

SEXUAL DISGUST: THERAPEUTIC INTERVENTIONS FOR DISGUST BASED SEXUAL AVOIDANCE AND THE IMPACT ON AROUSAL, PLEASURE AND SEXUAL HEALTH.

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Background/Purpose: There is limited research into working therapeutically with clients who present with feelings of sexual disgust. Sexual avoidance and withdrawal behaviours can negatively impact arousal and pleasure and lead to sexual and relational difficulties with intimate partners. Sexual disgust responses can be difficult to eliminate due to long held beliefs and experiences. This case study will examine contributing factors to feelings of sexual disgust and discuss how therapeutic interventions may assist people to have more pleasurable satisfying sex lives.

Approach: Therapeutic intervention included biopsychosocial assessment, relationship and individual counselling using interpersonal theory, cognitive behavioural therapy and mindfulness.

Outcomes/Impact: Outcomes included enhanced understanding of the biopsychosocial factors contributing to feelings of sexual disgust and improved interpersonal dynamics and bonding with partner.

Innovation and Significance: Pleasure is an area of sexual health that is often overlooked in research and rarely discussed at sexual health conferences. There is limited research on the topic of sexual disgust and how it impacts pleasurable sexual experiences. Health care professionals may not frequently see clients presenting with sexual disgust therefore conversations on this topic are important to better understand sexual behaviours and explore therapeutic interventions in an area where positive client outcomes may be difficult to achieve.

Disclosure of Interest Statement: No conflicts of interest to disclose