



# **New Directions in Sex Therapy: Innovations and Alternatives**

*Peggy J. Kleinplatz*

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# New Directions in Sex Therapy: Innovations and Alternatives

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**Winner of the 2013 AASECT Professional Book Award!**

*New Directions in Sex Therapy: Innovations and Alternatives* focuses on cutting-edge, therapy paradigms as alternatives to conventional clinical strategies. With each passing year, the treatment of sexual problems seems to emphasize more medical and pharmacological interventions. There is correspondingly less interest in the experiences of the individuals or couples involved. This book expands the definition of our field.

Part I highlights the major problems and criticisms facing sex therapy and furnishes a rationale for new directions. Included in this new edition are critiques of "sexual addiction" nomenclature, the neglect of the ethical dimension in sex therapy, and there is a call to expand our vision of what sex therapy can attain. Part II demonstrates new approaches to dealing with traditional sex therapy concerns, including lack of desire and erectile dysfunction as well as innovative goals, such as integrating sexual medicine with sex therapy, using client feedback to customize therapy for the particular individual/couple's best interests, promoting relationship growth in working with transgender clients, and transcending sexual function/dysfunction to optimize erotic intimacy in long-term couples. This 2nd edition of *New Directions in Sex Therapy: Innovations and Alternatives* is replete with helpful new clinical illustrations across the spectrum of theoretical orientations (e.g., systemic, narrative, Experiential, CBT) to demonstrate these approaches in action.

This book is intended for anyone who deals with sexual issues and concerns in therapy—clinicians of every kind, novices and advanced practitioners—rather than only those who define themselves as sex therapists.

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