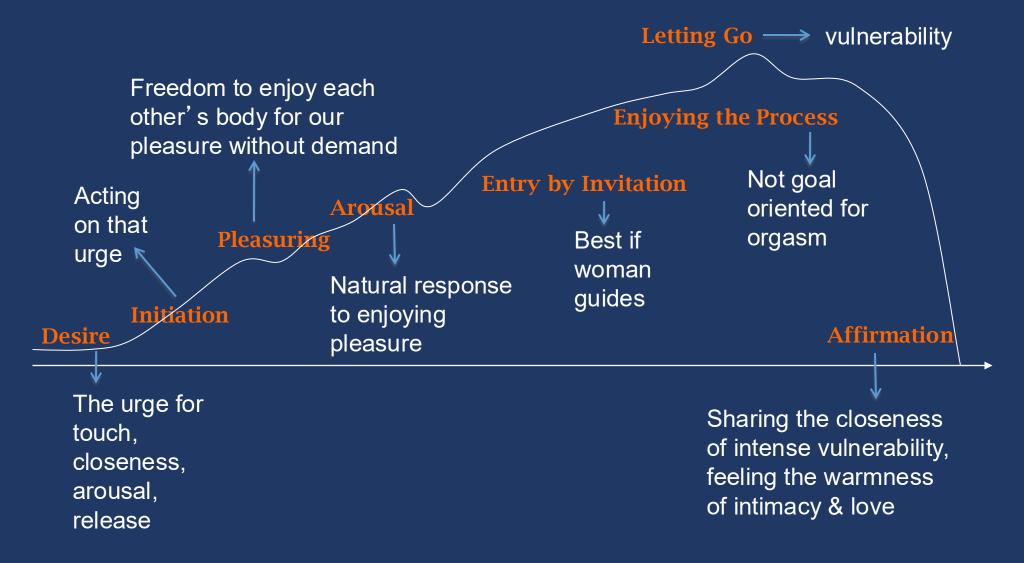
Sexual arousal is a physiological response to sexual stimulation.

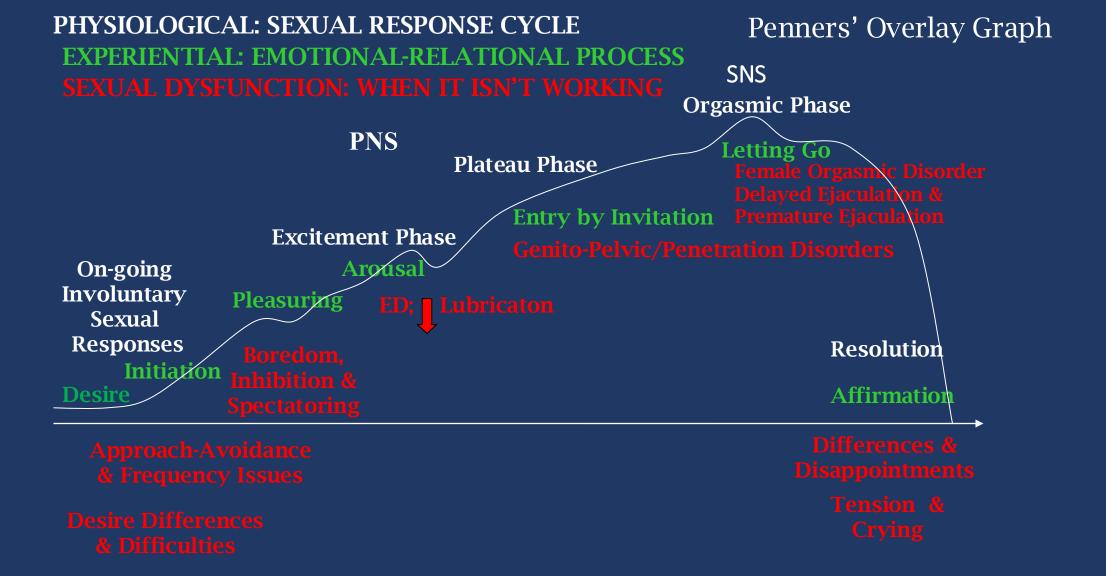
While sexual desire may lead to arousal, it is not a prerequisite for it. Sexual activity may be pursued by decision, not desire.

