# Sexual Health, Dysfunction, and Therapy

A QUICKIE

# Contact Info:

# Melissa A. Novak, LCSW, CST-S

Pronouns: She, her, hers

### MN Therapies

3166 N. Lincoln Ave.

Suite 217

Chicago IL 60657

www.mntherapies.com

mnovak@mntherapies.com

- Specialties: CBT and sex therapy for anxiety disorders, personality disorders, and sexual dysfunctions.
- Supervisor, business founder, board member, workshop facilitator.
- Positionality

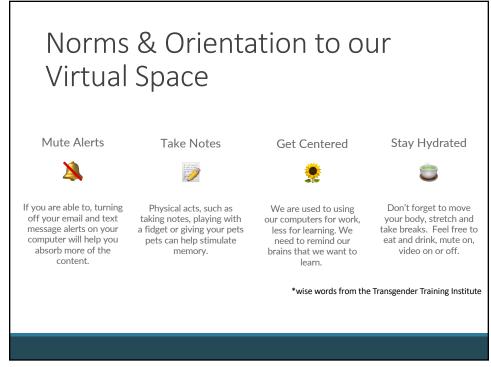
# About my training...

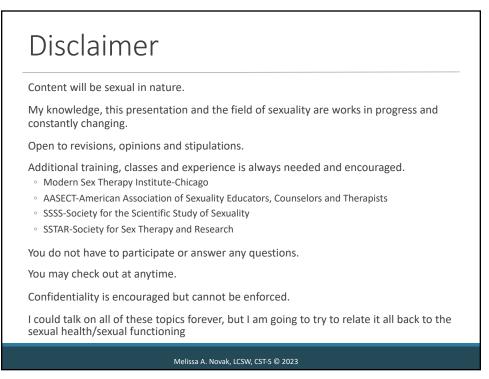
Practicing psychotherapy for 16 years with a concentration in human sexuality and sexual therapy.

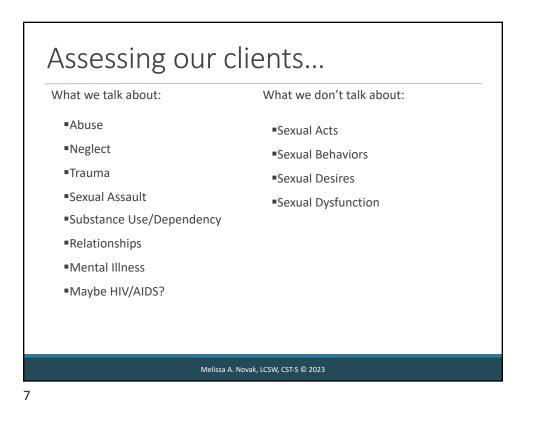
Completed Sex Therapy Certification

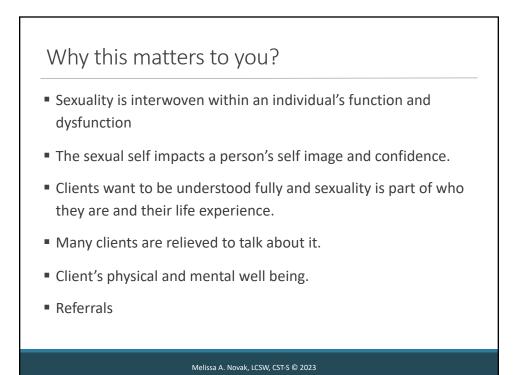
- Specialty education (a minimum of 90 hours) in core subject areas of Human Sexuality
- Specialty training (a minimum of 60 hours) in Sex Therapy
- Attendance in a Sexual Attitude Reassessment seminar (minimum 10 hours)
- Documentation of field experience and approved supervision (over 200 case hours with a minimum of 50 hours supervision) in Sex Therapy
- Abide by AASECT and NASW code of Ethics.
- Continue ongoing individual and group consultation.











