

TREATMENT OF ORGASM PROBLEMS IN WOMEN – THREE CASE STUDIES

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SEXOCORPOREL APPROACH (DESJARDINS)

- Sexuality is learned and can be shaped by exercises
- Detailed evaluation of physical components of sexual arousal
- „**arousal modes**“ during intercourse and **self-stimulation**
- Bringing this together in a **holisitic model**, including limitations and **abilities**

3 WOMEN WISHING TO HAVE ORGASMS DURING SEXUAL INTERCOURSE

	34 yo, married since 5y, one son, religious background	40yo, married since 11y, fell in love with another guy	27yo, in relationship, often sex, but unable to orgasm
Self stimulation	No real practise	Since age 6, regularly, specific	Regularly, some variety possible
Arousal mode	None (?) / emotional	archaic	mechanic
Logic of her system	Deficits in representation of her sex, high expectations towards her partner	Very narrow arousal mode, fragile to disturbances	Vagina not (yet) discovered as source of arousal
Strengths	Relationship	Well functioning arousal mode in self stimulation	Well functioning arousal mode in self stimulation

THERAPEUTIC STEPS

- Information about sexual function in general and specifically about the **arousal function**
- Homework: Getting in contact and mindfully exploring the sex (vulva and vagina) by watching in a mirror, „greeting“ and touching, „awake the sleeping nerves“
- In session and homework: Using the three laws of the body to modulate the arousal: tonus, rhythm and space, first without, then with sexual arousal
- Experience the vulva AND vagina as sexually aroused

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TAKE HOME

- One sexual problem – different causes and different approaches to address it!
- Make a detailed evaluation not only of cognitions, emotions, relationship, but also the physical level and derive a holistic model
- Start with the strengths
- New synapses are not just built by talking about sexuality but practise