Penners' Overlay Graph PHYSIOLOGICAL: SEXUAL RESPONSE CYCLE SNS EXPERIENTIAL: EMOTIONAL-RELATIONAL PROCESS Orgasmic Phase **PNS Letting Go** Plateau Phase **Entry by Invitation Excitement Phase** On-going Arousal Involuntary Pleasuring Sexual Responses Resolution **Initiation** Affirmation Desire

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EMOTIONAL-RELATIONAL PROCESS: Symington additions





Intimacy Disorders: Sexual Addictions

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 (2002 U of Albany if no condom use)
- Sex can trigger sadness Postcoital dysphoria
- Sex can relieve pain (Hambach, et al. Cephalalgia 2015; Whipple 2006. 2013 & 2014
- Sex may boost memory (Neurogenesis in hippocampus: Gasper & Gould, 2013; Maunder, et al, 2016; Wright & Jenks, 2016)
- Sex calms & reduces stress (2006 Biological Psychology; 2014 & 2015 J Sex Med)
- Sex makes men sleepy (due tor surge of prolactin follows ejaculation)

Sex and the brain research has informed practice

(Gillian Einstein, ed. MIT Sex and the Brain, 2007; 819 pages)

Understanding Sex & the Brain makes a difference in The Sexual Therapy Process to help couples

• Embrace their male-female similarities and differences (Stuart Ritchie U of Edinburgh, 2015)

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!

Understanding Sex & the Brain Makes a Difference in 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

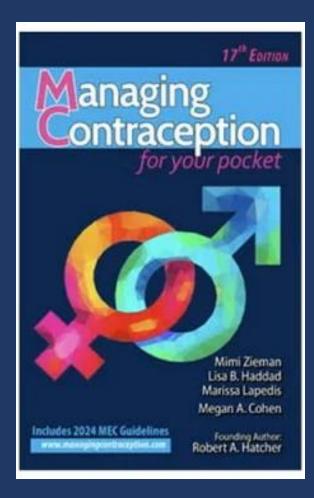
Formula for Intimacy

15 Minutes per day:

- To connect emotionally eye to eye: share an affirmation, thought, feeling (个 oxytocin)
 To connect spiritually read a verse, devotional or say a prayer
- To connect physically hug 20 seconds → 个oxytocin; kiss 5-30 sec 个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;
 - in choosing & using hormonal contraceptives



MANAGING CONTRACEPTIVE PILL PATIENTS AND OTHER HORMONAL CONTRACEPTIVES

17th Edition/1

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



medical publishers

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 hormone therapy – always transdermal.

Benefits of transdermal hormone replacement therapy:

- Heart protects and promotes heart health
- Liver Cholesterol regulation
- Bones strengthens and reduces risk of osteoporosis
- Skin anti aging
- Brain regulates body temperature, emotions, memory function and libido

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.6 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

