



DR. JOHN BEITER

Dr. John Beiter received his doctorate in clinical psychology from Duquesne University in 2007. He is educated and experienced in both the business and clinical environments with over 30 years of service. He is a licensed psychologist in the states of Michigan and Pennsylvania.

Dr. Beiter is certified as a sex therapist by AASECT – the American Association of Sex Educators, Counselors and Therapists. Dr. Beiter remains passionate about his human sexuality studies and graduated from the International Psychoanalytic Institute certificate program in Sex & Sexuality.

Part of what fuels Dr. Beiter's intense interest in healthy sexuality is the discoveries he continues to make from his clinical practice in how difficult it remains for couples and individuals – both young and old – to communicate sexually. He was inspired to create and develop the Beiter Sexuality Preference Indicator BSPI to help people identify their sexual preferences.

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MEN'S SEXUAL HEALTH

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Considerations When Seeking Treatment

- Do you feel a diminished sex drive?
- Do you obtain an erection while sleeping, but not during sexual activity?
- Do you suffer from guilt or performance anxiety such that fear of not having an erection becomes distracting or self-fulfilling?
- Are you able to masturbate to sexual satisfaction but unable to experience sexual satisfaction with your partner?
- Is the quality of your relationship with your spouse/partner impacting your ability to sexually connect with your partner?
- Are you feeling sexually inadequate?
- Do you avoid initiating sexual activity due to shame or embarrassment?
- Has a thorough medical examination ruled out physical issues?
- Are you able to share your performance anxieties with your spouse/partner?

Treatment Depends on the Cause

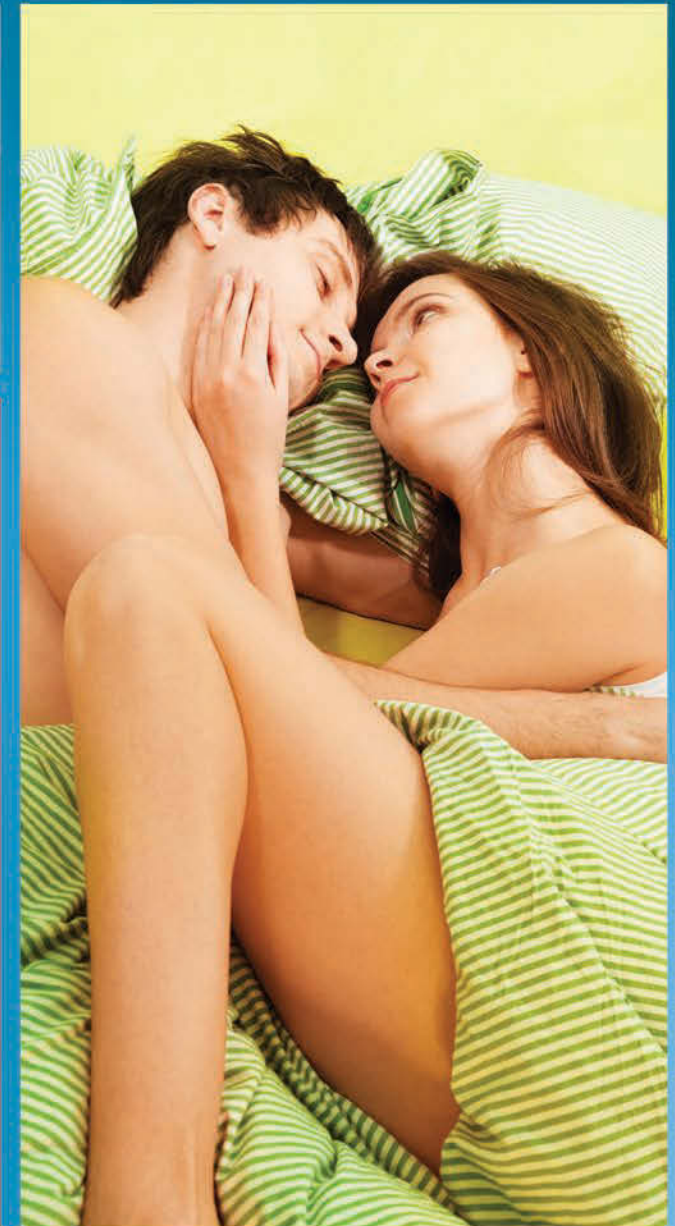
Communication is one of the major underlying causes of ED - a thorough review of current patterns of relating will be explored to determine areas needed for improvements.

Anxiety plays a major role in the development of the problems associated with erectile dysfunction (ED). Psychological and behavioral responses to ED can lead to a vicious cycle of increased uneasiness, distance and conflicts.

This in turn leads to a lower frequency of sexual encounters, less time spent together and lack of communication between partners in a relationship.

Early childhood experiences can be the root cause of adult sexual dysfunction - sexual history is taken to determine early family patterns of dysfunctional forms of relating.

Poor physical health and lifestyle choices can impact sexual activity - a collaborative assessment will be made to determine needed changes in exercise and nutrition.



Erectile Dysfunction

ED is a disorder or problem involving difficulty obtaining or maintaining an erection sufficient for satisfactory sexual intercourse.

This can be caused by physical factors, psychological issues, or some combination of both. While more common in older adults, ED can happen to anyone at any age and is treatable.

Some types of problems may include:

- Inability to achieve or maintain an erection sufficient for satisfactory sexual intercourse.
- Anxiety about having sex.
- Reduced sexual arousal and desire.
- Climaxing or ejaculating more rapidly or with an incomplete erection.