



What Every Mental Health Professional Needs to Know About Sex

Stephanie Buehler

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"This book is a wonderful new resource that bridges sexual health and psychotherapy clearly and confidently. Its clear organization makes it very user-friendly for the non-sex therapist. I look forward to using it in my own work as well as for teaching and training."

Douglas Braun-Harvey, MA, MFT and Certified Sex Therapist
Co-Founder, The Harvey Institute: Improving Health Care Through Integration of Sexual Health
Author, *Sexual Health in Recovery* and *Sexual Health in Drug and Alcohol Treatment*

Dr. Stephanie Buehler is an esteemed clinician in the field of sex therapy who shares her vast knowledge and insights about treating sexual problems in this wide-ranging reference book for clinicians.

Wendy Maltz, LCSW, DST
Author of *The Sexual Healing Journey* and coauthor of *The Porn Trap*

"[The book] is clearly relevant to all allied and mental health professionals who want to increase their comfort level and knowledge about sexuality... It is noteworthy that Buehler has included a chapter titled "Parents' Questions About Sex." This theme is rarely addressed in sexuality resource guides. Buehler's experience as an elementary school teacher, a trainer of teachers about sexuality, as well as a parent, equipped her with the foundation to write this chapter... Significant features of each chapter include activities for the reader, clinical vignettes, references, and additional resources. Buehler's [book] is a readable and comprehensive book that serves as a landmark resource on sexuality for all mental health professionals."--**Journal of Sex & Marital Therapy**

[Buehler] demystifies the role of sex in therapy by expanding mental health professionals' knowledge of common sexual issues through outlining stereotypes, appropriate language, sexual anatomy, sexual health and sexual problems, as well as assessment and treatment... *What Every Mental Health Professional Needs to Know about Sex* provides a framework to expand upon the reader's current knowledge of sexual issues with diverse populations. Moreover, it serves as a guide containing techniques for mental health professionals to utilize in their future work with clients."--**The Professional Counselor**

Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment.

This guide discusses the characteristics of healthy sexuality-for both client and therapist-and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide

demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers relevant ethical issues.

Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals.

Key Features:

- Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns
- Supported by case studies and therapist/clinician dialogues
- Includes "Step Into My Office" sidebars taken from the author's own experience
- Provides downloadable resources including assessments, worksheets, and client handouts

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Harry Barnes:

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