**PCN-530 Topic 6: Sexual Therapy Worksheet**

**Directions:** The table below contains multiple approaches to sexual therapy. Be sure to cite any information included in the table. An example has been provided for you. Provide the founders, main concepts, and goal(s) of each therapy.

| **Therapy** | **Founder** | **Main Concepts** | **Goal** |
| --- | --- | --- | --- |
| *Example*:  Brief Strategic Therapy | Shoham and Rohrbaugh  (Fauchier & Margolin, 2004, para. 11) | Identify the connection between a person’s attempt to solve a problem and the negative outcomes caused by the attempt. Once identified, steps can be taken to overcome them. The sole focus is on the problems determined and defined by the client(s), not identifying different problems that may be present (Fauchier & Margolin, 2004, para. 11-12). | Reduce the person’s attempts to solve the problem(s) that are resulting in negative outcomes, and increase the tolerance of others involved (Fauchier & Margolin, 2004, para. 11-12). |
|  | |  |  |
| Behavioral |  |  |  |
| Cognitive Behavioral |  |  |  |
| Integrated Behavioral |  |  |  |
| Emotion Focused |  |  |  |
| Family Systems |  |  |  |
| Solution Focused |  |  |  |

**References**

Fauchier, A., & Margolin, G. (2004). [Marital therapy](http://search.credoreference.com.library.gcu.edu:2048/content/entry/estappliedpsyc/marital_therapy/0). In C. D. Spielberger (Ed.), *Encyclopedia of applied psychology*.