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NEED A TELETHERAPY REFERRAL FOR COUPLES?



Sexual Desire: Unlocking The Brakes

Matt Morris, PhD,
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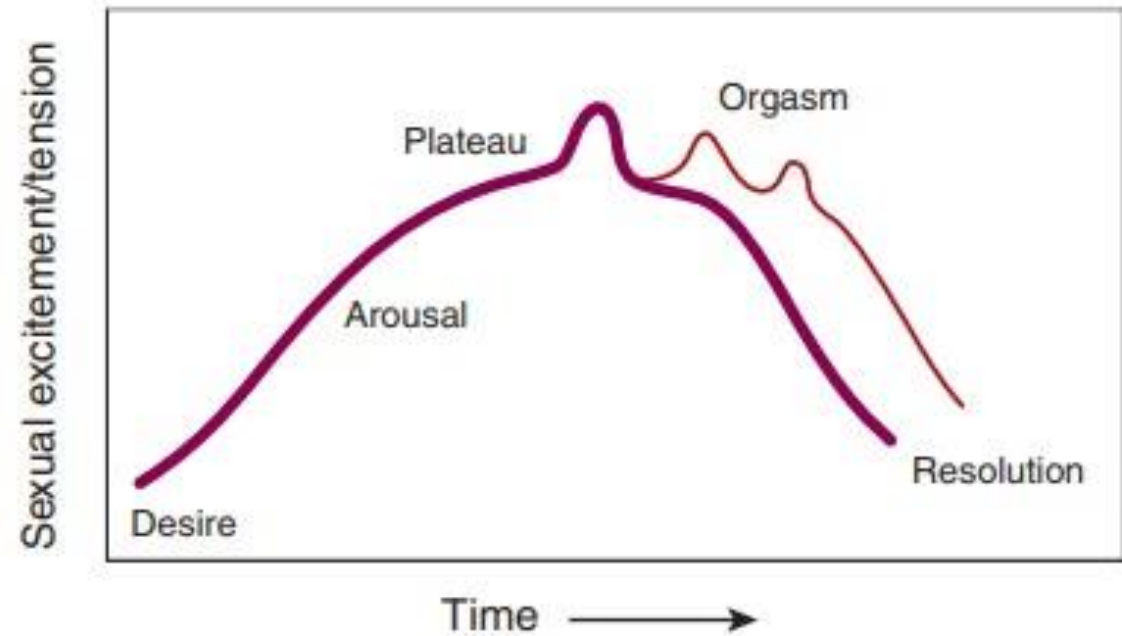
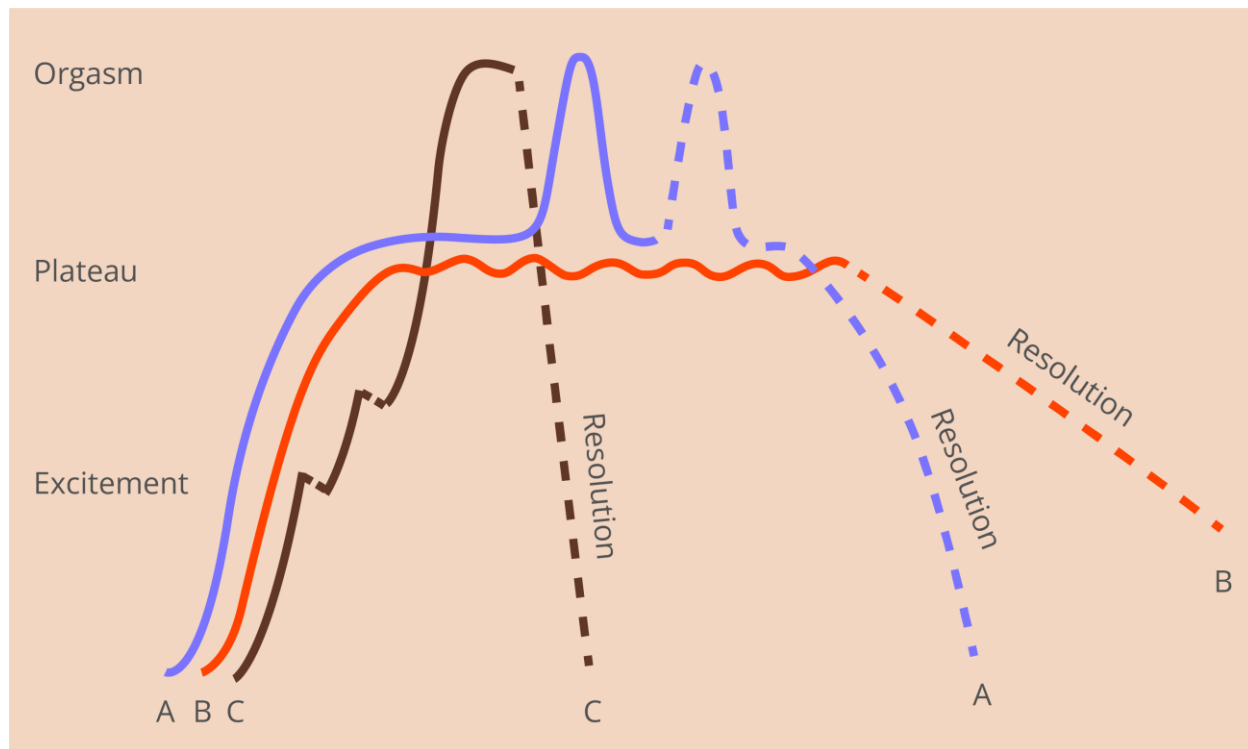