"Sexuality is an integral part of human life. It carries the awesome potential to create new life. It can foster intimacy and bonding as well as shared pleasure in our relationships. It fulfills a number of personal and social needs, and we value the sexual part of our being for the pleasures and benefits it affords us...**Sexual health is inextricably bound to both physical and mental health.**" "David Satcher, M.D., Ph.D. Surgeon General 2001

**"Sexual health is more than the absence of sexual pathology.** The anatomy, gender, and function of the human body is the foundation of identity. The awareness of the sexual self as an integrated aspect of identity begins in infancy with the attitudes about the physical body communicated by the caretakers." ~Loretta Haroian, Ph.D.

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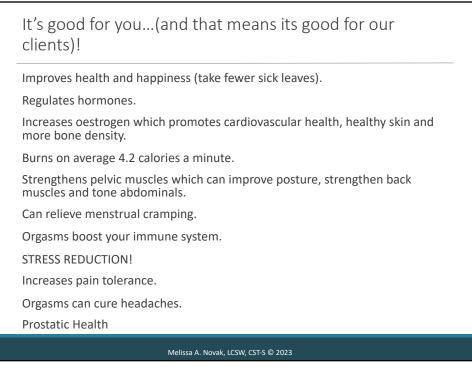
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## Values, Morals and Beliefs Transference • Their stuff • Wishes and expectations from the past of the client transferred onto us • We are "experts" on all things • We can "just tell" what's going on **Counter Transference** • Our stuff · Subtle, non-explicit messages that tell patients what part they are playing/should play [3] Comfort and Willingness Most therapists have little training in sexual health and dysfunction • It is not just your knowledge but your ability to "sit with the anxiety" of the topic that impacts your comfort and willingness Improved best through education and supervision Melissa A. Novak, LCSW, CST-S © 2023

# Attitude Assessment

- 1. What is my sexual identity?
- 2. What is my cultural identity?
- 3. What are my values?
- 4. How do these factors impact my sexuality?
- 5. How do they impact my sexual behavior and choices?
- 6. How does my culture, values, and sexual identity impact my professional practice and interactions with others?

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# Sexual Health

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# Ages 0-5 that love should make people feel good, safe, and wanted that people's bodies are different sizes, shapes, and colors how the bodies are different shapes, sizes, and gentials that people's bodies belong to themselves the correct names for all body parts, including sex and reproductive organs how to talk about their sexual parts without feeling naughty that it's normal to touch one's sex organs for pleasure to seek privacy when touching one's sex organs for pleasure how a "baby" "gets in" and "gets out" of a woman's body that a person does not have to have a baby unless they want to how to talk with trusted adults about sexual issues, questions, and concerns how to say, "No," to unwanted touch

\*from www.PlannedParenthood.org

# Ages 5-7

that all living things reproduce

how plants and animals grow and reproduce, what they need, and how we care for them

that all people, including our parents and grandparents, are sexual

that we all live through a life cycle that has a beginning and an end and includes sexuality at all ages

that people experience sexual pleasure in a number of different ways

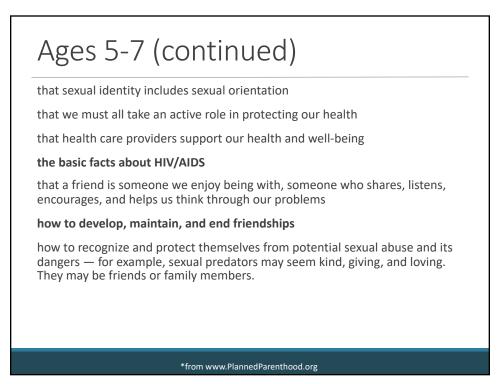
that everyone has sexual thoughts and fantasies and that having them is normal

that families are structured in different ways

the roles and responsibilities of different members of their families

how to live outside of stereotyped gender roles — for example, that women can be good leaders and men can be good at taking care of children

\*from www.PlannedParenthood.org



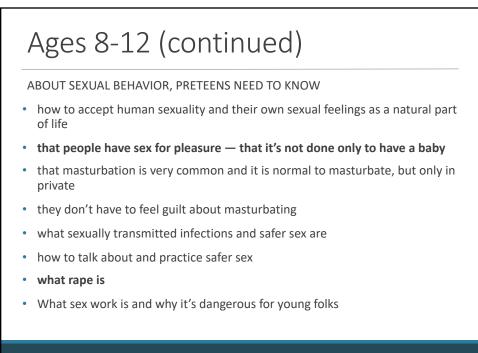
# Ages 8-12

ABOUT ADOLESCENT DEVELOPMENT, PRETEENS NEED TO KNOW

- · how bodies grow and differ
- · that puberty starts at different times for different individuals
- how to be comfortable with their changing bodies, especially in relationship to other children their age
- · what menstruation and wet dreams are
- how to take care of their personal hygiene during menstruation
- that emotional changes are common during this time

