

## Abstract

**Title** - The Unexplored Areas for Treatment and the Psychological Challenges of those with Low Sexual Arousal Disorder

**Program of Study** – Counseling

**Presentation Type** – Poster (LUO Remote)

**Subtype** – Applied

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**Abstract:** Individuals who suffer with low sexual arousal disorder (LSAD) can experience stress both during and after sexual encounters. These individuals can have distorted thoughts about themselves resulting in an inability to enjoy their sexual experience. Brotto and Bason (2014) found that most individuals with LSAD suffer because they have distorted thoughts about themselves and as a result, struggle to enjoy sexual activity. Mindfulness-Based Therapy was found useful in treating LSAD, because it helps individuals focus on the present moment instead of letting thoughts wander (Paterson, Handy, & Brotto, 2016). Since individuals who suffer with LSAD have negative thoughts and feelings toward themselves (Brotto & Bason, 2014), Jadarek and Lew-Starowicz (2019) argue that Mindfulness-Based Cognitive Therapy (MBCT) would be more useful in treatment rather than using MBT alone. MBCT can be used to reframe distorted thoughts while integrating a mindfulness-based approach to help keep the individual in the moment with their sexual partner (Jadarek & Lew-Starowics, 2019).

## References

Brotto, L. A., & Basson, R. (2014). Group mindfulness-based therapy significantly improves sexual desire in women. *Behaviour Research and Therapy*, 57, 43-54.

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Jadarek, I., & Lew-Starowics, M. (2019). A systematic review on mindfulness meditation-based interventions for sexual dysfunctions. *The Journal of Sexual Medicine*, 16(10), 1581-1596. <https://doi.org/10.1016/j.jsxm.2019.07.019>

Paterson, L. Q. P., Handy, A. B., & Brotto, L. A. (2016). A pilot study of eight-session mindfulness-based cognitive therapy adapted for women's sexual interest/arousal disorder. *The Journal of Sex Research*, 54(7), 850-861. <https://doi.org/10.1080/00224499.2016.1208800>

**Christian worldview integration:** I grew up in an environment where there was no discussion regarding sexual intercourse. It was not discussed at church nor at the Christian school I attended. My parents never had the talk with me regarding the “birds and the bees.” God made humans to have a longing to intimately connect with other humans as a way to honor Him and our love for our spouses and partners. I want to work in sex therapy and be able to integrate a Christian worldview as I help those who suffer with sexual issues. Research in this area is important within the culture at large because most people consider sexual intercourse a taboo topic. God did not design it this way. My research can impact this culture by helping these individuals reframe their negative thoughts (which could be linked to feeling guilty about having their sexual urges among many other things) as well as helping them learn the ability to be present and open to their sexual experiences as they are happening. With God's help, I want to help His children learn how to be intimate. God is an intimate being who has designed this feeling to be shared and form connections with others.