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Titolo	Enhancing sexuality [[electronic resource] ] : a problem-solving approach to treating dysfunction : workbook // John P. Wincze
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Edizione	[2nd ed.]
Descrizione fisica	1 online resource (161 p.)
Collana	Treatments that work
Disciplina	616.69 616.858306
Soggetti	Sex therapy Psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Part I: Basic Information for Understanding Sexual Functioning; Chapter 1 Introduction; Chapter 2 Understanding Your Sexuality; Chapter 3 Physical Factors That Affect Sexual Functioning; Chapter 4 Common Factors to Consider for All Sexual Problems; Part II: Information About Sexual Problems and How to Overcome Them; Chapter 5 Problems With Sexual Desire; Chapter 6 Problems With Sexual Arousal; Chapter 7 Problems With Ejaculation in Men and With Orgasm in Men and Women; Chapter 8 Problems With Pain and Discomfort During Sexual Relations Part: III Putting a Program Together to Improve Your Sexual Functioning Chapter 9 The Relationship With a Sexual Partner as the First Step in Treatment; Chapter 10 Working With a Partner to Master Your Sexual Problem; Chapter 11 Mastering Your Sexual Problem; Chapter 12 Continuing Progress and Preventing Relapse; Chapter 13 Maintaining Gains and Preventing Relapse; Common Sexual Myths; Answers to Chapter Review Questions; Suggested Readings
Sommario/riassunto	Sexual dysfunction in women range from 19% to 50% for 'normal'

women and with a dramatic increase in reported dysfunction postpartum and among menopausal and postmenopausal women. Among men, according to a recent survey, 52% over the age of 40 reported some degree of erectile failure which represents by far the most common problem of patients seeking medical help for sexual dysfunction. Unlike other treatment programs in this series, this treatment is self-paced and allows for interruptions in scheduled sessions. This workbook contains information and practical suggestions and exercises to hel

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