
DYSPAREUNIA IN WOMEN

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Abstract

Dyspareunia is a genital pain that occurs just before, during or after intercourse. The factors involved can be physical or psychological. Women with dyspareunia may complain of a well-defined and localized pain or they may express a general disinterest in and dissatisfaction with intercourse that results from the associated discomfort. Although dyspareunia is present in both sexes, it is far more common in women, with the pain initiating in several areas, from vulvar surfaces to deep pelvic structures. Worldwide prevalence of dyspareunia in women is 15% and can be maintained depending on partner, stimulation, etc. or regardless partner, stimulation, etc. The disorder may emerge from the beginning of the sexual life or begin after a period of relatively normal sexual function.

Keywords: dyspareunia in women, s-on, therapy, testing, evaluation, sexual disorders.

INTRODUCTION

One can book an appointment online, by phone, sms. You will receive confirmation of the appointment date and you will be asked to pay for the first intervention, after which you will take the necessary steps for the chosen activity. After payment and proof of payment you will go through each step below.

There will be a complex evaluation and testing with the *S-ON Test* © Clinical Sexual Assessment System.

After testing, you will complete the 7 standardized *S-ON Sextherapy*© protocols to address sexual and / or couple issues.

The next step is using *S-ON Monitoring*© for monitoring and feedback throughout the entire period of interventions to improve dyspareunia in women as well as *S-ON Optimization*© to optimize sexual performance and couple's relationship.

You will receive more details during our interventions.

How do I pay for the service and how much does it cost?

The payment is made online into the account of Institute of Sexology: bank account: RO45BTRL06701205M34615XX opened at Banca Transilvania. And the cost for each intervention (evaluation, testing, intervention protocol) is 100 euro at the NBR (National Bank of Romania) exchange rate.

Let's start!

Testing, *S-ON Test*©.

Protocols, *S-ON Sextherapy*©

Monitoring, *S-ON Monitoring*©

Optimizing, *S-ON Optimization*©

APPLICATIONS

- **Testing, *S-ON Test*© WOMEN Screening-DSM/DYf (S-DSM/DYf)**

INSTRUCTIONS. You will find below a checklist of 8 questions that describe the actions that women take in various sexual

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intercourses. For each question, check the option that best suits you.

1/8 Do you feel discomfort or pain after a minimum vaginal penetration?

Not at all
A little
A lot
Very much
Extremely

2/8 Do you feel vulvovaginal/ pelvic pain/ discomfort during 6 or 7 out of 10 sexual intercourses?

Not at all
A little
A lot
Very much
Extremely

3/8 Dyspareunia occurred since the beginning of your sexual life?

Not at all
A little
A lot
Very much
Extremely

4/8 It occurred after a long time, reported to the beginning of sexual life?

Not at all
A little
A lot
Very much
Extremely

5/8 Orgasmic disorder occurs with your stable long-term partner?

Not at all
A little
A lot
Very much
Extremely

6/8 It happens irrespective of the partner?

Not at all
A little
A lot
Very much
Extremely

7/8 There is an anticipatory fear of a new sexual failure?

Not at all
A little
A lot
Very much
Extremely

8/8 Do you have couple issues regarding sexual intercourses?

Not at all
A little
A lot
Very much
Extremely

Answers

- Not at all, 0 percentages
- A little, 10 percentages, MILD dyspareunia is confirmed. This means you have signs and symptoms of significant discomfort during penetration.
- A lot, 20 percentages, MODERATE dyspareunia is confirmed. This means you have signs and symptoms of discomfort or significant pain during penetration.
- Very much, 30 percentages, SEVERE dyspareunia is confirmed. This means you have signs and symptoms of significant, recurrent pain during penetration.
- Extremely, 40 percentages, EXTREMELY SEVERE dyspareunia is confirmed. This means you have signs and symptoms of significant, recurrent pain during penetration.