FIGURE 47.1. Traditional sexual response cycle of Masters, Johnson, and Kaplan. (From Basson R. Female sexual response: the role of drugs in the management of sexual dysfunction. *Obstet Gynecol.* 2001;98(2):350–353.)

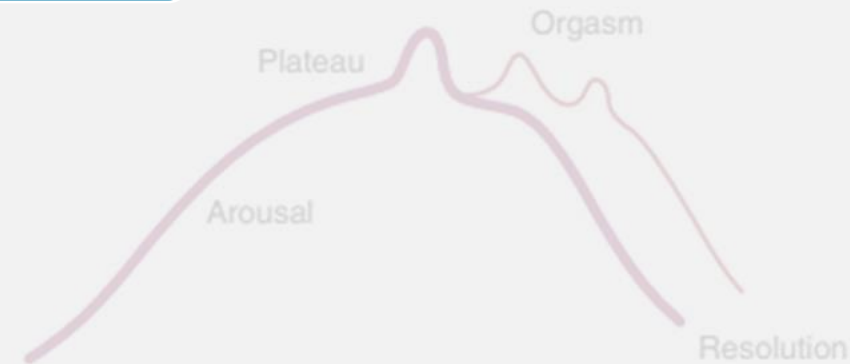


What Happens When's There's A Lack Of Sexual Excitement?

Sexual Interest/Arousal Disorder (SIAD) [DSM-5]

- Reduction of sexual thoughts and fantasies
- Decreased desire to initiate or engage in sexual activity
- Reduction in receptivity to sexual stimuli
- Reduced genital sensation
- Reduced pleasure from sexual activity (including solo)

Desire vs Arousal?



Jabs, F. & Brotto, L. (2018). Identifying the disruptions in the sexual response cycles of women with Sexual Interest/Arousal Disorder. *The Canadian Journal of Human Sexuality* 27(2), pp. 123-132



Sexual Interest/Arousal Disorder (SIAD)

- Prevalence
 - 34% of Women report *decreased sexual desire* “most of the time”
 - 34-69% of Women report low sexual desire *within the past week*
 - 15% of Men report MHSDD