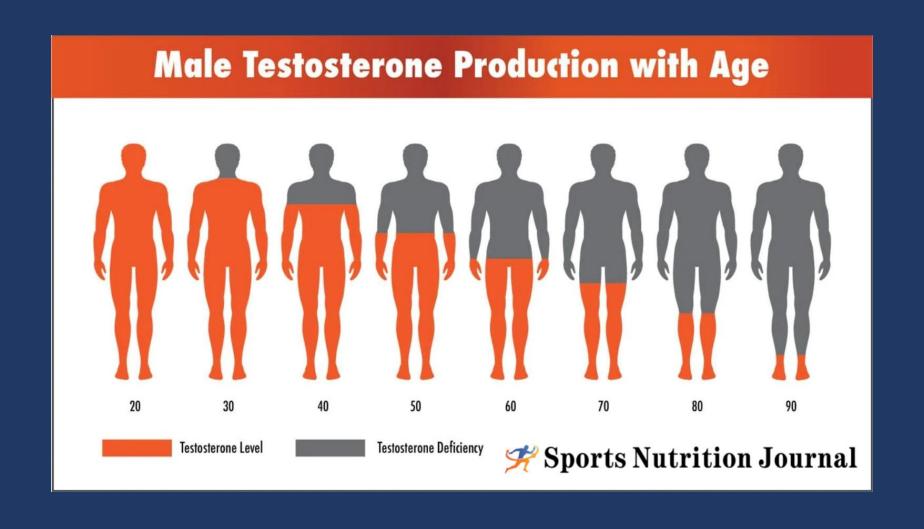
The ISSWSH is a multidisciplinary, academic, and scientific organization with the following purposes:

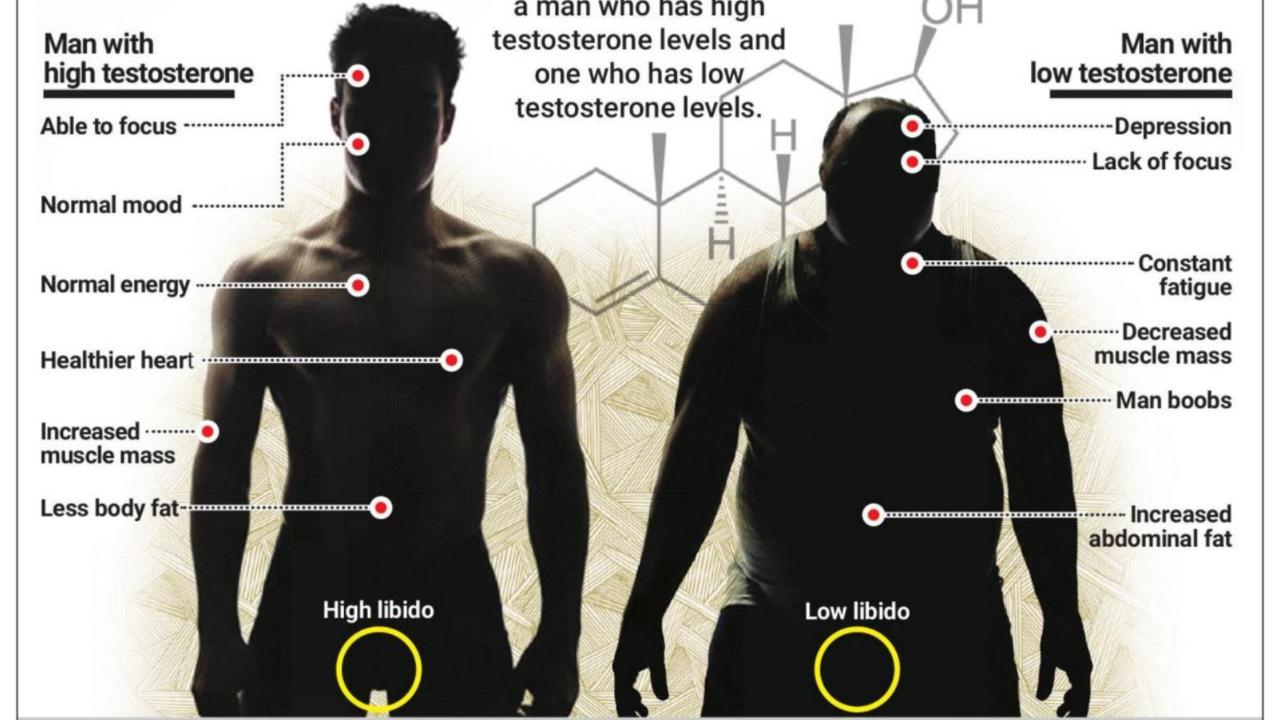
- To provide opportunities for communication among scholars, researchers, and practitioners about women's sexual function and sexual experience,
- To support the highest standards of ethics and professionalism in research, education, and clinical practice of women's sexuality, and
- To provide the public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

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





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.

