Sex Therapy

New Books and Selected Backlist
This second edition of *Handbook of Clinical Sexuality for Mental Health Professionals* is a thoroughly revised and expanded edition of their first indispensable Handbook. The new material reflects the changing needs of mental health professionals and covers topics such as erectile dysfunction, great sex, the challenges men and women face when single again, helping the developmentally disabled with sex, and sex and cancer. With a well thought-out and updated organizational structure, this second edition is even more informative and consequential than their first.


60-day examination copy available

Also by Stephen B. Levine

**Demystifying Love**

Plain Talk for the Mental Health Professional

“Demystifying Love is one of the most thought provoking books for clinicians in recent years.” - Barry McCarthy, author, *Rekindling Desire* and Professor of Psychology, American University, USA

Hb: 978-0-415-95599-7: 2006: 200pp. £23.50/$42.95

Sex, Sexuality and Therapeutic Practice

A Manual for Therapists and Trainers

Edited by Catherine Butler, Hackney Primary Care Trust, London, UK, Amanda O’Donovan, St. Bartholomew’s Hospital, London, UK, and Elizabeth Shaw, St Ann’s Hospital, North London, UK

“This excellent resource will quickly become a solid favourite among trainers. Its easily accessible style, comprehensive coverage of sexuality issues, and range of practical exercises designed to foster self-reflection and awareness will make it a resource to which professionals turn with remarkable regularity.” - Hannah Frith, University of Brighton, UK

Sexuality is an important area of clients’ lives yet it is often neglected, both in the consulting room and in training. This book examines issues of sexuality in a positive and affirming light and considers how sexuality-related issues can be introduced into therapy and training. Sex and sexuality are important to consider in psychotherapy, psychology, counselling and health provision across a variety of contexts and are relevant to clinicians and therapists working in health and mental health settings as well as in specialist services such as sexual and reproductive health and HIV.

Sex, Sexuality and Therapeutic Practice opens with a general discussion of sex and sexuality before considering how the therapists can think and talk about sexuality in practical and self-reflective ways in different circumstances.


Hb: 978-0-415-44808-6: £60.00/$100.00


Systemic Sex Therapy

Edited by Katherine M. Hertlein, and Gerald R. Weeks, both at the University of Nevada, Las Vegas, USA, and Nancy Gambescia, in private practice, Philadelphia, USA

“Systemic Sex Therapy will become the gold standard for treatment of sexual problems. By treating the relationship as well as the partners, the three entities present in sex therapy are directly addressed.” - Jon Carlson, Governors State University, University Park, Illinois, USA

Systemic Sex Therapy serves as an introduction to the field of sex therapy from a systems perspective. It is an excellent resource for graduate students in marriage and family therapy programs or students and professionals who want a truly fresh perspective on sex therapy. This approach moves beyond traditional behavioral approaches to incorporate individual, couple, and intergenerational factors in etiology and treatment. Unlike current books on the market that are outdated, too advanced, simplistic, unfocused, or too diffuse in content, Systemic Sex Therapy is comprehensive, concise, highly focused on treatment, user-friendly, and contains features not found in other sex therapy texts, such as a systemic/behavioral focus, clinical innovation, and a greater focus on implementation rather than competing works.

**Forthcoming!**

**Recovering Intimacy in Love Relationships**

**A Clinician’s Guide**

Edited by Jon Carlson, Governors State University, Illinois, USA, and Len Sperry, Florida Atlantic University, Boca Raton, USA

Much has changed since Carlson and Sperry’s book *The Intimate Couple* was published nearly a decade ago. In that volume, the editors highlighted clinically relevant theory, research and practice strategies for assisting couples in developing intimacy, which at the time was framed quite narrowly. *Recovering Intimacy in Love Relationships* reflects the emerging view of intimacy as a multifaceted entity and the increasingly complex context in which the cycle of intimacy develops, wanes, and recovers. While the previous book had a single chapter focused on cultural aspects of intimacy and one on gender, this new version responds to the diversity considerations in intimacy and provides an entire section on cultural, gender and religious issues.