Jabs & Brotto, 2018

Shifren, Monz, Russo, Segreti, and Johannes, 2008

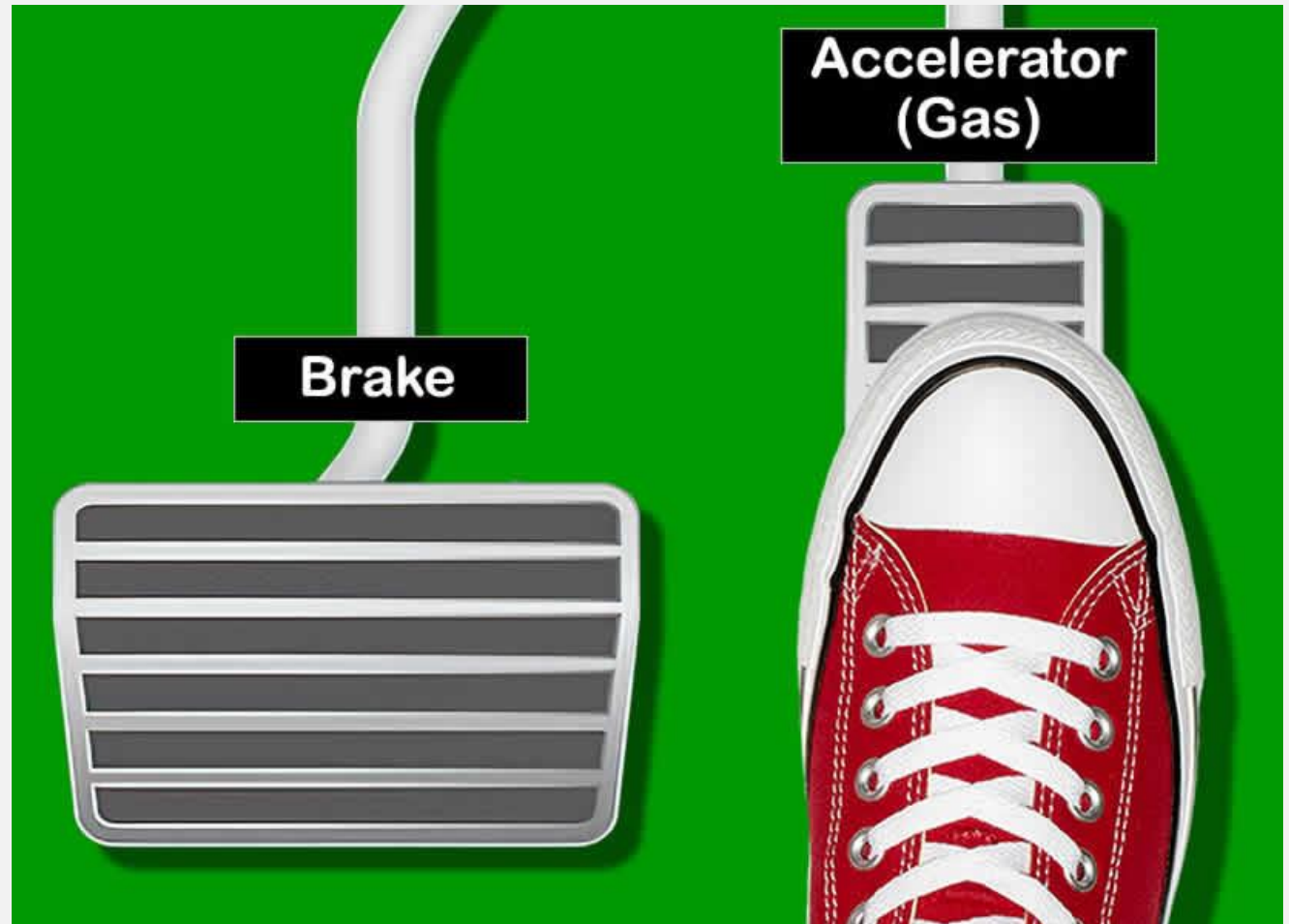
Vansintejan, Janssen, Van De Vijver, Vandevoorde, & Devroey (2013)

So, What's Going On?