Tlando - newest version of Androgen replacement recommended by Dr. Irwin Goldstein

- Oral testosterone that bypasses the lymphatic system and avoids the portal system and liver
- Many benefits and easier
- Less chance of drug transfer

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 the 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.

Men typically get turned on by a turned-on woman!

Women get turned on when they feel good about themselves.

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

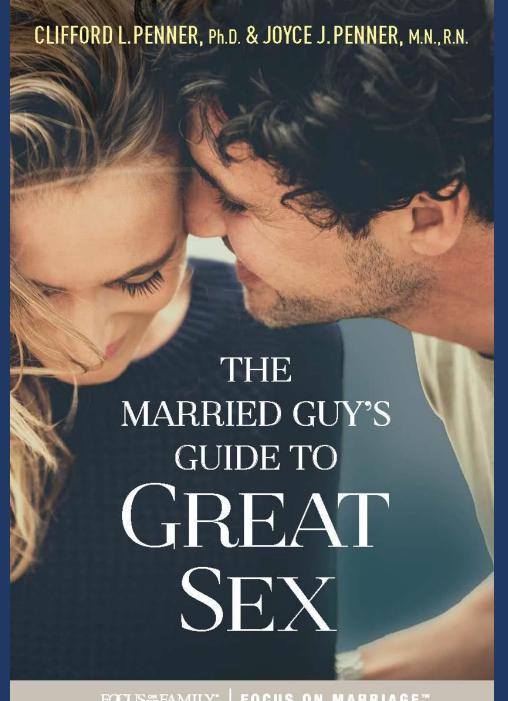
Philippians 2:5-8

"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:





FCCUS # FAMILY

FOCUS ON MARRIAGE™

The woman's role is to embrace her sexuality and share it with him - as modeled in the Song of Solomon.

Excerpts from the 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 mone.
- My love's kisses flow from his lips to mine
- Come, dear lover

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 # 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

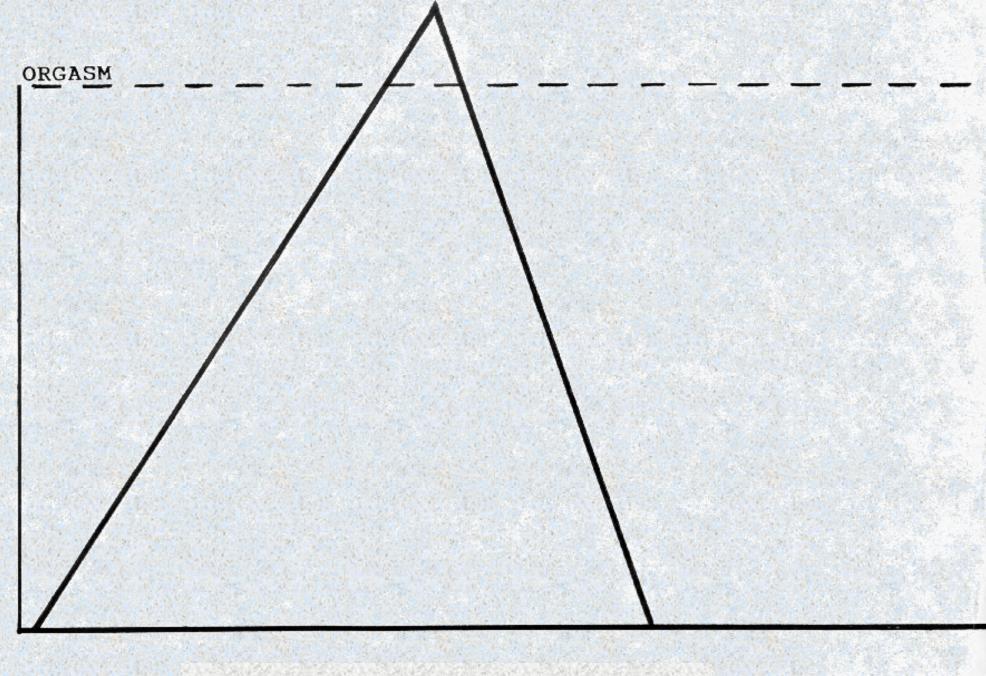
"The marriage bed must be a place of mutuality.

