



Wendy Trainor
communication and healing

Male sexual disturbances

Let's face it. Men do have sexual problems and they, even more than women, have difficulty talking about them. Men have an added burden around sexual issues. They believe that their ability to perform sexually is the ultimate proof of their masculinity. Admitting they have a problem and going for help feels like further evidence of their lack of manhood. It suggests weakness and dependency – characteristics men have been warned about since they were five years old.

Men often react to sexual problems by feeling angry or upset with themselves or their partners. They may withdraw and avoid sexual encounters. This further exacerbates their problem. They may experience a feeling of personal inadequacy and feel fragile or ashamed.

Male sexual disturbances include: low desire, inability to ejaculate on their own or with a partner, early ejaculation and the inability to get or maintain an erection.

Low desire was discussed in a previous article. It can be caused by low testosterone levels and this can be checked by a family doctor. It is often indicative of relationship problems and these are most effectively treated with couple therapy. The inability to ejaculate is indicative of personal issues that the man brings from his childhood. A combination of individual and couple therapy is most effective in treating this problem.

Most men learn to self-pleasure in private and “come” quickly so they won't be found out. The novelty and secrecy of early sexual experiences with a partner add to the young man's feelings of arousal and increase the likelihood of early ejaculation. It is not surprising that early ejaculation is a common problem among young men. Couples can be taught techniques to help the man learn to enjoy sexual pleasuring and prolong the time before ejaculation. In older men, the focus on “performance” during sexual play can create anxiety which can, in turn, contribute to early ejaculation as well as erectile disturbances.

Another article will focus on erectile disturbances which are more common as men age.

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