Sexual Excitors and Sexual Inhibitors

Assess sexual desire with your client

- What tends to increase their desire for sensuality, affection, pleasurable touch, and sexual activity?
 - Accelerators or Excitors
 - *Aphrodisiacs*
- What tends to decrease desire?
 - Brake Pedals, or *Inhibitors*
 - *Anti-Aphrodisiacs*
- *FYI – the brakes are more powerful than the accelerators*



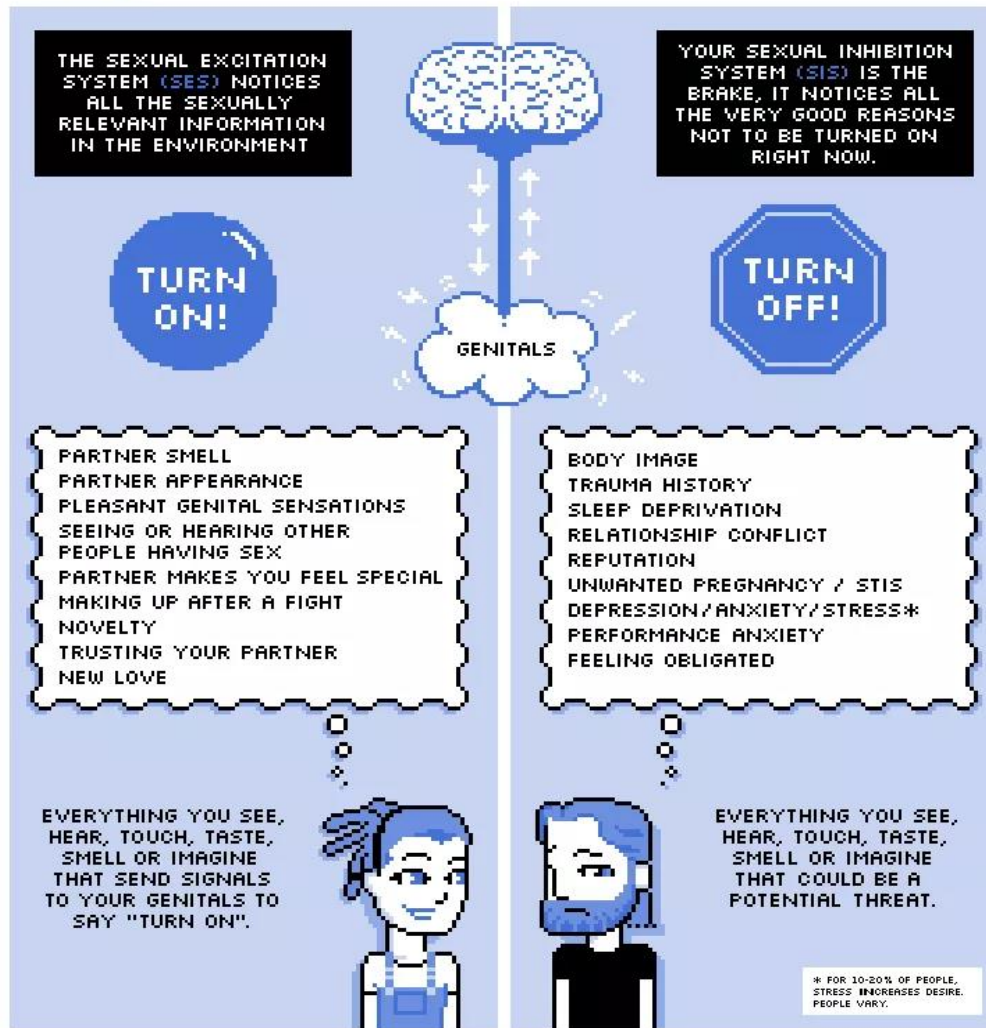
ALLOW ME TO INTRODUCE YOU TO THE:



Dual Control Model

YOUR SEXUAL RESPONSE SYSTEM, LIKE EVERY OTHER DOMAIN OF YOUR CENTRAL NERVOUS SYSTEM, IS MADE UP OF A PARTNERSHIP OF INHIBITION AND ACTIVATION:

BRAKES AND GAS.



