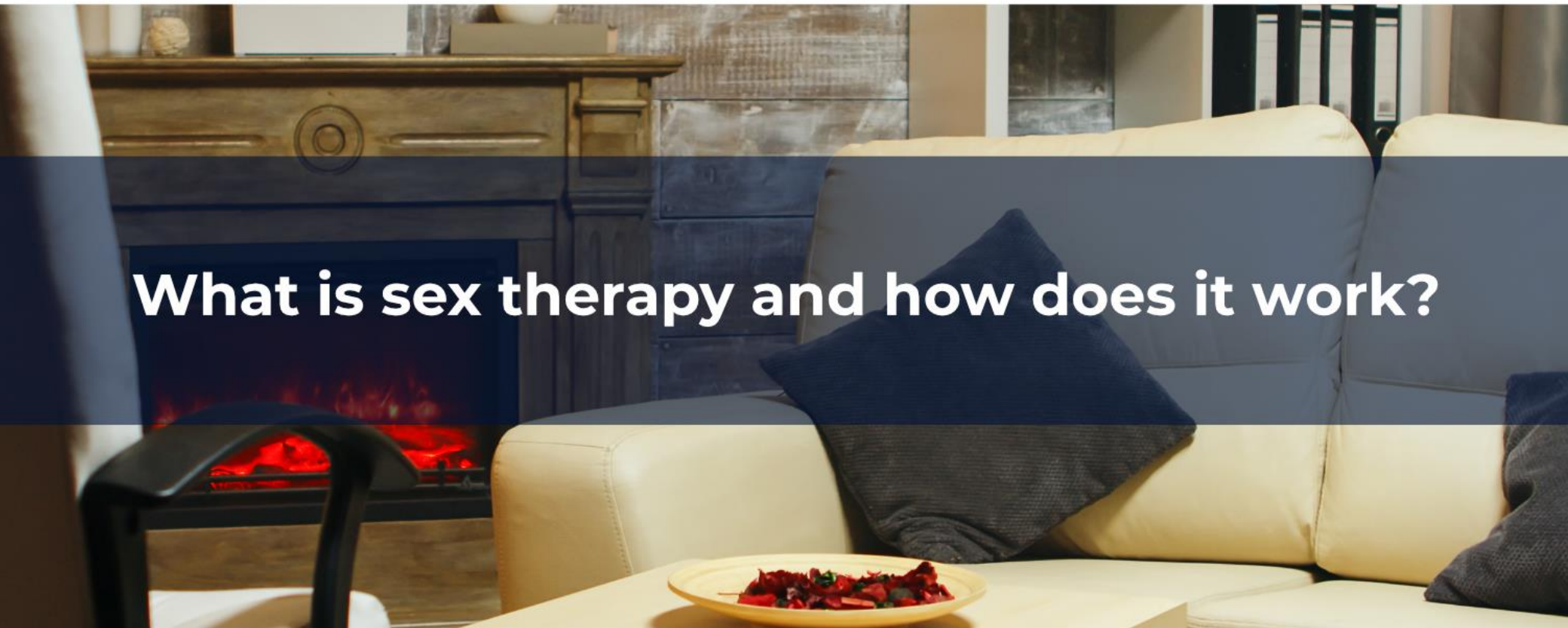




Stephen Laverack
Counselling Psychologist

What is sex therapy and how does it work?



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Sex therapy is a form of verbal counselling that's used to help individuals and couples resolve challenges and difficulties relating to sexual performance and satisfaction.

Sex counselling is like any other type of counselling therapy. You treat the condition by talking through your experiences, worries, and feelings. It's normal for some clients to feel nervous when seeing a sex therapist, or even discussing sex at all. However, most sex counsellors recognise this and try to make their clients feel comfortable by starting with questions about your sexual general health, etc to get a better understanding of your "concerns".

Clients meet in the psychologist's office where the counselling session will take place. Individual or couples can participate.

