

# Treating the Two Most Common Female Sexual Complaints: Orgasm Issues and Diminished Desire

Diminished desire and difficulty orgasming with a partner are the two most prevalent concerns women bring to health-care providers. Additionally, evidence indicates that many women struggle with these concerns, yet only reveal this to clinicians upon being directly asked. Unfortunately, however, too few clinicians have any training in assessing or dealing with these common sexual concerns, even though empirically supported treatments for both exist. This seminar will help you understand the cultural reasons for the high prevalence of these sexual problems among women. You will also become well-versed in the myriad medical, individual, and relational causes underlying both concerns. Most importantly, evidence-based treatments for both diminished desire and orgasm issues will be presented. You will leave this seminar able to assess and intervene with these two common sexual concerns.

## Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- (1) Discuss the high prevalence of diminished desire and orgasm problems among women.
- (2) Explain the individual, relational, and cultural causes of diminished desire among women.
- (3) Explain the individual, relational, and cultural causes of orgasm issues among women.
- (4) Describe empirically supported techniques to assist female clients struggling with diminished desire in both individual and couple therapy.
- (5) Describe empirically supported to assist female clients struggling with orgasm issues in both individual and couple therapy.

## Seminar Schedule

Typically begins at 2:00 PM and ends at 5:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 2:00 p.m. EST

What is Diminished Desire?

Prevalence of Diminished Desire

Causes of Diminished Desire

Assessing Diminished Desire

Empirically Supported Treatment for Diminished Desire

Break 3:30 - 3:45 p.m. EST

What is an orgasm?

Prevalence of Orgasm Issues

Causes of Orgasm Issues

Assessing Orgasm Issues

Empirically Supported Treatment for Orgasm Issues

End 5:15 EST

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Dr. Laurie Mintz is tenured professor, a licensed psychologist, and a certified sex therapist. She teaches the Psychology of Human Sexuality to hundreds of undergraduate students each year at the University of Florida. She also teaches and mentors graduate students in both their clinical and research training, helping them to find their own niche as psychologists. Dr. Mintz has published approximately 55 research articles in academic journals and eight chapters in academic books. Dr. Mintz is also the author of two highly acclaimed popular press books—both written with the aim of empowering women sexually: *Becoming Cliterate: Why Orgasm Equality Matters* and *How to Get It (HarperOne, 2017)* and *A Tired Woman's Guide to Passionate Sex: Reclaim Your Desire and Reignite Your Relationship (Adams Media, 2009)*. Of note, several small randomized clinical trials published in peer-reviewed scientific journals indicate that individuals who read Dr. Mintz's books enhance their sexual functioning. Dr. Mintz also writes a popular *Psychology Today* blog, the goal of which is to provide scientifically accurate, sex-positive information to enhance female pleasure. Dr. Mintz gives presentations nationally to both professionals and lay audiences and is often quoted in national and international media. For over 30 years, she has also maintained a private practice, working with both individuals and couples on general and sexual issues. Dr. Mintz has received numerous professional and teaching awards. She is a Fellow of the American Psychological Association, indicating that her work has had a positive national influence on the field of psychology. You can learn more about her work at [www.drlauriemintz.com](http://www.drlauriemintz.com), or join her on Twitter, Facebook, Pinterest, or Instagram, @drlauriemintz.

Contact Dr. Mintz directly at [laurie@drlauriemintz.com](mailto:laurie@drlauriemintz.com) if you would like to consult with her

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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