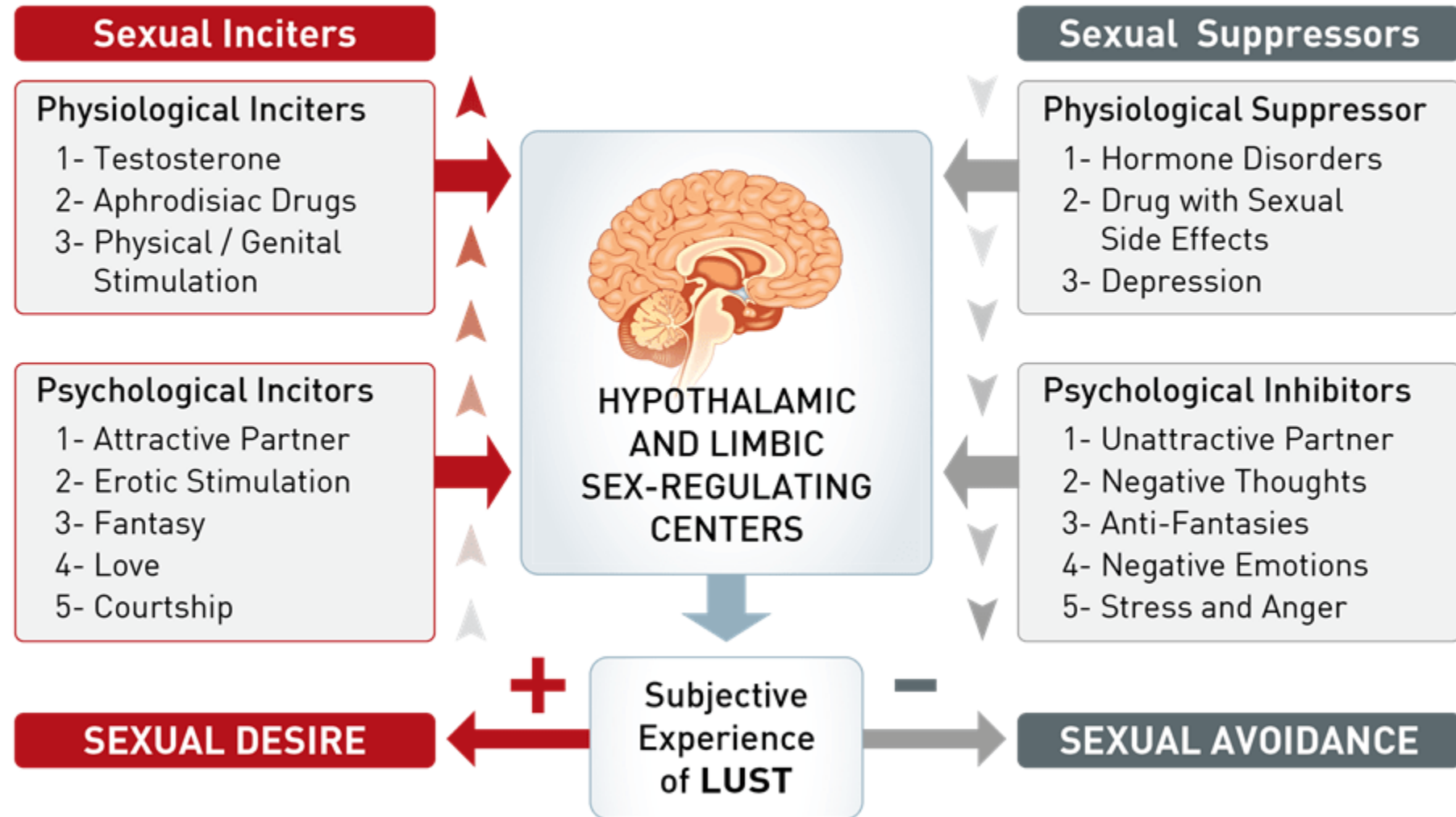
DUAL CONTROL MODEL

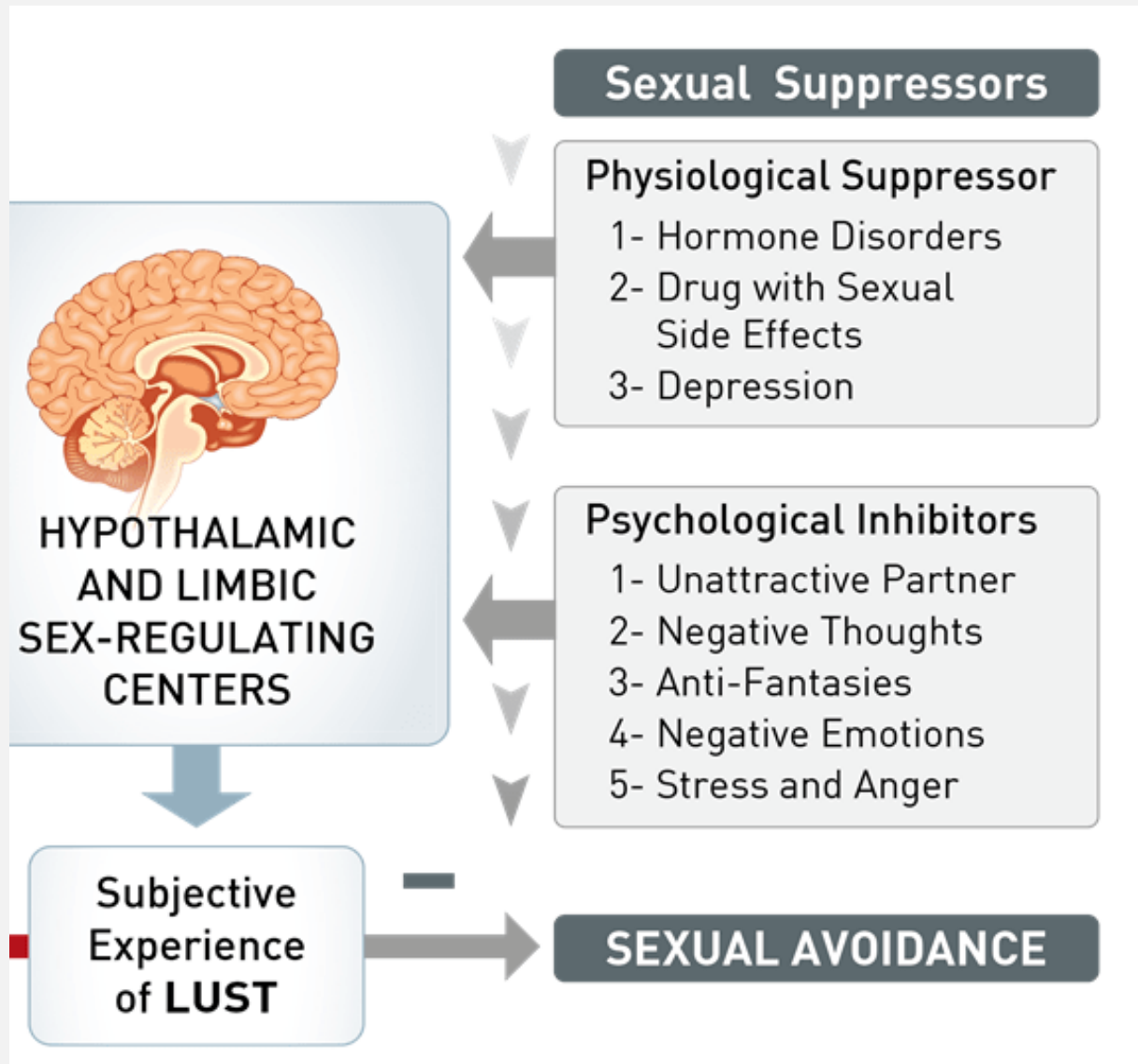
- *Sexual Desire = Balance of Gas & Brakes
- *More Gas is not the answer
- *Brakes more sensitive
- *Understand and turn-off the Brakes

