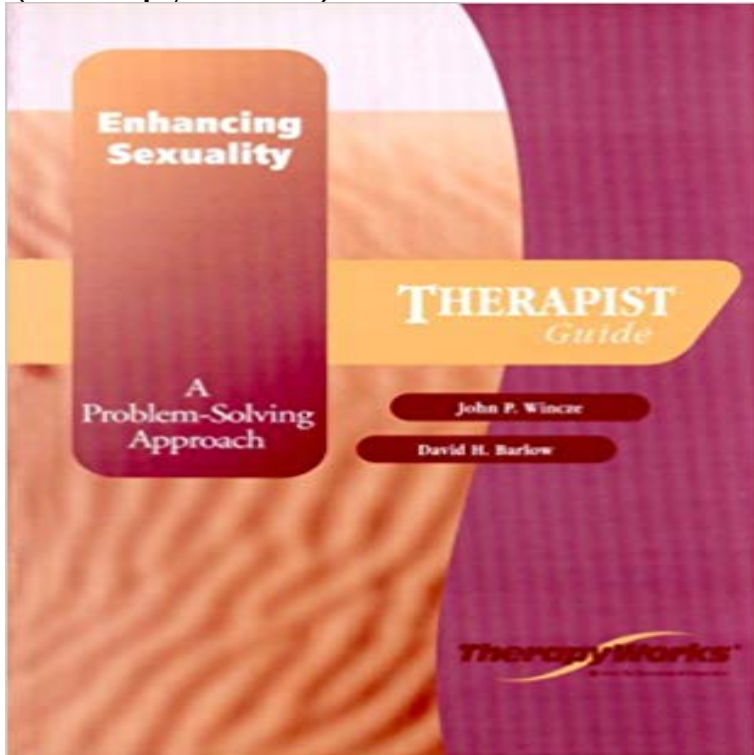


Enhancing Sexuality: A Problem-Solving Approach, Therapist Guide (TherapyWorks)



Using a cognitive-behavioral approach, this workbook addresses sexuality as a part of human functioning that can be associated with joy and good interpersonal relationships, as well as stress and problematic interpersonal relationships. It allows the reader to take the lead in placing his or her own functioning and satisfaction within this continuum. Written in a way that is both technically correct and understandable, the workbook provides correct information about sex, information to help target the sources of sexual problems and to find ways for solving them, and a demonstration of ways to avoid certain obstacles to progress. This Therapist Guide presents a treatment program for sexual dysfunction that has been empirically validated. An assessment schema of seven clinical pathways of treatment is provided differing in the degree to which treatment complications are present. Chapters in the Therapist Guide correspond with chapters in the Client Workbook presenting underlying principles, critical information, and clinical interventions. Also included are clinical examples and discussions of potential obstacles to the particular aspect of treatment being discussed. The Therapist Guide is optimally used with the companion Client Workbook but is also valuable as a stand-alone product. The Client Workbook is designed for use in therapy, but is also useful for individual or couple self exploration. The client is guided through interventions that provide new understanding of self and sexuality through thought-provoking worksheets and self-questions.

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