

ADDITIONAL PROFESSIONAL RESOURCES

To find a certified sex therapist (or sex counselor) in your area, consult the internet under **sex therapy** or **sex therapist**.

**American Association of Sexuality
Educators, Counselors, and
Therapists (AASECT)**
1444 I Street, NW
Suite 700
Washington, DC 20005
Phone: (202) 449-1099
Fax: (202) 216-9646
www.aasect.org
aasect@aasect.org

American Board of Sexology (ABS)
P.O. Box 1166
Winter Park, FL 32790-1166
www.americanboardofsexology.com

Cynthia Lief Ruberg, LPCC-S, LLC
167 S. State Street
Suite 110
Westerville, OH 43081
Phone: 614-865-1612
Fax: 614-475-0807
cynthia@cynthiaruberg.com
www.cynthiaruberg.com



Cynthia Lief Ruberg is a Licensed Professional Clinical Counselor-Supervisor, National Certified Counselor and Certified Family Therapist who has specialized in Marital & Relationship Therapy and Sex Therapy since 1988. She received her academic degrees from Boston University and from the University of Dayton. She has extensive training in sexology as a clinician and educator and is certified by AASECT (American Association of Sexuality Educators, Counselors and Therapists) and the American Board of Sexology.

She has a private clinical practice specializing in couples and sex therapy and supervision for AASECT certification. She also teaches sexuality at the University of Dayton and gives presentations to other professionals and to the public. Additionally, she is qualified to evaluate and treat a variety of mental health issues.

IS SEX THERAPY FOR YOU?

A Consumer's Guide



Cynthia
Lief
Ruberg, LPCC-S, LLC
Board Certified
Counseling • Sex Therapy • Family Therapy

WHAT IS SEX THERAPY?

Sex therapy involves **talking** to a qualified sex counselor or sex therapist about sexual concerns. During this process sexual functioning is discussed so that sexual concerns and/or dysfunctions can be identified and clarified. The **goal** of sex therapy is the resolution of these (and related) concerns. The discussions (**always confidential**) may also include past experiences that are relevant to the present situation. Health insurance may often be applied toward the fees for therapy.

Sex therapy is typically of brief duration if the sexual concerns are uncomplicated. However, longer therapy may be needed if medical factors or emotional issues, including relationship problems, complicate the picture. Typically, sex therapy involves couples therapy because both partners are affected by the sexual concerns. Of course, individuals may also be treated if they are not in a committed relationship. “Home work” is often given as an adjunct to therapy, because it helps people to “work on” their difficulties between sessions and it speeds up the therapy process. These assignments are commonly experiential exercises, written assignments, bibliotherapy (reading relevant books), or watching appropriate sex educational materials.

WHAT ARE SOME COMMON CAUSES OF SEXUAL CONCERNS?

Sometimes sexual concerns may be caused by **physical problems**, such as disease or disability that affects the body’s sexual response. Insufficient hormones, medication side effects, fatigue and sexual pain are examples of some of the many other physical causes.

Sexual concerns may also be caused by **emotional or psychological problems**, such as anxiety, fear, stress, sexual abuse history, relationship problems, anger, etc.

In many instances a combination of physical and emotional factors (often including relationship issues) creates the sexual difficulties. On the other hand, sexual difficulties might also create emotional and/or relationship difficulties.

Whenever a relationship is involved (either being negatively impacted by the sexual problems or causing the sexual problems) treatment of choice is a combination of relationship (couples) and sex therapy.

GETTING STARTED:

Sex therapy might be “for you” if you want to enhance your intimacy or your sexuality, and especially if any of the following issues cause you pain or interfere with your relationship and the quality of your life:

WHAT KINDS OF ISSUES DO SEX THERAPISTS TREAT?

RELATIONSHIP ISSUES

Relationship enhancement
Recovery from affairs, divorce, domestic violence & other losses

SEXUAL COMPULSIONS

Recovery from compulsive behaviors

SEXUAL DYSFUNCTIONS

Problems of sexual desire
Problems of sexual arousal
Problems of orgasm
Problems of sexual pain
Problems of sexual anxieties

SEXUAL ENRICHMENT

Creating positive sexual relationships
Communication enhancement
Intimacy enhancement
Sex education (includes safer sex)

SEXUAL ISSUES THROUGH THE LIFE SPAN

Adolescent sexuality issues
Infertility and sexuality
Pregnancy/post-partum and sexuality
Sex and mid-life crisis
Sexuality of menopause & aging
Sexual issues of disability, disease processes and surgery
Sexual orientation & gender issues

SEXUAL TRAUMA

Recovery from sexual abuse, individually and with one’s partner
Release from sexual shame and guilt