

## BOOKS FOR PROFESSIONALS

The books listed are helpful in gaining a better understanding of sex therapy, sexual health, and or couples. *Note: This is not a complete list of all the books and resources, but rather a good starting point.*

### General

- Althof, S., Levine, S., & Risen, C. 2003. Handbook of clinical sexuality for mental health professionals. NY: Taylor & Francis.
- Bader, M. (2003). Arousal: The secret logic of sexual fantasies. New York: St. Martin's Griffin
- Beuhler, S. 2016. What Every Mental Health Professional Needs to Know About Sex, Second Edition
- Bunting, Susan, ed. 2007. Human Sexuality. 30th edition. Contemporary Learning Series McGraw-Hill
- Braun-Harvey, D. & Vigorito, M. A. (2016). The OCSB clinical areas. In Treating out of control sexual behavior: Rethinking sex addiction. New York: Springer Publishing Company
- Crenshaw, T. 1996. Sexual Pharmacology. NY: Norton.
- Davis, Clive, Yarber, William, Bauserman, Robert, and Davis, Sandra. 2009. Handbook of Sexuality-Related Measures. 3rd ed. Taylor & Francis.
- Hall, K., Graham, C. 2012. The cultural context of sexual pleasure and problems; Psychotherapy with diverse clients. NY: Routledge.
- Hertlein, Katherine, Weeks, Gerald, and Gambescia, Nancy. 2009. Systemic Sex Therapy. NY: Routledge.
- Hertlein, Katherine, Weeks, Gerald, and Sendak, Shelley. 2009. System approach to sex therapy: Step by step. Routledge.
- Journal of Sex and Marital Therapy. Brunner-Mazel pub.
- Kaschak & Tiefer. 2002. New view of women's sexual problems. NY: Haworth Press.
- Kleinplatz, Peggy. Ed. 2012. New Directions in Sex Therapy. 2nd edition. NY: Brunner/Routledge.
- Kornfield, J. & Siegel, D. 2010. audio. Mindfulness and the brain: A professional training in the science and practice of meditative awareness. Sounds True
- Kristoff & WuDunn. 2010. Half the Sky: Turning Oppression into Opportunity for Women Worldwide
- Leiblum, S.R. Ed. 2010. Sexual Desire Disorders. The Guilford Press, New York.
- Levine, SB. Risen, C, Althof, A, Eds. 2010. Handbook of clinical sexuality for mental health professionals. 2nd edition. NY: Routledge.
- McCarthy. 2015. Sex Made Simple: Clinical Strategies for Sexual Issues in Therapy
- Nagoski, E. 2015. Come as You Are: The Surprising New Science that Will Transform Your Sex Life.\*



- Pipher, Mary. 2005. Letters to a young therapist. Basic books.
- Siegel, D. 2010. The mindful therapist: a clinician's guide to mindsight and neural integration. Norton.
- Siegel, D. 2010. Mindsight: The new science of personal transformation. Bantam.
- Siegel, D. 2008. The neurobiology of we: How relationships, the mind, and the brain interact to shape who we are. Sounds True Recordings (DVD).
- Taverner, William, J. 2011. Taking Sides: Clashing Views in Human Sexuality. 11th Edition. McGraw-Hill.
- Taormino, T. 2008. Opening Up: A Guide to Creating and Sustaining Open Relationships
- VandeCreek, L, Peterson, F and Bley, J (eds). (2007) Innovations in Clinical Practice: Focus on Health. Sarasota: Professional Resource Press.
- Yalom, Irvin. 2003. The gift of therapy: An open letter to a new generation of therapists and their patients. NY: Perennial.
- Weiner & Avery-Clark. 2017. Sensate Focus in Sex Therapy
- Wincze, J. & Carey, M. 2001. Sexual Dysfunction: A Guide for Assessment and Treatment. New York, Guilford Press.
- Wincze, J. & Weisberg, R. 2015. 3rd Edition. Sexual Dysfunction: A Guide for Assessment and Treatment. New York, Guilford Press.
- Website: <https://kinseyinstitute.org/collections/archival/index.php>
- Zolbrod. 2009. SexSmart: How Your Childhood Shaped Your Sexual Life and What to Do with It- Transform Your Sex Life.\*
- Lehmiller, J. 2018. Tell Me What You Want: The Science of Sexual Desire and How It Can Help You Improve Your Sex Life
- Morin, J. (1996). The erotic mind: Unlocking the inner sources of sexual passion and fulfillment. New York: Harper Perennial.
- Morin, J. (2010). Anal pleasure and health: A guide for men, women, and couples. San Francisco: Down There Press.
- Flynn K. E., et al. (2015). Development and validation of a single-item screener for self-reporting sexual problems in U.S. adults. J Gen Intern Med, 30(10), 1468–1475.

## Sexuality and Aging

- Schwartz, P., & Velotta N., (2018) Gender Sexuality and Aging. In press.
- Schwartz, P. & Velotta, N. (2017). "The Changing Nature of Intimate and Sexual Relationships in Later Life" in the Journal of Aging Life Care.
- Schwartz, P., & Velotta N., (2018) Rethinking Love, Intimacy, and Sexual Relationships in the Later Years (in press).
- McCarthy, B. & Pierpaoli, C. (2015). Sexual challenges with aging. Journal of Sex and Marital Therapy, 41, 72-82



- Lindau, S. T., Schumm, L. P., Laumann, E. O., Levinson, W., O'Muircheartaigh, C. A., Waite, L. J. (2013). A study of sexuality and health among older adults in the United States. *N Engl J Med*, 357, 762-774

## Religion

- Ellingson, S. & Green, M.C. 2002. Religion and sexuality in cross-cultural perspectives. NY: Taylor & Francis.
- Seller, T. 2017. Sex, God, and the Conservative Church

## Trauma

- Cohn, Ruth, MFT, CST.[ <http://ruthcohnmft.com/home.html>].2011 Coming Home to Passion: Restoring Loving Sexuality in Couples with Childhood Trauma and Neglect. NY: Praeger.\*
- Crowder, A. 1995. Opening the door: A treatment model for therapy with male survivors of sexual abuse. NY: Guilford Press.
- Davies, Jody Messler, & Frawley, Mary Gail. Treating the adult survivor of childhood sexual abuse.
- Foa, Edna. 2001. Treating the Trauma of Rape. NY: Guilford Press.
- Haines.2007. Healing Sex: A Mind-Body Approach to Healing Sexual Trauma. \*
- Herman, J. 1992. Trauma and recovery: the aftermath of violence from domestic abuse to political terror. Basic Books.
- Johnson, Susan. 2005. Emotionally focused couple therapy with trauma survivors: Strengthening in attachment bonds. Guilford Press.
- Van der Kolk, B. 2014. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.\*

## \*\*\*Refer to trauma bibliography for more information

- Levine. 2010. In an Unspoken Voice: How the Body Release Trauma and Restores Goodness. \*
- Maltz, W. 2012. The sexual healing journey: A guide for survivors of sex abuse. 3rd ed. NY: Morrow.

## • HISTORY AND SCIENCE OF SEXUALITY

- Meston, C. & Buss, D. 2009. Why women have sex: Understanding sexual motivations from adventure to revenge (and everything in between). NY: Times Books.
- Peiss, K. & Simmons, C. eds. 1989. Passion and power: Sexuality in history. Philadelphia: Temple University Press.
- Reiss, I. 2006. An insider's view of sexual science since Kinsey. Lanham, MD: Rowman & Littlefield Pub.
- Roach, Mary. 2008. Bonk: The curious coupling of science and sex.
- Seidman, S. 2003. The social construction of sexuality. New York: Norton.