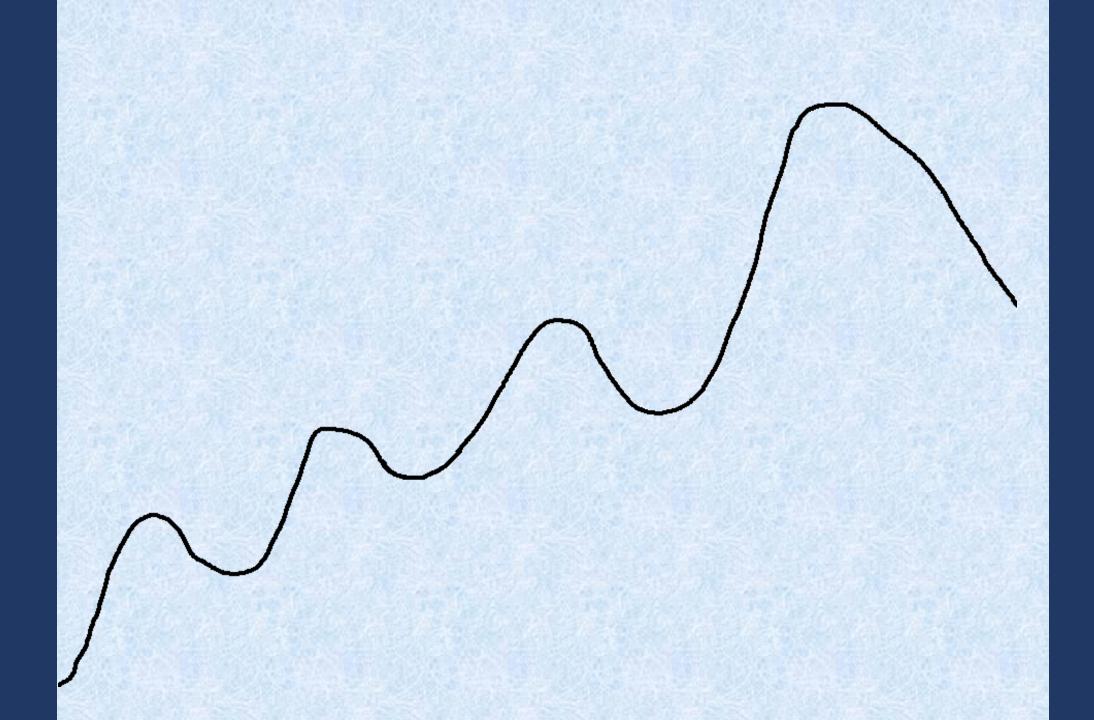
The husband seeking to satisfy his wife,

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."





Since the man isn't truly satisfied unless the woman is, He must 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, there are patterns that interfere with sexual fulfillment in marriage

Sexual Patterns are easily conditioned and self-perpetuating

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

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.