**We're No Fun Any More**

**Guiding Clients to a Joyful Marriage**

Robert Schwarz, licensed clinical psychologist, Pennsylvania, USA, and Elaine Braff, in private practice, New Jersey, USA

If one is married and also works and/or has kids, it’s common to lose the playful, sexy side of a relationship. Common – but not necessary. *We're No Fun Any More* shows couples how to regain the joy that supports a strong and loving marriage. Within its pages, readers will find a practical (and obviously fun) plan to 1) get their marriage out of the rut that’s robbing it of joy, 2) recapture the pleasure of dating, romance, and love, and 3) revive the playful quality of sex that makes it the pleasurable and enjoyable experience it’s supposed to be.

**Forthcoming**

**Enduring Desire**

*Your Guide to Lasting Intimacy*

*Michael Metz,* University of Minneapolis, USA, and *Barry W. McCarthy*

In *Enduring Desire,* authors Michael Metz and Barry McCarthy inspire and motivate readers with real-life examples and clear, helpful individual and couple exercises to reach for realistic and high quality sexual satisfaction as a couple. Throughout the book, they promote positive, realistic sexual expectations without commercialism and the exotic promises of hype that set people up for disappointment. The message is down-to-earth and full of joy for all couples, from their 20s to their 80s. They advocate the variable, flexible “Good Enough Sex” (GES) model, which validates the inherent variability and flexibility of couple sexuality and examine the biopsychosocial, multidimensional, and comprehensive roles, functions, and meanings of couple sexuality.

*July 2010: 220pp.*

**Pb:** 978-0-415-87830-2: £12.95/$19.95

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**Men’s Sexual Health**

**Fitness for Satisfying Sex**

*Barry W. McCarthy,* and *Michael E. Metz,* University of Minneapolis, USA

“McCarthy and Metz’s latest book, Men’s Sexual Health: Fitness for Satisfying Sex, is just plain terrific!! It presents new information, cogent observations and sensible suggestions that will enrich and enlighten the sexual life and comfort of every man (and his partner)...this is the best book on men’s sexual health to come along in decades. I am recommending it to all of my patients!” — *Sandra R. Leiblum,* Robert Wood Johnson Medical School

*Men’s Sexual Health* is a breakthrough book about vital and satisfying male sexuality. It presents a new model of male and couple sexuality, which establishes positive, realistic expectations of pleasure and satisfaction, as opposed to the self-defeating traditional demand for perfect intercourse performance.


*2009: 152pp.*

**Pb:** 978-0-415-99469-9: £9.99/$15.95

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**Discovering Your Couple Sexual Style**

**Sharing Desire, Pleasure, and Satisfaction**

*Barry W. McCarthy,* and *Emily McCarthy,* writer

“Once again the McCarythes have created a classic, easy to read, and relevant guide to a great sex life that is tailored to your personal style and taste. Great insights, compelling stories and fun exercises make this a must read book.” — *Sue Johnson,* author of *Becoming an Emotionally Focused Couple Therapist*

The quality of most couple sex doesn’t measure up to the much distorted image of the perfect romantic love/passionate sex encounter portrayed in popular culture. In *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction,* renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV, in books, or online, and discover their own unique sexual style.

Based on three years of research and treating more than 4,000 individuals and couples, *Discovering Your Couple Sexual Style* provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.


*2009: 200pp.*

**Pb:** 978-0-415-94829-6: £14.95/$19.95

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**Bestseller!**

**Rekindling Desire**

*A Step-by-Step Program to Help Low-Sex and No-Sex Marriages*

*Barry W. McCarthy,* and *Emily McCarthy,* writer

*Winner of the 2009 Smart Marriages® Impact Award!*

*Rekindling Desire* provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.