It's important to keep in mind sex counselling therapy does not involve any physical contact or sexual activity among clients and psychologist. My role is also not to choose sides or help persuade clients, but rather to support and educate to provide comfort and encouragement for change.

You will likely leave your counsellor's office with "homework" assignments to try before your next appointment.

A close-up photograph of a person's hand holding a white rectangular sign with the words "SEXUAL HEALTH" printed in bold, black, sans-serif capital letters. The person is wearing a white lab coat and a stethoscope is visible around their neck. The background is slightly blurred, showing a desk with a clipboard and a smartphone.

SEXUAL
HEALTH

Such homework might include the following:

Experimentation such as roleplaying, trying different positions, etc.

Sensate focus which can involve nonsexual touching, progressing to genital touching, and, usually, ending with penetration.

Education such as how the anatomy works and how the body functions during sexual activity.

Communication strategies such as asking for what you want or need sexually or emotionally in your relationship.



Success with sex therapy often depends on how committed clients are to the process. If clients are willing to put in the effort, either alone or with a partner, they may reach their sexual goals.

What happens in a sex therapy session?

Each session is confidential which means I am not allowed to discuss your situation with anyone else (unless for safety reasons under a legal warrant or court order) I will listen to you describe your challenges and assess whether the cause is likely to be mental, physical, or a combination of the two.

Sessions usually last for **45 to 60 minutes**. For some people, just one session is all that is needed. For others, several sessions may be required.



PRIVATE AND CONFIDENTIAL

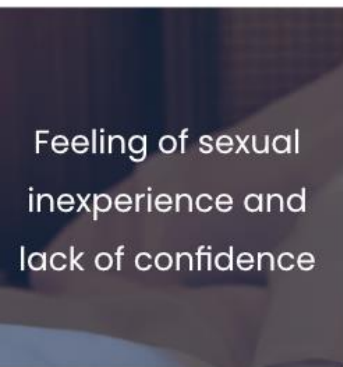


Who is sex therapy for?



To determine if you need a sex therapist, ask yourself what parts of your life are the most affected currently. If you determine your sexual health is a concern or stress, it's a good idea to seek out sex counselling.

Sex therapy can be beneficial for the following:



Feeling of sexual inexperience and lack of confidence



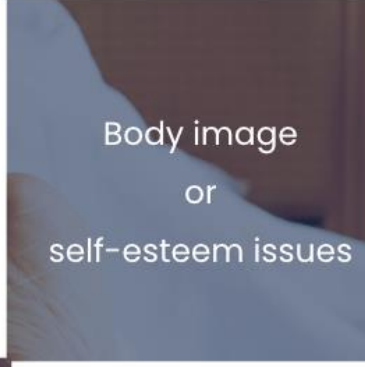
Difficulties communicating about sex



Arousal difficulties (e.g. erectile function)



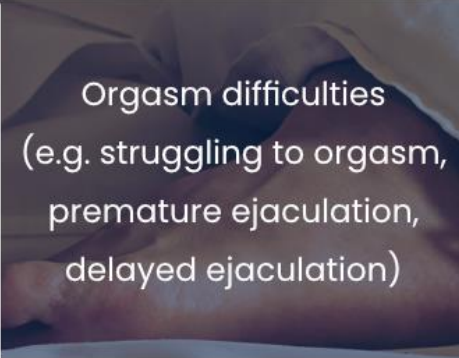
Recovering sexually after in jury, illness, surgery and childbirth



Body image or self-esteem issues



Sex or pornography addiction



Orgasm difficulties (e.g. struggling to orgasm, premature ejaculation, delayed ejaculation)



Experiencing sexual anxiety of any form



Sexual pain (e.g. pain during shallow or deep penetration)



Challenges with sexual arousal

Things to Consider

Sex therapy is beneficial to both individuals and couples to have an open, honest form of communication so that they can work through any concerns or challenges toward a healthy, happy sex life.

If you're planning on booking a sex counselling session with Stephen, it's important to ensure that you are comfortable with me (and vice versa). This means that you also need to be intentional and honest about communicating with your partner after sessions.