■ Interventions, *S-ON Sextherapy*© Women Protocol of sexual cognitive scenario, *S-ONdy cognitive*© Dyspareunia

General consideration

The protocol of *S-ONdy cognitive*© sexual cognitive scenario was scientifically validated with the purpose of helping women to develop a cognitive-behavioural participation by insisting on sexual stimulus, thus diminishing the vaginal pain. This technique uses cognitive scenarios and several steps to help women redis-

cover how to be involved at a cognitive-behavioural level by using relevant sexual stimulus for dyspareunia. In fact, it is a self guidance in how to participate at the cognitive-behavioural level only to the excitation/relevant stimulus by using descriptions and following certain rules: *What am I doing? How am I doing it? and What am I going to do? Or What am I doing simultaneously?*, so that you can pay attention to the maximum excitation/relevant stimulus.

Focus

This technique helps men to relearn how to think using all relevant sexual stimulus and how to manage the sensations that might increase the pain. In fact, this protocol helps men to think „analytically” in order to identify the relevant stimulus (relaxation, pleasure and excitation) which relieve the pain during intercourse.

Specialist advice

Are you familiar with a flight deck? If the answer is no, than ask the co-pilot! Substituting your attention on what you do rather than what you feel together with multitasking on several relevant stimulus, will help you to become an expert in sexual activity and to increase

and maintain your sexual desire. This is what happens with an airplane pilot. Are you the pilot of the bed?

Applications

Make a description using internal monologue in order to cover step by step your partner’s body by following these rules: *What am I doing? How am I doing it? and What am I going to do? Or What am I doing simultaneously?* and thus you can pay attention to what you feel.

Rule. You have the following exercises. First step, arousal (kisses), make a silent description of WHAT YOU DO (for instance, describe using internal monologue: “I start kissing the lips”). Then, carry on with the description, HOW YOU DO THAT (for instance, describe using internal monologue: “I kiss the lower lip, the upper lip, I touch her tongue and feel her tongue in my mouth”). Then, continue describing, WHAT YOU DO NEXT or WHAT YOU DO SIMULTANEOUSLY (for instance, describe using internal monologue: “I start kissing down the neck and both sides of the neck while I am playing with his penis”). Carry on in that way with the description for all stimulus/ areas of your partner!

Follow the example from the Table 1.

Table 1. Description for all stimulus/areas of your partner

FACE	I start kissing the face, gently touching it with my lips, then I touch it, and then..., etc., ...
NECK	I start kissing the neck, gently touching it with my lips, then I touch it, and then..., etc., .
BREASTS	I start kissing the breasts, gently touching them with my lips, then I touch and slowly pull them, rubb and pinch them, and then..., etc., ...
ABDOMEN	I start kissing the abdomen, gently touching it with my lips, then I touch it, rubb it, slowly pinch it, and then..., etc., ...
BACK	I start kissing the back, gently touching it with my lips, then I touch it, rubb it, slowly pinch it, then..., etc., ...
ARMS	I start kissing the arms, gently touching them with my lips, then I touch them, slowly pull them, rubb and pinch them, and then..., etc., ...
VAGINA	I start kissing the vagina, gently touching it with my lips, slowly pull it, I insert my finger into vagina, I rubb it and pinch the labia, etc., ...
BUTTOCKS	I start kissing the buttocks, gently touching them with my lips, then I touch them and slowly pull them, rubb and pinch them, and then..., etc., ...
LEGS	I start kissing the legs, then I touch them and slowly, pull them, rubb and pinch them, and then..., etc., ...

Well done!

You have succeeded to complete the *Protocol of sexual cognitive scenario S-ONdy cognitive*©. I know that this was something new for you and I hope that you have learnt how to „analytically“ think in order to manage the pain stimulus and to enjoy your sex life.

Feedback

Was the *Protocol of sexual cognitive scenario S-ONdy cognitive*© useful for you? Please express your content by crossing one of the statements bellow:

1. Unsatisfactory
2. Satisfactory
3. Good
4. Very good
5. Excellent

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