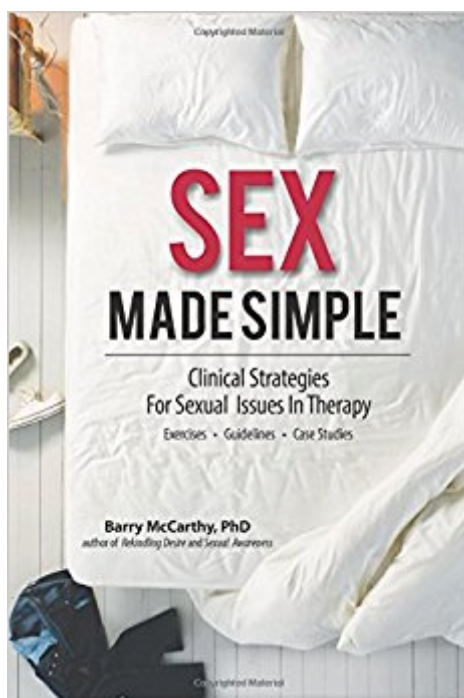


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# Sex Made Simple: Clinical Strategies For Sexual Issues In Therapy



## Synopsis

Sex Made Simple is a comprehensive guide to healing sexual issues and dysfunction, with dozens of strategies, techniques and methods to promote healthy sexuality for couples and individuals.

- Tools for couples to maintain strong, resilient sexual desire
- Strategies to move past affairs, sexual trauma, variant arousal
- Framework for counseling gay individuals and couples
- Treating sexual dysfunction
- Psychosexual skill exercises
- Case Studies
- Psychobiosocial model for assessment, treatment, and relapse prevention

## Book Information

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## Customer Reviews

Barry McCarthy has written a thorough, state-of-the-art, and, above all, a practical guide for any therapist who ever encounters a sexual problem in clients. It can be used as a reference by topic or gulped down in one piece. Sex Made Simple should be on the bookshelf of every working couples therapist. Terry Real, LICSW Author of *The New Rules of Marriage & I Don't Want to Talk About It* Dr. McCarthy has, once again, demonstrated why he is considered a master sex therapist. In this book, he has taken what are often considered extremely complex sexual difficulties, and made them simple. Through the effective use of text, case studies and very user-friendly exercises, Dr. McCarthy has created an invaluable guide for clinicians and couples alike. Daniel N. Watter, EdD President, Society for Sex Therapy and Research Sex Made Simple is valuable in that it is specifically written for the general psychotherapist, is brimming with practical information, and case illustrations. Dr. McCarthy shares his years of clinical experience in this text which should be part of every therapist's library. Both beginning and experienced therapists will find this book to be easy to

read and informative. Robert Taylor Segraves, MD Editor, Journal of Sex and Marital Therapy Once again Barry McCarthy offers us a thoughtful and profound book on sexuality, one that takes the angst out of sexuality and offers a clear straightforward path to sexual fulfillment. Sue Johnson, EdD Founder of the International Center for Excellence in Emotionally Focused Therapy and author of Hold Me Tight: Seven Conversations for a Lifetime of Love and Love Sense: The Revolutionary New Science of Romantic Relationships The time has come for therapists to become sex positive and up-to-date with the latest sex therapy information and Barry McCarthy is the therapist to provide it. With his pro-sexuality stance, he corrects the myths by citing current research and transforming it into good, solid clinical work. This book provides therapists with step-by-step treatment planning and goals for all clients and is inclusive of gender, sexual orientations and diverse sexual expressions. After finishing this book, therapists will be armed with the right tools and information they need to provide sex therapy. --Joe Kort, PhD, LMSW Author of Gay Affirmative Therapy for the Straight Clinician An excellent resource! As therapists we often focus on helping couples improve sexual functioning, yet Barry McCarthy explains that the real struggle is inhibited sexual desire. Focusing on desire as the core component of healthy sexuality, McCarthy delivers brilliant guidelines and exercises to help couples integrate intimacy and eroticism into their sexual style. --Kathleen Mates-Youngman, M.A. LMFT author of Couples Therapy Workbook: 30 Guided Conversations To Re-Connect Relationships In the world of sex therapists, a few are writers. Of those fewer still are succinct and wise. Barry McCarthy's recent book is very much in keeping with his other works. He gives up-to-date, practical, and scientifically informed advice. Sex Made Simple is indeed an honest, direct, clearly stated book about couples and their sexual health. The effortlessness of the writing - so easy to understand - belies what all sex therapists know about Barry McCarthy. He is at the top of the field and has written a series of books that have helped thousands of couples (and hundreds of sex therapists helping thousands of couples). This book is at the top of my recommendation list. Bravo Barry McCarthy for writing such an accessible and wonderful book. --Sallie Foley, LMSWM, ASSECT certified sexuality educator, supervisor and diplomate of sex therapy Illustrated with thoughtful case studies Sex Made Simple offers deceptively sophisticated guidance for the experienced or novice individual and couple therapists alike. McCarthy teaches clinicians the needed concepts and interventions to expand their therapeutic repertoire, enabling them to facilitate improvement in their client's sex lives. Highly readable and informative, it is already an excellent addition to our library. --Michael A. Perelman, Ph.D., NY Weill Cornell Medical Center Sex Made Simple is an excellent addition to the clinical literature on sexual disorders and one that will be welcomed by clinicians who have hesitated to delve into these complicated problems when working

with couples. McCarthy's advice is empowering; rather than functioning as sex gurus or keepers of mysterious sexual knowledge, therapists are charged with helping clients articulate their sexual voices and bringing them into dialogue with their partners. --Andrea Bradford, PhD, University of Texas MD Anderson Cancer Center, Houston, Texas

Barry McCarthy, PhD, ABPP is a board-certified clinical psychologist, diplomate in sex therapy, certified marriage and family therapist, international speaker and a tenured professor of psychology at American University. A prolific author, this is his 16th book in the field of sexuality, including best-selling *Rekindling Desire* and *Sexual Awareness*.

Nice someone wrote a book on sexuality for therapists. As a therapist I deal with the subject a lot and didn't find much new, but would be a good read for new therapists. State boards can invoke a fear of delving into sexuality yet its often a core issue for many clients.

Practical book for therapists and lay people alike.

Awesome book for those interested in the ins-and-outs of couples counseling.

I find this book helpful for work with both individuals and couples.

This book is a no BS study of the role of sex in a relationship. It's pretty comprehensive, and very professional. It recognizes the variety in different couples' needs, and presents a general model for how sex is an important element to a couple's well being.

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