### \*from www.PlannedParenthood.org

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### \*from www.PlannedParenthood.org

# Ages 8-12 (continued)

ABOUT RELATIONSHIPS, PRETEENS NEED TO KNOW

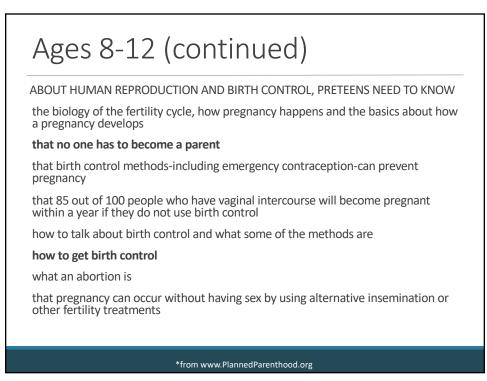
how their communities, families, and peers feel about dating

that families are structured in many different ways, how the relationships in families differ, and how families fit into their societies

\*from www.PlannedParenthood.org

### how to end relationships without anger

how to recognize and protect themselves from abusive relationships



# Ages 13-18

ABOUT SEXUALITY, TEENAGERS NEED TO KNOW

that sexuality is a positive aspect of one's personality

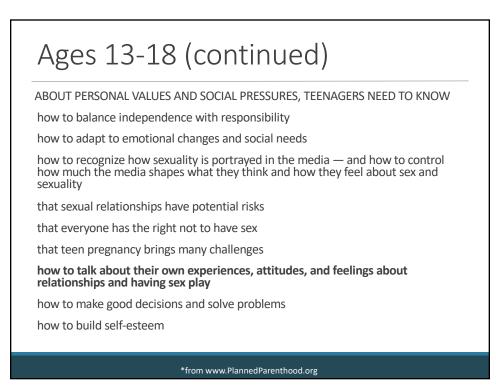
### how to take responsibility for sexual choices and behavior

that biological sex, gender identity, and sexual orientation form one's sexual identity

### that there are a lot of different, normal ways to have sex play

that people form many kinds of sexual relationships, including opposite-sex and same-sex partnerships

### \*from www.PlannedParenthood.org



# Ages 13-18 (continued)

ABOUT PERSONAL RELATIONSHIPS AND REPRODUCTIVE RESPONSIBILITY, TEENAGERS NEED TO KNOW

that relationships, including those within our families, often change over time

the details about birth control methods and how to tell myth from fact

how to have realistic expectations about long-term relationships — emotional support, companionship, child rearing, etc.

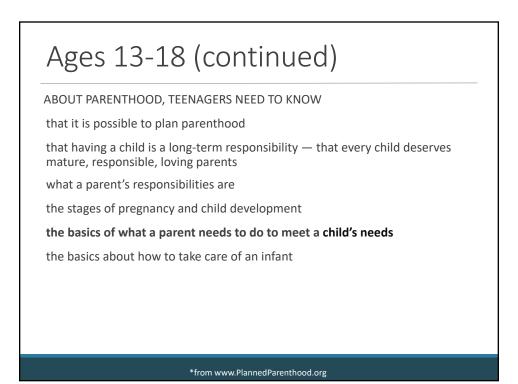
how to avoid unwanted or inappropriate sexual experiences

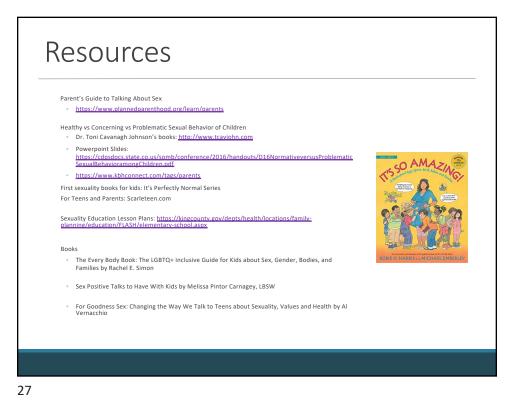
how to be assertive when refusing sex play or insisting on using birth control and safer sex

