

# Christian Sex Therapy *for Individuals and Couples*



*“Poetically speaking, when God looks over the portals of heaven into a healthy Christian marital bedroom, he claps his hands in approval and exclaims, ‘Yes! Did I design that right or what? Do you experience anything else like that? I did that. I, God, created you to work that way, to communicate with your bodies what your words cannot—of your oneness with this other person who is, in fact, half of you.’”*

**Christopher & Rachel McCluskey, *When Two Become One***

## What is Christian Sex Therapy?

A Christian Sex Therapist is one who helps people of faith feel safe working in this difficult part of life and relationships, with their values respected, and who integrates faith perspectives into their understanding of sexual issues.

### Topics Addressed:

- Sexual arousal difficulties
- Low or absent sexual desire
- Conflict over differing arousal and desire levels in couples
- Unconsummated marriage
- Erectile dysfunction
- Painful sex
- Premature ejaculation
- Lack of or difficulty with orgasm
- Sexual trauma and abuse
- Anxiety or fear about sex
- Sex after childbirth, menopause, and illness
- Effects of sexual addiction on marriage
- Rebuilding sexual intimacy after an affair
- Increasing communication concerning sexuality and intimacy

### Is It Right for Me?

Do you...

- Have low or absent sexual desire?
- Have a different level of sexual desire than your partner that is causing problems in your relationship?
- Experience pain with sexual intercourse?
- Have difficulty experiencing orgasm or ejaculation?
- Have difficulty getting or maintaining erections?
- Experience premature ejaculation that is causing problems in your relationship?
- Have a history of sexual abuse or trauma that makes it difficult for you to enjoy sexual experiences?
- Want to learn how to navigate life transitions that can affect sexuality such as the birth of a child, menopause, or chronic illness?

If you answered “yes” to any of these questions, or if you have other concerns about your sexuality and sexual health, then Christian sex therapy may be helpful for you.

### **Kellie Gwaltney, MA**

#### **Licensed Associate Professional Counselor**

Kellie has a Master of Arts in Marriage and Family Therapy, with a specialization in Christian Sex Therapy. She is currently under supervision to become a Certified Sex Therapist. She works with individuals and couples to enhance healthy sexuality and diminish relational distress.

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