Trauma and Sexuality: Common Issues and Treatments for Trauma-Related Sexual Concerns

SexTherapy-Online, PLLC

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About the Presenter

• Rhiannon Beauregard, MA, LMFT-S, CST, S-PSB, a Licensed Marriage and Family Therapist, AAMFT Approved Supervisor and AASECT Certified Sex Therapist and AASECT Supervisor-In-Training.

• Licensed in five states: Maine, Massachusetts, New Hampshire, New York, and Texas

• Located in Austin, TX with a hybrid practice (online and in office).
Goals of Presentation

• Attendees will identify three ways that trauma impacts sexuality.
• Attendees will identify three treatment professionals included in the treatment of trauma and its relationship to sexuality.
• Attendees will learn three different treatment interventions that assist in treating the affects that trauma has on sexuality.
Types of Trauma that can Impact Sexuality

• Any and all trauma can impact sexuality.
• Some types of trauma are notable in their impact on sexuality:
  • Sexual Trauma
  • Relationship Trauma
  • Betrayal Trauma
  • Family-of-Origin trauma around intimacy, relationships, and sex
Common Issues for Trauma Survivor and/or Partners

• Sexual aversion
• Low desire
• Sexual pain
• Erectile functioning
• Difficulty orgasming
• Low sexual self-esteem
• Lack of sexual arousal (numbness)
Common Issues for Trauma Survivor and/or Partners

• Triggers/Flashbacks
• Dissociation
• Intrusive Thoughts
• Concerns about fantasy
• Eroticizing the victimization
• Isolating
• SHAME
Ideal Sexual Health Team for Survivors

- Sex Therapist and Mental Health Therapist
  - Often serves as care coordinator
- Medical Professional Trained in Sexual Health and Medical Sex Counseling (can be GP, OB/GYN, URO, NP, etc.)
- Physical Therapist Specializing in Sexual Health and Pelvic Floor
- Sexual Health Product Specialist
- Other allied professionals
  - Sometimes a separate individual/couple/family therapist
  - Attorney
  - Financial Counselor
  - Victim’s Advocate
Trauma-Informed and Trauma-Sensitive
Cases and Treatment
Any Questions?

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