

Week 7 Discussion: Sexual Dysfunctions and DSM-5-TR

Student's Name

Institutional Affiliation

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The client is a 28-year-old Hispanic female who reports significant distress due to a persistent lack of sexual interest and difficulty in maintaining arousal, which has been ongoing for the past year. These symptoms meet the DSM-5-TR criteria, as they cause noticeable distress in her relationships and personal functioning, and are not attributable to another medical condition or solely to the effects of a substance.

Addressing the Challenges

From the "Portraits in Human Sexuality" video, it's clear that a comprehensive approach is crucial in treating sexual dysfunctions. To address the client's challenges:

- **Psychoeducation:** Educating the client about sexual arousal and response, debunking myths, and setting realistic expectations.
- **Cognitive-Behavioral Therapy (CBT):** To modify negative perceptions related to sexual activity and to enhance sexual communication skills.
- **Couple's Therapy:** If applicable, involving the partner in therapy sessions to improve communication and address relationship issues contributing to the dysfunction.
- **Mindfulness-Based Interventions:** Encourage mindfulness practices that can enhance bodily awareness and reduce performance anxiety.

Integration of Cultural Sensitivity

Understanding the cultural background of the client is essential. For Hispanic individuals, cultural stigmas around discussing sexual issues might be prevalent, which requires a sensitive approach to encourage open communication and reassure confidentiality and non-judgment in therapy sessions.

Peer Response

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I appreciate your comprehensive approach in integrating psychoeducation and CBT into your treatment plan for Sexual Interest/Arousal Disorder. Your inclusion of mindfulness-based interventions is particularly intriguing, as it suggests a holistic approach that considers both mental and physical awareness. Also, your sensitivity to the cultural aspects of discussing sexual health with a Hispanic client shows a deep understanding of the complexities involved in therapy. This discussion broadens my perspective on the necessity of cultural competence in our field.

Reference

- Voegeli, R., Schoop, R., Prestat-Marquis, E., Rawlings, A. V., Shackelford, T. K., & Fink, B. (2021). Cross-cultural perception of female facial appearance: A multi-ethnic and multi-centre study. *PLOS ONE*, *16*(1), e0245998.
<https://doi.org/10.1371/journal.pone.0245998>