**Pb:** 978-0-415-95169-2: £11.00/$17.95

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**Getting It Right This Time**

*How to Create a Loving and Lasting Marriage*

*Barry W. McCarthy,* and *Emily J. McCarthy*

*Winner of the 2009 Smart Marriages® Impact Award!*

*Rekindling Desire* provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.


*2005: 224pp.*

**Pb:** 978-0-415-95638-3: £12.95/$19.95

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**Getting It Right the First Time**

*Creating a Healthy Marriage*

*Barry W. McCarthy,* and *Emily J. McCarthy*

*Winner of the 2009 Smart Marriages® Impact Award!*

*Rekindling Desire* provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.


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For more information on this and other books, visit www.familytherapyarena.com/browse/sex-therapy
Forthcoming!

Premature Ejaculation
The New Neuroscientific and Drug Treatment Approach
Marcel Waldinger, General Hospital, Leyenburg, The Netherlands

Marcel Waldinger is one of the leading PE researchers in the world and a staunch proponent of the neurobiological origin theory of the disorder. Based on his own research, findings, and experience, Dr. Waldinger carefully examines the current PE literature, existing theory, and treatment strategies, before presenting his own theory of the basis of PE. In this text Dr. Waldinger anchors his theory in comprehensive definitions of the dysfunction itself and other terms vital to a more fundamental understanding of PE.


Hb: 978-0-415-99434-7: £55.00/$90.00
Pb: 978-0-415-99435-4: £21.99/$34.95
Series: Psychoanalysis in a New Key Book Series

Heterosexual Masculinities
Contemporary Perspectives from Psychoanalytic Gender Theory
Edited by Bruce Reis, New York University Postdoctoral Program in Psychotherapy and Psychoanalysis, USA, and Robert Grossmark, City University of New York, USA

“The time has come when men can stop complaining that psychoanalysis sells them short. This erudite, compassionate and beautifully edited collection is going to be a benchmark for the engagement of psychoanalysis with the masculinities.”
- Andrew Samuels, University of Essex, UK

Heterosexual Masculinities rethinks a psychoanalytic tradition that has long thought of masculinity as a sort of brittle defense against femininity, softness, and emotionality. The contributors to this insightful volume take new perspectives on relations between men, men’s positions as fathers in relation to their sons and daughters, the clinical encounter with heterosexual men, the social contexts of masculinity, and the multiplicity of heterosexual masculine subjectivities.


Hb: 978-0-88163-501-0: £55.00/$90.00
Pb: 978-0-88163-502-7: £21.99/$34.95
Series: Psychoanalysis in a New Key Book Series

In the Grip of Desire
A Therapist at Work with Sexual Secrets
Gale Holtz Golden, in private practice, Vermont, USA

“Gale Golden has given us an outstanding text regarding the treatment of an incredibly challenging clinical phenomenon. The masterful use of case histories gives the reader an intimate look at the inner lives of those struggling with sexual secrets.”
- Daniel N. Watter, The American Association of Sexuality Educators, Counselors, and Therapists (AASECT)

Written in a first-person, narrative style, In the Grip of Desire gives both the professional and lay reader the rare opportunity to experience the sequestered world of the therapist as she works with people who have sexual secrets and behaviors. Referencing the academic literature and research, using rich case material, and a broad use of literary references, the book unpretentiously demonstrates the basic concepts and issues in treating compelling and legal sexual behaviors.

Hb: 978-0-415-95163-0: £37.95/$59.95

Sex Changes
Transformations in Society and Psychoanalysis
Mark J. Blechner, William Alanson White Institute, New York, USA

“With Sex Changes, Mark Blechner... blends an intimate, deeply moving biographical account with a theoretically sophisticated, scholarly, jargon-free narrative. All practicing therapists should read this book – who knows where it will lead?” - Lewis Aron, Director, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, USA

In the 1950s, ambitious women were often seen as psychopathological and were told by psychoanalysts that they had penis envy that needed treatment; today, a woman has campaigned for President of the United States. Mark Blechner has lived and worked through these startling changes in society, and Sex Changes collects papers he has written over the last 45 years on sex, gender, and sexuality. Interspersed with these papers are reflections on the changes that have occurred during that time period, both within the scope of society at large as well as in his personal experiences inside and outside of the therapeutic setting.

