

Mindfulness in Intimacy: Important Points to Remember in Sex Therapy

This handout provides therapists with a summary of the relevance of mindfulness in sex therapy, which aids couples in overcoming challenges related to sexual presence and intimacy. It emphasizes the importance of being mentally present during sexual activities, a common issue among many couples.

Understanding Sexual Arousal Types

Sexual arousal is categorized into two types:

- **Physiological arousal:** Involves physical responses such as genital blood flow and sensations.
- **Mind arousal:** Refers to the mental state of being fully present during intimacy.

Often, one partner may struggle with mind arousal, being preoccupied with external thoughts, while the other might be present but overly concerned about their partner's engagement, affecting their own mindfulness.

Implementing Mindfulness in Sexual Health

Mindfulness, the practice of being fully present in the moment, is essential for enhancing sexual desire and function. It has demonstrated positive effects on various aspects of sexual health.

Sensate Focus Exercises

Sensate focus exercises offer a practical approach to teaching mindfulness in sex therapy. These exercises involve mindful touching without sexual intercourse, distributed across ten phases, designed to rejuvenate the physical relationship without pressure or expectation.

Key Points

- Educate couples on physiological and mind arousal and the importance of presence in sexual encounters.
- Use mindfulness to improve sexual desire and function.
- Teach sensate focus to enhance mindfulness and physical connection, focusing on personal experiences.