



## SSTAR 2007 FALL CLINICAL MEETING

Friday, September 7, 2007  
The Penn Club of New York  
30 West 44th Street, New York, New York 10036

### PROGRAM

8:30 am – 8:50 am	Coffee & Registration
8:50 am – 9:00 am	Introduction Moderator: Bonnie R. Saks, MD
9:00 am – 10:30 am	Case Presentation: Lisa M. Anllo, PhD <b>PUTTING HUMPTY TOGETHER AGAIN: A CASE OF MARITAL &amp; SEXUAL DYSFUNCTION IN THE CONTEXT OF MULTIPLE MEDICAL DIAGNOSES AT MID-LIFE</b>
10:30 am – 10:45 am	Break
10:45 am – 12:15 pm	Case Discussant: Stanley E. Althof, PhD Group Discussion
12:25 pm – 1:30 pm	Luncheon at The Penn Club of New York
1:30 pm – 3:00 pm	Case Presentation: Esther Perel, MA, LMFT <b>MATING IN CAPTIVITY: RECONCILING EROTICISM AND DESIRE</b>
3:00 pm	Break
3:15 – 4:45 pm	Case Discussants: Joanna Whitcup, PhD,Carolynn Hillman, MSW, and Pat Rubin, MEd Group Discussion
5 – 6:00 pm	Cocktail Reception at The Penn Club of New York Grill Room (located on the lower level)

# **PUTTING HUMPTY TOGETHER AGAIN: A CASE OF MARITAL & SEXUAL DYSFUNCTION IN THE CONTEXT OF MULTIPLE MEDICAL DIAGNOSES AT MID-LIFE**

## **Case Presenter: Lisa M. Anllo, PhD**

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## **Case Discussant: Stanley E. Althof, PhD**

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This case describes the on-going treatment of a middle-aged man presenting with sexual dysfunction in the context of a history of multiple medical diagnoses occurring in close proximity over a period of several years. His medical diagnoses include: hypertension, adrenal tumor removal, viral meningitis, hypothyroidism, gout, sleep apnea, restless leg syndrome, cardiac arrest with placement of pacemaker, prostate cancer, endocarditis, diabetes, hypogonadism of uncertain origin, and chronic and debilitating pain associated with episodes of extreme fatigue.

The therapy deals with the difficulty of managing the complexity of a case in which there are multiple factors, (biological, intrapsychic, interpersonal) that (a) may contribute to the manifestation and maintenance of sexual symptoms, and, (b) may limit the efficacy of medical interventions that might otherwise be considered as part of a multidisciplinary approach to treatment.

Several therapeutic pitfalls will be considered, including the potential for over or under-interpreting the relevance of biological vs. psychological factors at any given time, as well as counter-transference issues of over-identification with or blame towards patient or spouse. The psychotherapist is required to consider appropriate referrals to various medical specialists, interpret and integrate the results of these without the benefit of medical training, and all the while maintain a clear focus on the unique role of psychotherapist. Most importantly, this case demonstrates the need for therapists to recognize that in the face of sudden and premature loss of physical well-being, a prolonged grief process is a normal development for both patient and partner. Consequently, there is no “quick fix” for salvaging sexual and emotional intimacy without appropriate attention to existential matters, both for the patient and his or her partner.

### **Behavioral Learning Objectives:**

After attending this presentation, the participants will be able to:

1. Describe at least two therapeutic pitfalls in managing a case of sexual and relationship dysfunction that involves chronic medical illness.
2. Identify at least two advantages of individual therapy for the identified patient and their partner vs. couples therapy in addressing sexual and relationship dysfunction associated with chronic medical illness.
3. Evaluate some of the latest evidence regarding the risk of erectile dysfunction in patients receiving radiation treatment for prostate cancer, and the safety of testosterone replacement therapy after prostate cancer.

### **References:**

- Kafka, F. (1948). *The Metamorphosis*. From: *The Penal Colony* by Franz Kafka. Shocken Books, Inc.
- Lee, R.L. (2005). Permanent Prostate Brachytherapy: The Relationship Between Dosimetry and Outcomes. *Grand Rounds in Urology*, 4(3): 4-10.
- Levine, S.B. (1998). *Sexuality in Mid-Life*. Plenum Press: New York, NY.
- Sarosdy, M.F. (2006). Testosterone Replacement After Brachytherapy for Prostate Cancer. *AUA 2006 Annual Meeting Highlights*, reprinted from *Journal of Urology*, supplement, 175: 366.
- Sontag, S. (1978). *Illness as Metaphor*. Farrar, Strauss and Giroux: New York, NY.