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

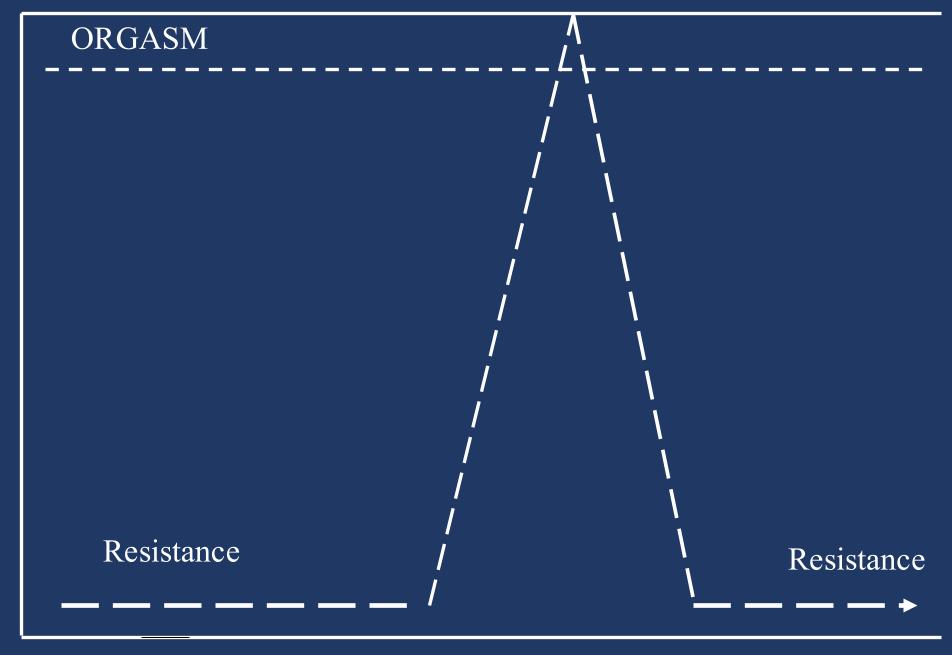
When the man's mood/self worth is dependent on her sexual interest and responsiveness to him,

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!



Other findings:

Increased recognition of physical factors in sexual functioning

The Cycle of Pain

* Fear, anxiety or previous pain

Pain reinforces fear & reflex response

Body reacts by 'bracing' more on ongoing basis

The body anticipates pain

The body automatically tightens vaginal muscles

Tightness makes sex painful or penetration impossible

Learning Objective 3:

Learn to examine attitudes and roles in the effective use of the sexual therapy tools available in *Restoring the Pleasure*, 2016 and the sexual therapy tools in *Counseling for Sexual Disorders*, 2025.

Sexual Therapy Sexual Retraining

SEXUAL THERAPY/SEXUAL RETRAINING

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

SEXUAL THERAPY/RETRAINING is a systematic approach to unsatisfactory sexual experiences.

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

- Reduce demand
- Enhance pleasure and
- Facilitate physical responses

The Sexual Therapy/Retraining Process includes:

Teaching assignments, Touching assignments, Talking assignments The Goals of Sexual Retraining/Sexual Therapy:

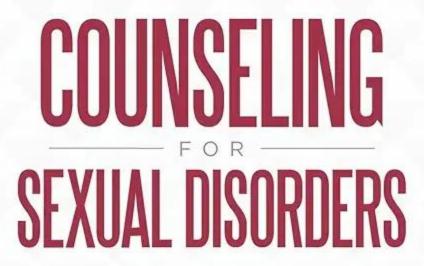
Distract from anxiety Remove demand & negative or failure experiences - Guidelines CFSD 134-5; RtheP 146-7 Establish new patterns Enhance pleasure — Principles CFSD 136-7; RtheP 147-9 Facilitate Body's responses Gain new & positive attitudes about sexuality Sexual
Retraining
Assignments
Pgs. 146-196

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.

Sexual
Therapy
Assignments
Pgs. 134-188



A THERAPIST'S HANDBOOK

NEWLY REVISED & UPDATED

Clifford and Joyce Penner

Keys to Success

- Clear Guidelines
- An In-charge Therapist
- Data Gathering re Homework
- Effective Management of Client's
 Idiosyncrasies & Relational Issues

