**Going Strong and Getting Stronger**

Self-Help for Sexual Dysfunction

**Doelstelling van de refereeravond dd. 8-4-2020**

Doel van de avond is om professionals vanuit verschillende disciplines kennis te laten nemen van zelf hulp bij seksuele disfuncties, zoals behandeling of ondersteuning waarbij geprint materiaal (boeken, brochures, etc.) een belangrijke rol spelen. Aan de orde komen de manieren waarop zelf hulp wordt vormgegeven bij seksuele disfuncties, de effecten van zelf hulp en de implicaties voor de seksuologische praktijk. Het thema zal zodanig gepresenteerd worden dat het aansluit bij professionals vanuit de eerste en tweede lijn. Meer specifiek betreffen de doelstellingen:

* een overzicht geven van de mogelijke vormen van zelfhulp, die toegepast kan worden in de klinische praktijk bij seksuele stoornissen;
* kennis verschaffen over de effecten van zelfhulp mogelijkheden bij seksuele stoornissen en/of –klachten;
* inzicht geven in de implicaties van de laatste stand van de wetenschap t.a.v. dit thema op de klinische praktijk.

Het programma bevat twee presentaties. De eerste presentatie gaat in op de laatste stand van zaken op het gebied van bibliotherapie bij de behandeling van seksuele disfuncties en de stand van zaken ten aanzien van de effecten van deze aanpak. De tweede presentatie behandelt de laatste inzichten ten aanzien van zelfhulpboeken gericht op de vrouwelijke seksualiteit. Beide presentaties zullen in het Engels worden gegeven.

De avond zal beginnen om 18.30 uur en eindigen om 21.20 uur.  
Tijdens de presentaties is er de gelegenheid om in discussie te gaan en vragen te stellen.

De refereeravond wordt georganiseerd door de Wenckebach Stichting, refereercommissie seksuologie. Deze commissie wordt al jarenlang ingevuld en gedragen vanuit het Atrium MC Parkstad (afdeling medische psychologie, Urologie en Gynaecologie) en de Mondriaan Heerlen (specifieke zorg).

**Programma**

18.00 uur Ontvangst met thee/koffie

18.30 uur Opening door prof. dr. S. van Hooren en voorzitter voorbereidingscommissie

18.35 uur ‘Bibliotherapy for Sexual Dysfunctions: A Systematic Review of Randomized Controlled Trials of Efficacy’

Prof. dr. Jacques van Lankveld

19.50 uur Pauze

20:05 uur ‘The Effectiveness of Bibliotherapy for Enhancing Women’s Sexual Functioning and Men’s Knowledge Regarding Female Pleasure’

Prof. dr. Laurie Mintz

21.20 uur Afsluiting

**Inhoud van de presentaties**

In the presentation of prof. dr. Jacques van Lankveld, he will present the design, methodology and results of a systematic review. Bibliotherapy is often used in the treatment of sexual dysfunctions and refers to treatments in which printed material (books, brochures etc.) plays a central role. The objective of the review was to assess the efficacy of bibliotherapy for sexual dysfunctions as found in randomized controlled trials, compared with no treatment, and compared with other interventions. Primary outcome measures were male and female sexual functioning level. Secondary outcomes were sexual satisfaction and dropout rate. The level of evidence for all outcomes was graded. 15 RCTs were identified that met the inclusion criteria, including a total of 1113 participants. Bibliotherapy was found to have beneficial but differential effects. In the presentation the pooled effects will be presented in detail, as well as the level-of-evidence of the included studies, their strengths and weaknesses, and recommendations for future research.

In the presentation of Dr. Laurie Mintz, she will first review scientific recommendations encouraging authors of self‐help books to examine their effectiveness, as well as the ethical safeguards needed to conduct such studies. She will then review a series of studies she and her graduate students have conducted on her two books. First, she will overview the results five of studies finding that women who read her book, A Tired Woman’s Guide to Passionate Sex, enhanced their desire, as well as improved their sexual satisfaction, arousal, lubrication, and rates of orgasm. She will then review the results of two studies on her second book, Becoming Cliterate: Why Orgasm Equality Matters—And How To Get It. The first found that women readers improved their rates of orgasm, decreased their level of sexual pain, and made gains in other areas of sexual functioning including, but not limited to, sexual assertiveness and sexual body-esteem. The second found that men who read the chapter aimed at summarizing the book’s content for them decreased their endorsement of sexual myths and improved their knowledge of women’s genital anatomy, women’s sexual pleasure, and sexual communication skills. Next steps in this line of research and implications for clinicians wanting to use these books in their practice will also be discussed.

**Informatie over de sprekers**

**Jacques J.D.M. van Lankveld**, Ph.D., 1954, Professor of clinical psychology, Open University of the Netherlands. His research focuses on the experimental psychopathology of sexual functioning and on psychological intervention studies for sexual disorders, with special emphasis on female sexual pain disorders, on stepped-care, minimal-interventions, and E-mental health strategies. His study populations are patients with sexual disorders and patients with chronic medical conditions with comorbid sexual disorders. He was head of education of the postgraduate training in psychotherapy at RINOZuid, Eindhoven from 2006 to 2014. He was editor-in-chief of the Tijdschrift voor Seksuologie from 2001-2010, and of the Annual Review of Sex Research from 2010-2016. He was President of the International Academy of Sex Research in 2013. He is recipient of the Van Emde-Boas – Van Ussel Award in 2003. He has supervised several PhD students. He is currently involved in the COST Action European Sexual Medicine Network, a European project to advance training in sexology for medical and psychological disciplines and improvement of sexual health care provision in European countries.

**Dr. Laurie Mintz** is a professor, author, speaker and therapist. As a tenured Professor at the University of Florida, she teaches the Psychology of Human Sexuality to hundreds of undergraduate students each year. 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 over 50 research articles in academic journals and six chapters in academic books. She 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.

She is the author of two popular press books—both written with the aim of empowering women sexually: Becoming Cliterate: Why Orgasm Equality Matters and How to Get It and A Tired Woman’s Guide to Passionate Sex: Reclaim Your Desire and Reignite Your Relationship.

With this same goal of providing scientifically-accurate, sex-positive information to enhance female pleasure, Dr. Mintz also gives presentations and workshops to professionals and lay audiences and is often quoted in national and international media.

For over 25 years, Dr. Mintz has also maintained a small private practice working with both individuals and couples on general and sexual issues.