Hb: 978-0-415-99434-7: £55.00/$90.00
Pb: 978-0-415-99435-4: £21.99/$34.95
Series: Psychoanalysis in a New Key Book Series

Sex therapy
Common Dilemmas in Couple Therapy

Judith P. Leavitt, psychologist and co-founder, Sundance Counseling and Consulting, Massachusetts, USA

“A professionally wise and passionate resource. In this book Judith Leavitt offers an abundance of relevant theory, skillful direction, and effective techniques for helping relationship therapists successfully handle some of our toughest cases.”

- Wendy Maltz, author of The Sexual Healing Journey and The Porn Trap

Common Dilemmas in Couple Therapy addresses four common problems that couples therapists face every day in their offices, problems that leave therapists exhausted, drained, challenged, alive, racing, and on edge. These dilemmas encompass not only the difficult challenges therapists face every day, but also the passions and profound disappointments of human intimate partnerships. The purpose of this book is not only to explore and give case illustrations of these dilemmas, but also to give therapists strategies to use and help them understand and handle their own profound experiences while doing this work.


Hb: 978-0-415-99990-8: £38.99/$69.95
Pb: 978-0-415-80001-3: £19.50/$34.95

60-day examination copy available

Rediscovering Confession

The Practice of Forgiveness and Where it Leads

David A. Steere, in private practice, Kentucky, USA

“David Steere has retooled the ancient wisdom of confession into practical applications for pastoral counselors and professional therapists seeking to incorporate spirituality into their work with clients and greater community... This book is a gem for developing “the person of the therapist.””

- Kenneth A. Burr, Marriage and Family Therapist, pastoral counselor and author of Coming Out, Coming Home: Making Room for Gay Spirituality in Therapy

Rediscovering Confession is about recovering the experience of confession, in danger now of becoming a lost art. It identifies four elements present in psychotherapy and confession: a state of heightened self-awareness, a growing realization that our predicament points in some meaningful direction beyond itself, the necessity to make a relevant response to our situation, and a potential for spiritual encounter that accompanies the process.

Hb: 978-0-415-99746-1: £25.00/$44.95

60-day examination copy available

New!

Please Select Your Gender

From the Invention of Hysteria to the Democratizing of Transgenderism

Patricia Gherovici, Philadelphia Lacan Study Group, USA

“... fascinating, insightful, and provocative... Please Select Your Gender intervenes intelligently and compassionately in several key debates about sex and gender.”

- Christopher Lane, author of Shyness: How Normal Behavior Became a Sickness

Utilizing rich clinical vignettes and elements of Lacanian theory, Patricia Gherovici demonstrates how the transgender discourse has both reoriented psychoanalytic practice and reframed debates about gender in American society at large. She traverses historical, theoretical, and clinical grounds to explore what has been termed the “democratizing of gender” – for what could be more democratic than the choice of one’s own gender, now able to be changed on demand? Arguing for the depathologization of transgenderism, Please Select Your Gender aims to revise current notions of human sexuality in general.


Hb: 978-0-415-80615-2: £55.00/$90.00
Pb: 978-0-415-80616-9: £22.99/$35.95

New Edition!

Couples Group Psychotherapy

A Clinical Treatment Model

Second Edition

Judith Coché, University of Pennsylvania Medical School, USA

Couples Group Psychotherapy is an up-to-date model based on more than twenty years of work and research with outpatient couples groups. In the text, therapists will find everything they need to conceptualize and develop a successful practice based on group psychotherapy for couples. The book combines tenets of individual personality development, family systems theory, and group psychotherapy theory, blending aspects of the theoretical basis of each in order to build a conceptual framework that incorporates the strengths of all three.


Hb: 978-0-415-87304-8: £19.99/$34.95
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