### **Biographies:**

Lisa Anllo, PhD, a member of SSTAR since 1993, is a psychologist in private practice in Buffalo, NY. Her first opportunity to receive formal training in sex therapy was as a pre-doctoral intern at UMDNJ-RWJ Medical School with Sandra R. Leiblum, Ph.D and Raymond C. Rosen, Ph.D. She later completed her post-doctoral training in sex therapy at the Center for Marital & Sexual Health in Beachwood, Ohio with Stanley E. Althof, PhD, Steven B. Levine, MD and Candace B. Risen, LISW. Currently she specializes in marital/sex therapy and cancer survivorship, and facilitates a support group for survivors of breast cancer at Gilda's Club of Western New York, which recently elected her to their Healthcare Advisory Board. She is happy to serve as a local resource in her community for both medical providers and patients regarding concerns related to sexuality after cancer, and as an advocate for increased awareness of the importance of patient referrals by medical professionals for psychosocial support.

Stanley E. Althof, Ph.D., is Professor of Psychology in the Department of Urology at Case Western Reserve University School of Medicine in Cleveland, Ohio. Dr. Althof is also on the Consulting Staff of Good Samaritan Hospital in West Palm Beach, Florida. He and his two former partners were the 2005 recipients of the prestigious Masters and Johnson Lifetime Achievement Award. Dr. Althof is Past-President of the International Society for the Study of Women's Sexual Health (ISSWSH), Past-President of the Society for Sex Therapy and Research (SSTAR) and the Tri-State Group Psychotherapy Society. He serves on the editorial boards of the *Journal of Sex and Marital Therapy*, *Menopause* and the *International Journal of Impotence Research* and is an ad hoc reviewer for several other journals. He is the Associate Editor of two books- Handbook of Clinical Sexuality for Mental Health Professionals and Male and Female Sexual Dysfunction.

## **MATING IN CAPTIVITY: RECONCILING EROTICISM AND DESIRE**

### **Case Presenter**

**Esther Perel, MA, LMFT**

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### **Case Discussants:**

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The story of sex in committed modern couples is one that often tells of a dwindling desire that includes a long list of sexual alibis, claiming to explain the inescapable death of Eros. The absence of fantasy, the proliferation of pornography and affairs, as well as a lack of understanding of the nature of erotic desire all contribute to this predicament.

In this presentation, we will probe the intricacies of love and desire, how they relate and how they conflict. We will explore how the mystery of eroticism lies in the tension between them, between having and wanting. While love seeks the certainty that comes from knowing the partner, desire is fueled by the very elusiveness of that partner. The workshop examines the cultural pressures that shape domesticated sex and the puzzling inverse correlation between greater emotional intimacy and loss of sexual desire. Good intimacy does not necessarily guarantee good sex.

Using case examples and video vignettes, Ms. Perel will demonstrate how to help couples draw pleasure from the hidden, the suggestive and the uncanny while also respecting their needs for safety and stability. We will explore how to grant the body its profound capacities for communicating in its own language, how couples can voice their erotic longings and move beyond their familiar comfort zone into an expansive, fully charged sexuality.

### **Behavioral Learning Objectives:**

After attending this presentation, the participants will be able to:

1. Invert the traditional therapeutic priorities thereby allowing the sexual relationship to serve as a lens into the couple's interpersonal dynamics.
2. Map ways for couples to draw pleasure from the hidden and the mysterious while respecting their needs for safety and stability.
3. Learn a cross-cultural perspective to help couples find alternate paths on the erotic landscape.

### **References:**

Mitchell, Steven (2002). *Can Love Last? The Fate of Romance over Time*, Norton: New York, NY.

Bader, Michael (2002). *Arousal: The Secret Logic of Sexual Fantasy*, ST Martin: New York, NY.

Morin, Jack (1995). *The Erotic Mind*, Harper Collins: New York, NY.

Paz, Octavio, (1995). *The Double Flame Essays on Love and Eroticism*, Harvest: San Diego, California.

Benjamin, Jessica, (1998). *The Bonds of Love*, Harper Collins: New York, NY.

Giddens, Anthony, (1992). *The Transformations of Intimacy*, Stanford University Press: Stanford, California.

### **Biographies:**

Esther Perel, MA, LMFT was born and raised in Belgium; she holds degrees from the Hebrew University of Jerusalem and Lesley College. She was trained and supervised in family therapy by Dr. Salvador Minuchin and serves on the faculties of the Department of Psychiatry, New York University Medical School, and Columbia University's International Trauma Studies Program, Mailman School of Public Health. Ms. Perel's book, *Mating in Captivity: Reconciling the Erotic and the Domestic* was published in the fall of 2006 and has been translated into 8 different languages. She has written numerous articles and chapters about intermarriage, the families of Holocaust survivors, cross-cultural couples and cultural and religious identity.

Joanna Whitcup, PhD practices clinical sex and marital therapy in Greenwich, Connecticut. She has been a frequent contributor to SSTAR conferences.

Carolynn Hillman, is an AASECT certified sex therapist and psychoanalyst. She is in private practice in New York City and is on the faculty of the Postgraduate Center for Mental Health as senior supervisor and training analyst.

Pat M. Rubin has been an active member of SSTAR since the mid 1980's having served on the Executive Council as well as presented at several annual meetings. She is a clinical member and supervisor of AAMFT, AASECT, and AFTA, She is a marital family and sex therapist in private practice in Montreal Canada.