

## CHAPTER 11: SEXUAL AND GENDER PROBLEMS

### KEY TERMS

#### **Androgens**

The most important of the male hormones. Unusual sexual behaviour, such as impulsive sexual offending involving non-consenting others, may be due to imbalances in these hormones.

#### **Antiandrogen drugs**

A group of drugs that significantly decrease the levels of male hormones such as testosterone.

#### **Aversion therapy**

A treatment based on classical conditioning which attempts to condition an aversion to a stimulus or event to which the individual is inappropriately attracted.

#### **Castration anxiety**

A psychoanalytic term referring to a psychological complex in males with a fear of being castrated.

#### **Cialis (tadalafil)**

A drug treatment, used primarily to treat erectile dysfunction in men.

#### **Child rapists**

A group of paedophiles who only get full sexual gratification from harming and even murdering their victims.

#### **Cognitive distortions**

Beliefs held by sexual offenders that enable them to justify their sexual offending.

#### **Cognitive treatment**

Treatment approach intended to help the client identify and challenge dysfunctional beliefs.

#### **Couples therapy**

A treatment intervention for sexual dysfunction that involves both partners in the relationship.

#### **Covert conditioning**

Using the client's ability to imagine events to condition acceptable associations between events.

#### **Cyproterone acetate (CPA)**

An anti-androgen, testosterone-lowering drug.

#### **Delayed ejaculation**

Persistent or recurrent delay in ejaculation following a normal sexual excitement phase.

#### **Directed masturbation training**

A treatment for individuals with arousal or orgasmic problems using educational material, videos, diagrams and – in some cases – erotic materials.

#### **Dyspareunia**

A genital pain that can occur during, before or after sexual intercourse. Some clinicians believe this is a pain disorder rather than a sexual dysfunction.

**Early ejaculation**

The onset of orgasm with minimal sexual stimulation. Treatment for this disorder is typically sought by men under the age of 30 years.

**Erectile disorder**

The inability to maintain an adequate erection during sexual activity. Around 10% of males report erection problems, but this increases to 20% in the over 50s.

**Estrogen**

Any of a group of steroid hormones which promote the development and maintenance of female characteristics of the body.

**Exhibitionistic disorder**

Involves sexual fantasies about exposing the penis to a stranger.

**Female orgasmic disorder**

Marked absence, delay or infrequency orgasm and markedly reduced intensity of orgasmic sensations.

**Female sexual interest/arousal disorder**

Characterized by combinations of: significantly reduced sexual interest or arousal related to lack of interest in sexual activity, absence of erotic thoughts, unreceptiveness to sexual approaches, reduced sexual excitement, and reduced sexual sensations during sexual activity.

**Fetishistic disorder**

Recurrent, intense sexually arousing fantasies and urges involving non-animate objects, and this causes them personal distress or affects social and occupational functioning.

**Frotteuristic disorder**

Intense, recurrent sexual urges to touch and rub up against non-consenting people.

**Gender dysphoria**

A gender identity disorder in which an individual has a sense of gender that is opposite to his or her biological sex.

**Gender identity**

The internal sense of being either male or female. Usually congruent with biological gender, but not always, as in gender identity disorder.

**Gender reassignment surgery**

The process of changing biological sex which ends in changing the person's basic biological features to be congruent with his or her gender identity.

**Genito-pelvic pain/penetration disorder**

Refers to four commonly occurring symptoms, namely difficulty having intercourse, genito-pelvic pain, fear of pain or vaginal penetration, and tension of the pelvic floor muscles.

**Hypersexuality**

The occurrence of high rates of sexual activity.

**Hypoxiphilia**

An act performed by sexual masochists which involves the individual using a noose or plastic bag to induce oxygen deprivation during masturbation.

**Implicit theories**

In sexual offending, integrated cognitive schemas that guide sexual offenders' interactions with their victims and justify their behaviour.

**Male hypoactive sexual desire disorder**

Absent/reduced interest in sexual activity or erotic/sexual thoughts.

**Masturbatory satiation**

A treatment for paraphilias in which the client is asked to masturbate in the presence of arousing stimuli.

**Orgasmic reorientation**

A treatment method to replace inappropriate or distressing sexual activities which aims to make the client sexually aroused by more conventional or acceptable stimuli.

**Paraphilic disorders**

Represent sexual urges or fantasies involving unusual sources of gratification (e.g. nonhuman objects or non-consenting individuals).

**Partialism**

A phenomenon in which there is a fascination with an individual object to the point where normal sexual activity no longer occurs.

**Pedophilic disorder**

Sexual attraction towards prepubescent children, normally of 13-years or younger.

**Penile prosthesis**

A mechanical device normally reserved for nonreversible organic-based erectile problems.

**Performance anxiety**

The fear of failing to achieve an acceptable level of sexual performance, causing an individual to become distanced from the sexual act and fail to become aroused.

**Preference molesters**

Non-incestuous paedophiles who normally only become sexually aroused by sexually immature children.

**Prolactin**

A hormone from the pituitary gland stimulating milk production after childbirth.

**Remote causes**

Include feelings of shame and guilt about sexual activity (which may vary with culture), and general feelings of inadequacy, feelings of conflict brought about by long-term life stress.

**Relapse-prevention training**

In paraphilias, a treatment which consists primarily of helping clients to identify circumstances, situations, moods and types of thoughts that might trigger paraphilic behaviour.

**Self-instructional training**

A procedure used in the intervention for executive functioning deficits where individuals learn a set of instructions for talking themselves through particular problems.

**Sexual dysfunctions**

Problems with the normal sexual response cycle (e.g. lack of sexual desire or pain during intercourse).

**Sexual masochism disorder**

When an individual gains sexual arousal and satisfaction from being humiliated, and this causes the individual significant distress.

**Sexual skills and communication training**

A treatment method in which a therapist can help clients to acquire a more knowledgeable perspective on sexual activity, communicate to partners effectively about sex, and reduce any anxiety about indulging in sexual activity.

**Squeeze technique**

A technique used to help clients with premature ejaculation where the client's partner firmly squeezes below the head of the penis just prior to ejaculation.

**Stop-start technique**

A technique used to help clients with premature ejaculation where the client's partner stimulates the penis until close to ejaculation, at which point the partner is signaled to stop by the client.

**Tease technique**

A direct treatment method designed to deal with symptoms of erectile dysfunction or male and female orgasmic disorder. It involves the partner caressing the client's genitals, but stopping when the client becomes aroused (e.g. achieves an erection) or approaches orgasm.

**Testosterone**

A steroid hormone stimulating development of male secondary sexual characteristics.

**Transvestic disorder**

When a heterosexual male experiences recurrent, intense sexual arousal from cross-dressing in women's attire, and this causes significant distress or impairment in social or occupational functioning.

**Vacuum erection device (VED)**

A mechanical device normally reserved for non-reversible organic-based erectile problems.

**Vaginismus**

The involuntary contraction of the muscles surrounding the vagina when vaginal penetration is attempted. Of all women who seek treatment for sexual dysfunctions, around 15–17 per cent are suffering from vaginismus.

**Viagra (sildenafil citrate)**

A drug treatment for sexual dysfunction which is used primarily to treat erectile dysfunction in men.

**Voyeuristic disorder**

When an individual experiences recurrent, intense sexually arousing fantasies or urges involving the act of observing an unsuspecting person who is naked, in the process of undressing, or engaging in a sexual activity.

**Yohimbine**

A drug treatment for sexual dysfunction which is used primarily to treat erectile dysfunction in men by facilitating norepinephrine excretion in the brain.