<https://kinseyinstitute.org/research/dual-control-model.php>

<http://www.thedirtynormal.com/blog/2014/06/22/the-dual-control-model/>

Dual Control Elements of Human Sexual Motivation: A Psychosomatic Model

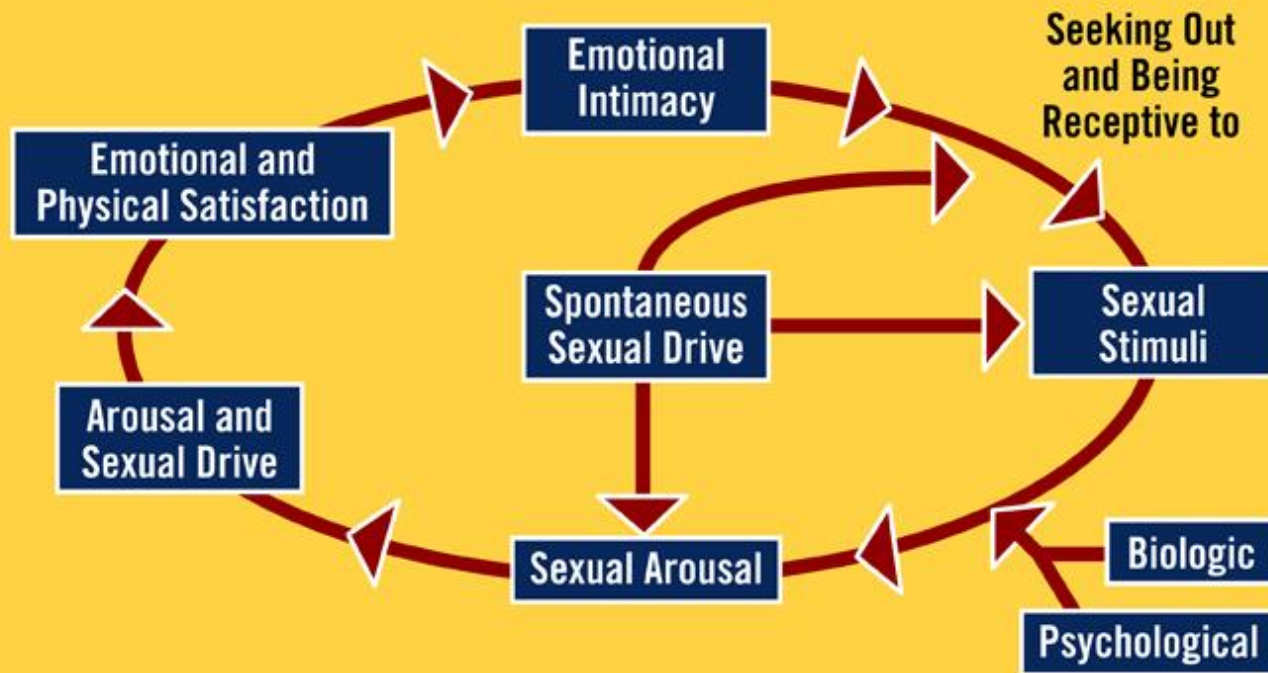




- Suppressors (aka Brakes) are significant!
 - Physiological
 - Psychological
 - Sexual History
 - Family & Cultural Messages
 - Religious Tradition
 - Relationship Issues
- *What else have you heard?*

Figure.

Female Sexual Response Cycle



Basson R. *Med Aspects Hum Sex*. 2001;41-42. Basson R. Human sex-response cycles. *J Sex Marital Therapy*. 2001;27:33-43. Adapted with permission.

Kingsberg SA, Knudson G.

ROSEMARY BASSON NON- LINEAR

- *Mitigate the brake pedals
- *Need for intimacy may proceed sexual activity rather than libido.
- *Engaging in sexual activity may lead to arousal

Q&A

Matt Morris, PhD, LPC-S, LMFT-S

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- DrMattMorris.com

Thank YOU, and thank you to Candis Carr and Connections Count!

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