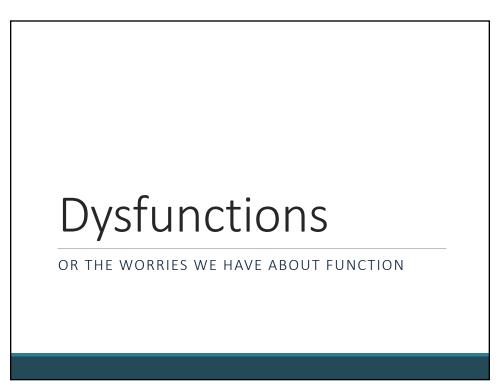
how to communicate clearly about sex play with a partner or potential partner

how to ask about and get birth control and be comfortable while doing it

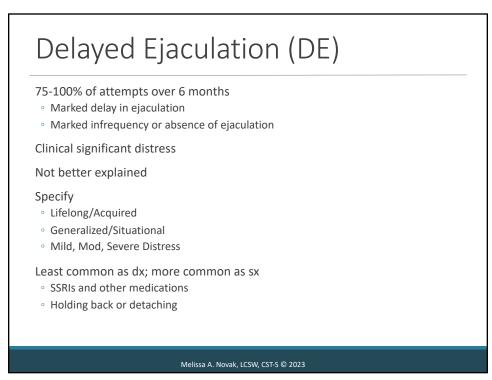
\*from www.PlannedParenthood.org



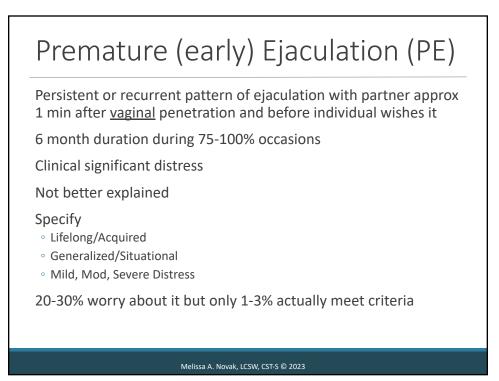




| Sexual<br>Dysfunctions | Clinically significant disturbance in a<br>person's ability to respond sexually or<br>to experience sexual pleasure<br>• Lifelong/Acquired<br>• Generalized/Situational<br>Several dysfunctions may exist at the<br>same time, all should be diagnosed |
|------------------------|--|
|                        | <ul> <li>Several factors should be assessed</li> <li>Partner Factors</li> <li>Relationship Factors</li> <li>Individual Vulnerability Factors (psych, stress, hx)</li> <li>Cultural or Religious Beliefs</li> <li>Medical Factors</li> </ul>            |



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# Female Orgasmic Disorder

75-100% of attempts over 6 months

- Marked delay or infrequency of orgasm
- Markedly reduced intensity

Clinical significant distress

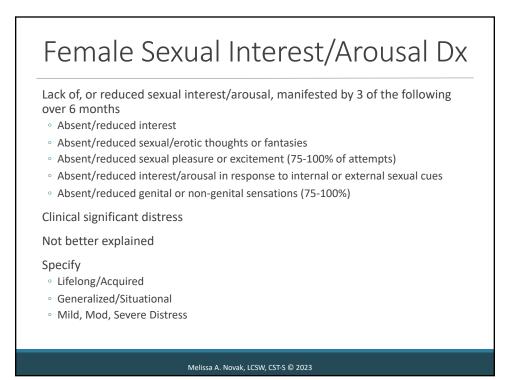
### Not better explained

### Specify

- Lifelong/Acquired/Never
- Generalized/Situational
- Mild, Mod, Severe Distress

10% of women never experience orgasm, most through clitoral stimulation

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### Male Hypoactive Sexual Desire Disorder

Persistent or recurrent deficiency in sexual/erotic thoughts or fantasies and desire for sexual activity

