

Seattle Institute for Sex Therapy, Education & Research: 41 Years of Community Organizing

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New View Capstone Conference
Critique ○ *Resist* ○ *Transform*

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Indiana University

Bloomington, IN

History

- **Seattle Institute for Sex Therapy, Education & Research (S.I.S.T.E.R.)**
- **Non-profit organization (501c3)**
- **Founded in 1975**
- **Mission statement: Our purpose is to assist people to explore and discover their own sexuality and to support them in finding ways to meet their needs. We serve a diverse group of women and men of all sexual identities, orientations, and lifestyles. All fees are negotiable, based on ability to pay.**
- **Founding principle: Seattle Institute for Sex Therapy, Education, and Research operates on the principle that sexual energy is a positive expression of human life.**

About the organization

- Structure

Independent contractors/volunteers with diverse expertise

- Activities

Educational:

Groups, workshops, phones

Clinical:

Individual and couple sex therapy and sexuality counseling

Current research:

Turning the New View into a clinical evaluation tool

A New View-based clinical evaluation tool

- **Sexual Problems Self-Assessment Questionnaire**
- **Translates the New View into 74 polarized statements**
- **Online users score the subjective intensity of their answers on Likert scales**
- **http://www.sectx.com/SPSAQ/SPSAQ_SurveyH.htm**

Sample items

I. SOCIO-CULTURAL, POLITICAL, OR ECONOMIC FACTORS

- K. I avoid having sex or experience distress during sex because I feel I don't live up to the ideals of my culture regarding sexuality or desirability.
- L. I feel anxiety or shame about my body, ... or sexual responses.
- M. I feel confusion or shame about my sexual orientation or identity.
- N. I feel confusion or shame about my sexual fantasies, desires, and preferences.
- R. I feel a lack of interest, fatigue, or lack of time for sex due to family, work, or other obligations.

II. RELATIONSHIPS

- F. In ANOTHER RELATIONSHIP, I have experienced sexual inhibition, avoidance, or distress arising from betrayal, dislike, fear or abuse.
- G. There are discrepancies between myself and my partner in frequency of desire
- H. There are discrepancies between myself and my partner in preferences for various sexual activities.

- L. My partner's health and/or sexual problems interfere with my sexual arousal, enjoyment, or spontaneity.**
- Q. I experience sexual aversion, mistrust, or inhibition of sexual pleasure due to my partner's depression.**

III. PSYCHOLOGICAL FACTORS

- B. I avoid sexual activity or fail to experience sexual pleasure because of my fears about rejection.**
- F. I experience sexual aversion, mistrust, or inhibition ... due to my depression.**
- H. I experience sexual inhibition due to my fear of sexual acts or their possible consequences, for example, pain during intercourse, pregnancy, sexually transmitted infections, etc.**

IV. PHYSICAL FACTORS

- A. I experience pain or lack of physical response during sexual activity due to medical condition(s) affecting my body.**
- J. I experience pain during ... sexual contact for undiagnosed reasons.**
- K. I take medication/substance(s) (prescribed, herbal, or illegal) to enhance my sexual experience.**

Partner scores over course of tx

SPSAQ results Couple 1 - Showing spreadsheet rows for Relationships section only

Partner 1 - 1st test Feb 2014	Partner 1 - 2nd test Jun 2014	Partner 1 - 3rd test Dec 2014		Partner 2 - 1st test Feb 2014	Partner 2 - 2nd test Jun 2014	Partner 2 - 3rd test Dec 2014
Response	Response	Response	Field Name	Response	Response	Response
			II. RELATIONSHIPS			
0	0	0	A. Inhibit Betrayal or Dislike	1	4	1
0	0	0	B. Inhibit Fear of Partner	0	9	0
0	0	0	C. Inhibit Partner Abuse	0	0	0
56	7	0	D. Inhibit Unequal Power	59	14	0
6	8	0	E. Inhibit Neg Communication	2	3	0
100	73	79	F. Inhibit Another Relationship	1	1	0
100	65	72	G. Discrepancy in Frequency	91	59	72
74	73	19	H. Discrepancy in Activities	50	50	50
14	6	0	I. Partner Sensitivity	24	19	1
0	0	12	J. Lost Interest from Mundania	0	1	0
0	65	0	K. Lost Interest from Trauma	0	0	0
6	9	13	L. Partner Health or Sex Probs	86	24	0
6	2	0	M. Aversion Partner Problem with Rejection	1	2	0
0	0	0	N. Aversion Partner Problem with Cooperati	3	2	0
27	11	0	O. Aversion Partner Problem with Closeness	69	10	0
0	3	0	P. Aversion Partner Criticalness	1	2	0
0	22	10	Q. Aversion Partner Depression	0	0	0
50	69	18	R. Aversion Partner Anxiety	59	0	4

Ultimate goal

**Transform the definition(s) of
success in sex therapy**

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