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

Questions

Sex Therapy Trends and Insights from 50 years of Clinical Practice

Dr. Clifford & Joyce Penner

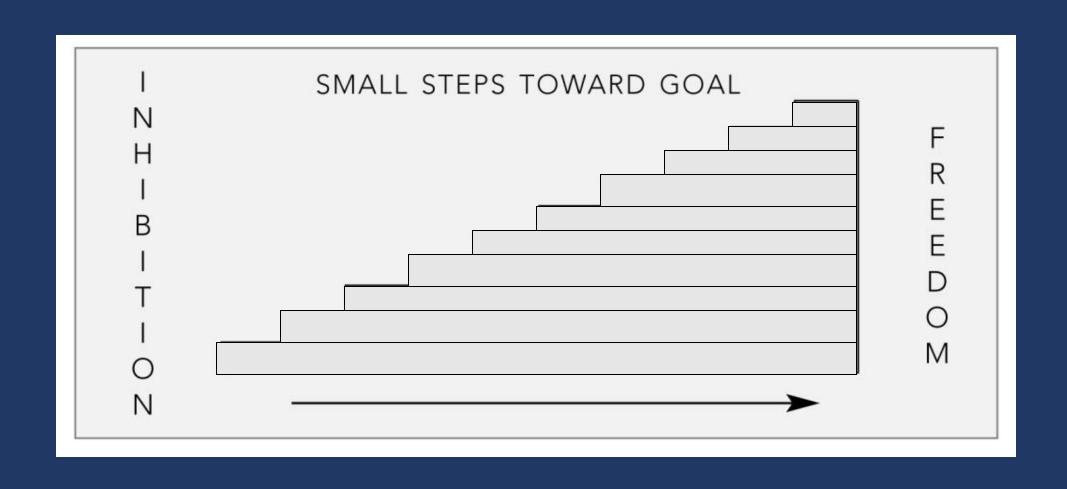


Slides to follow

Not planning to use in presentation

May be referred to if there is time or in response to questions

May be helpful to recipients to refer to on their own



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

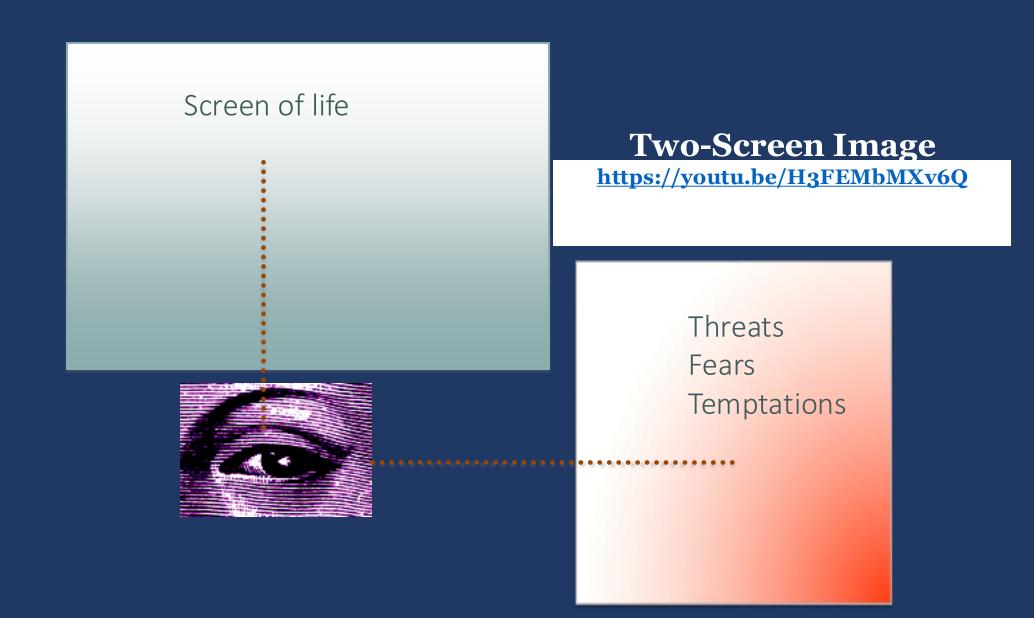
Our Role: to apply other techniques & therapies to the Sexual Retraining process

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



EFT

Emotionally focused therapy and emotionfocused 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