6 month duration

Clinical significant distress

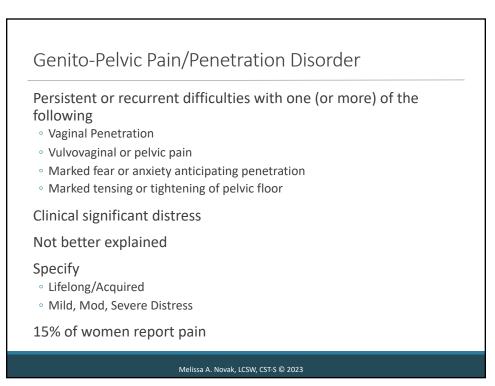
Not better explained

### Specify

- Lifelong/Acquired
- Generalized/Situational
- Mild, Mod, Severe Distress

6% of men ages 18-24; 41% of men ages 66-74%

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# Other Sexuality Related Disorders

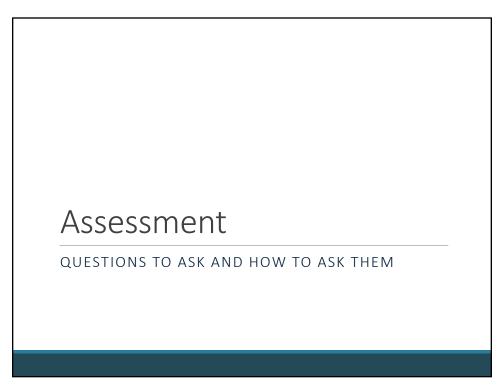
### Gender Dysphoria

- Now specifies between adult and child
- Incongruence between gender assigned and experienced or expressed gender
- Less focus on natal sex

### Paraphilic Disorders

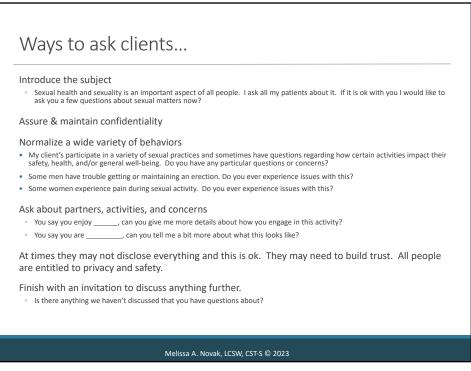
- Courtship disorders
- Erotic activity disorders
- Erotic target disorders
- Paraphilia does not = disorder

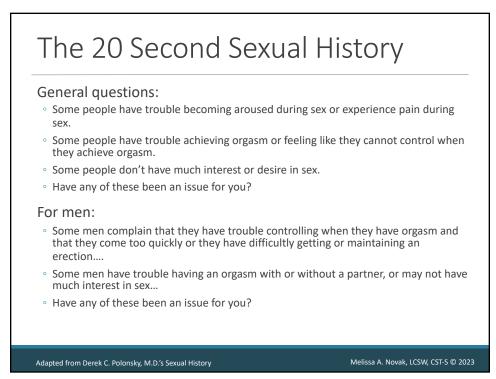
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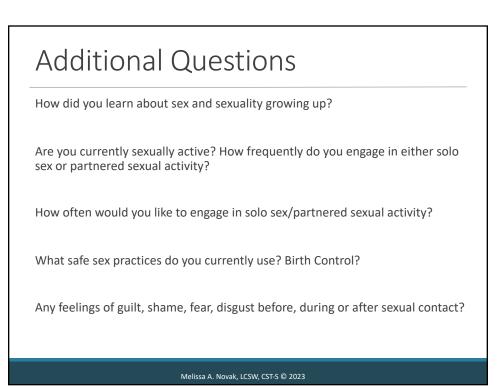


Permission (P): Limited Information (LI): Specific suggestions (SS): Intensive Therapy (IT)









### Resources • Sex and Love in Intimate • Principles and Practice of Sex Relationships, by Firestone, Therapy by Binik and Hall Firestone, and Catlett The New Male Sexuality by • • Mating in Captivity by Perel Zilbergeld • The Erotic Mind by Morin The Guide to Getting It On by • • Gay Affirmative Therapy for the Joannides Straight Clinician by Kort • www.sexualityresources.com • The Seven Principles for Making www.scarleteen.com • Marriage Work by Gottman

