

AB101. Sex therapy in andrology: methodology and clinical practice

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Abstract: Traditional sexual treatments focus on the sexual organ function or orgasm ability. On the contrary, sex therapy is a relatively new field for treatment of sexual dysfunction which focuses on moving past physical and emotional challenges to have a satisfying relationship and pleasurable sex life. The major principle of sex therapy is PLISSIT model and cognitive behavioral therapy which combine of sex education, sensate focus, mindful awareness,

relaxation skills, realistic systematic desensitization, and specific sexual techniques could resolve sex problems which involve both the relationship and the sex. Sex therapist preferred working with couples because the interaction within the couple often contributes in important ways to the sexual difficulties. Applied to the Andrology, sex therapy can help patients to identify/change their cognitive distortions and maladaptive behaviors, and enhance their therapeutic motivation. Therefore, sexual medicine is essentially transdisciplinary, and a biopsychosocial model to treatment of sexual dysfunction is recommended.

Keywords: Sex therapy; PLISSIT model; sexual dysfunction

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