**Physiological Sexual Arousal**

- **Vasocongestion**: The accumulation of blood in the blood vessels of a part of the body.
- **Myotonia**: Muscle contraction.

**Four Stages of Sexual Arousal** *(Masters & Johnson)*

- **Excitement**
- **Plateau**
- **Orgasm**
- **Resolution**
DSM-IV Psychosexual Disorders

- Hypoactive Sexual Desire Disorder
- Sexual Aversion Disorder
- Female Sexual Arousal Disorder
- Male Erectile Disorder
- Female Orgasmic Disorder
- Male Orgasmic Disorder
- Premature Ejaculation Disorder
- Dyspareunia
- Vaginismus
- Sexual Dysfunction Due to General Medical Condition
- Substance-Induced Sexual Dysfunction

Factors Associated with Positive Outcome

- The quality of the couple’s general relationship.
- The motivation of the partners for treatment
- Absence of serious psychiatric disorder.
- Physical attraction between partners
- Early compliance with the treatment program (homework assignments).

Male Erectile Disorder

- Therapy: 26% - 81%
  - Non-Demand Pleasuring
  - Dispelling Fear of Failure
  - Distracting Obsessive Thoughts
  - Permission to Be “Selfish”
  - Coitus

Viagra (Sildenafil citrate): 63% - 82%

Male Erectile Disorder (Kaplan)

- Non-Demand Pleasuring - Non-performance oriented; nonorgasmic erotic pleasure.
- Dispelling Fear of Failure - Multiple erection without intercourse
- Distracting Obsessive Thoughts - Thought stopping; attend to favorite sexual fantasy
- Permission to Be “Selfish” - Temporarily focus on own gratification
- Coitus - Initially without ejaculation

Female Superior with Clitoral Stimulation

The female superior position is useful in the treatment of several dysfunctions. For erectile disorder, the partner may manually play with the man’s penis while she is erectile, until he erec. She then lowers his penis into her vagina in that position. For premature ejaculation, female superior intercourse is used after control on manual stimulation has been achieved. As with manual stimulation, the “stop-start” procedure is applied.
**Female Orgasmic Disorder**
- Refers to delay or absence of orgasm following sexual arousal.
- Therapy: 70% - 95% improvement
- Follow-Up: 36% - 84% improvement
- Treatment:
  - Masturbation
  - Vibrator
  - Dispelling Fear of Orgasm
  - Distracting the Distractor
  - Muscular Factors
  - Transfer to Partner Situation

**Premature Ejaculation**
- Persistent ejaculation with minimal stimulation and before the person wishes it.

- Therapy: 60% - 95% improvement
- Follow-Up: 25% - 75% improvement