



A Clinician's Guide to Systemic Sex Therapy

By Gerald Weeks, Nancy Gambescia, Katherine M. Hertlein

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The second edition of *A Clinician's Guide to Systemic Sex Therapy* has been completely revised, updated, and expanded. This volume is written for beginning psychotherapy practitioners in order to guide them through the complexities of sex therapy and help them to be more efficient in their treatment. The authors offer a unique theoretical approach to understanding and treating sexual problems from a systemic perspective, incorporating the multifaceted perspectives of the individual client, the couple, the family, and the other contextual factors.

Both beginning and experienced sex/relationship therapists will broaden their perspectives with the Intersystem approach and gain information rarely seen in sex therapy texts such as: how to thoroughly assess each sexual disorder, the implementation of various treatment principles and techniques, how to incorporate homework, dealing with ethical dilemmas, understanding different expressions of sexual behavior, and addressing the impact of medical problems on sexuality. Aside from bringing the diagnostic criteria up-to-date with the DSM 5, this new edition contains a new chapter on sensate focus, an expanded section on assessment, more information about development across the lifespan, and more focus on diversity issues throughout the text.

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Editorial Review

Review

Written by master sex therapy clinicians, this second edition surpasses its predecessor by offering up-to-date research and clinical insight, making a compelling case for its use for systemic sex therapy with couples experiencing sexual problems. This text will serve as an outstanding resource for all clinicians, particularly those heavily entrenched in working with individuals and couples. It is an invaluable text for both beginners and seasoned practitioners. I applaud the authors on producing a masterful work and strongly recommend it. **Frank M. Dattilio, PhD, ABPP**, works in the department of psychiatry at Harvard Medical School

This is much more than a 'Guide' The term 'guide' is really a humble misnomer. This is in the true term of the word a veritable encyclopedia of all you want to know and need to do systemic sex therapy. Beginning students as well as seasoned professionals will be brought up to date in all the myriad of possible information that makes this humbly-called 'guide' a classic source of information and knowledge about sex therapy. I wish I had it when I first started doing couple therapy. **Luciano L'Abate, PhD, ABEPP**, is professor emeritus of psychology at Georgia State University

It is a pleasure to endorse such a strongly resourced, credible, and contemporary resource for the practicing sexual and relationship therapist. Throughout the text, the authors emphasize the crucial awareness yet problematic dichotomy between psychological and physiological states alongside relational and other comorbid contributors to healthy or otherwise sexuality. The text offers practical tips, guidance and tools from a strong clinical background with clear emphasis to systemic practice. Key signposting throughout the text makes this especially meaningful to the audience of modern society with key literature sharing space with other media resources. **Professor Kevan Wylie, MD FRCP FRCPsych FRCOG FECSM**, is a consultant in sexual medicine, Sheffield, and president, World Association for Sexual Health

There are three reasons why you should read *A Clinician's Guide to Systemic Sex Therapy*. It is the only book that places sex therapy squarely within a family systems approach. In other words, it focuses not only on the mechanics and biology but also on the couple relationship. Second, it is among the most comprehensive books on sex therapy with sections on diversity, diagnosis and ethics. Finally, as the title suggests, it is the most practical text available with cutting edge techniques described in detail and updated for DSM-V. Every clinician working with couples needs this book. **Mark E. Young, PhD**, works at the Marriage and Family Research Institute at University of Central Florida

The only book you need to practice effective sex therapy. Drs. Weeks, Gambescia, and Hertlein have improved on their original gem and expanded their integrated model to include the latest diagnostic categories of the DSM 5. The authors show how to treat sexual problems within the context of the couple relationship and not as an unconnected "plumbing" problem. This easy-to-use guide that addresses the gamut of sexual and relationship issues belongs every clinician's bookshelf. **Jon Carlson, PsyD, EdD, ABPP, CST**, is a Distinguished Professor of Adlerian Psychology at Adler University in Chicago.

The revised, updated and expanded edition of *A Clinician's Guide to Systemic Sex Therapy*... provides a

comprehensive compendium of up-to-date information for therapists seeking to expand their knowledge and skill in the field of sex therapy... What distinguishes this book from other available sex therapy volumes is that in addition to providing both information and practical treatment guidelines, the authors create a convincing case for integrative treatment and, in fact, the book's introduction provides a comprehensive explanation of the intersystem approach to sex therapy... This textbook is evidence based and up to date, making it a valuable resource for novice therapists and veteran sexual health practitioners alike... *A Clinician's Guide to Systemic Sex Therapy* should be required reading in all sex therapy training programs and is a highly recommended resource and an inspiring contribution to the field." --**Talli Y. Ronsebaum**, Couples and Sex Therapist, Private Practice, Academic Advisor, Yahel Center for Jewish Intimacy, *Sexual and Relationship Therapy*

About the Author

Gerald R. Weeks, PhD, APBB, CST, is a certified sex therapist with 30 years of practice experience and is a professor at the University of Nevada, Las Vegas. He is among a handful of individuals to be given the "Outstanding Contribution to Marriage and Family Therapy" award in 2009 from the American Association of Marriage and Family Therapy, and was named the "2010 Family Psychologist of the Year." He has published over 20 books in the fields of individual, couple, family, and sex therapy.

Nancy Gambescia, PhD, CST, is a certified sex therapist with 35 years of practice experience, and is the director of the postgraduate sex therapy program at Council for Relationships in Philadelphia, Pennsylvania. She also maintains a private practice specializing in relationship and sex therapy in Rosemont, PA. Dr. Gambescia has published numerous book chapters, journal articles, and 6 books in couple and sex therapy.

Katherine M. Hertlein, PhD, is a professor and program director of the marriage and family therapy program at the University of Nevada, Las Vegas. She has published over 50 articles, 7 books, and 25 book chapters over the course of her career. She presents nationally and internationally on sex, technology, and couples.

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