



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.

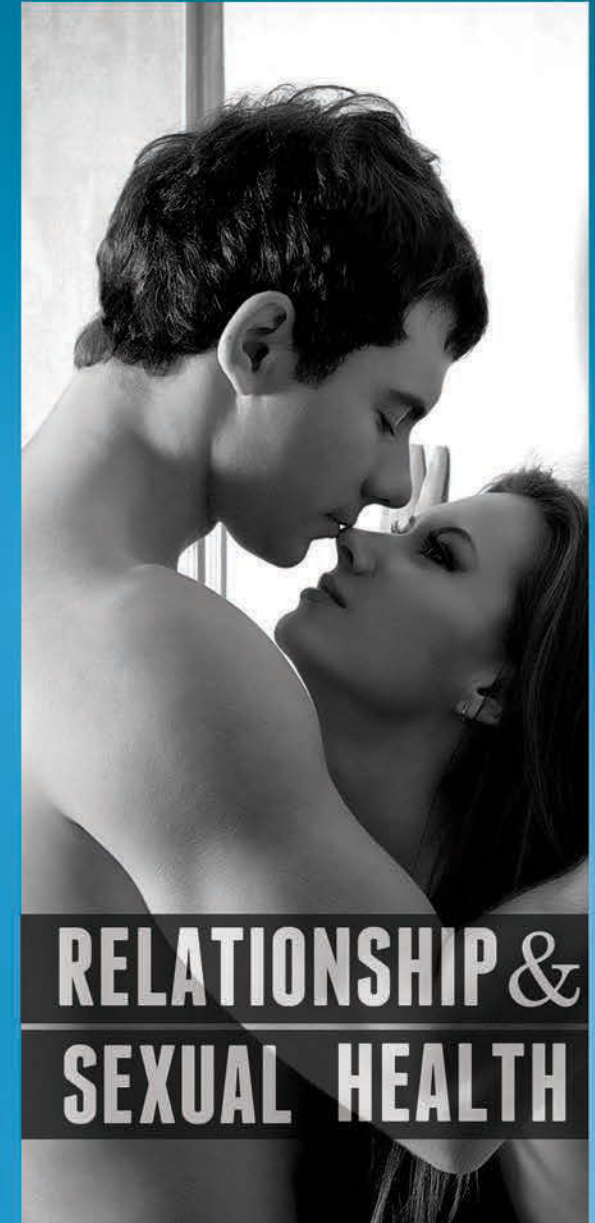
Dr. Beiter is certified as a sex therapist by AASECT – the American Association of Sex Educators, Counselors and Therapists. Dr. Beiter remains passionate about his human sexuality studies and graduated from the International Psychoanalytic Institute certificate program in Sex & Sexuality.

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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RELATIONSHIP & SEXUAL HEALTH

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Sex and Relationship Therapy

Research points to the health benefits of a loving sexual relationship.

- Less stress, better blood pressure
- Boosts immunity
- Burns calories
- Improves heart health
- Better self-esteem
- Deeper intimacy
- May help reduce pain
- Better sleep
- More ejaculations may make prostate cancer less likely
- Stronger pelvic floor muscles

Source: WebMD: 10 Surprising Health Benefits of Sex

Treatment Depends on the Cause

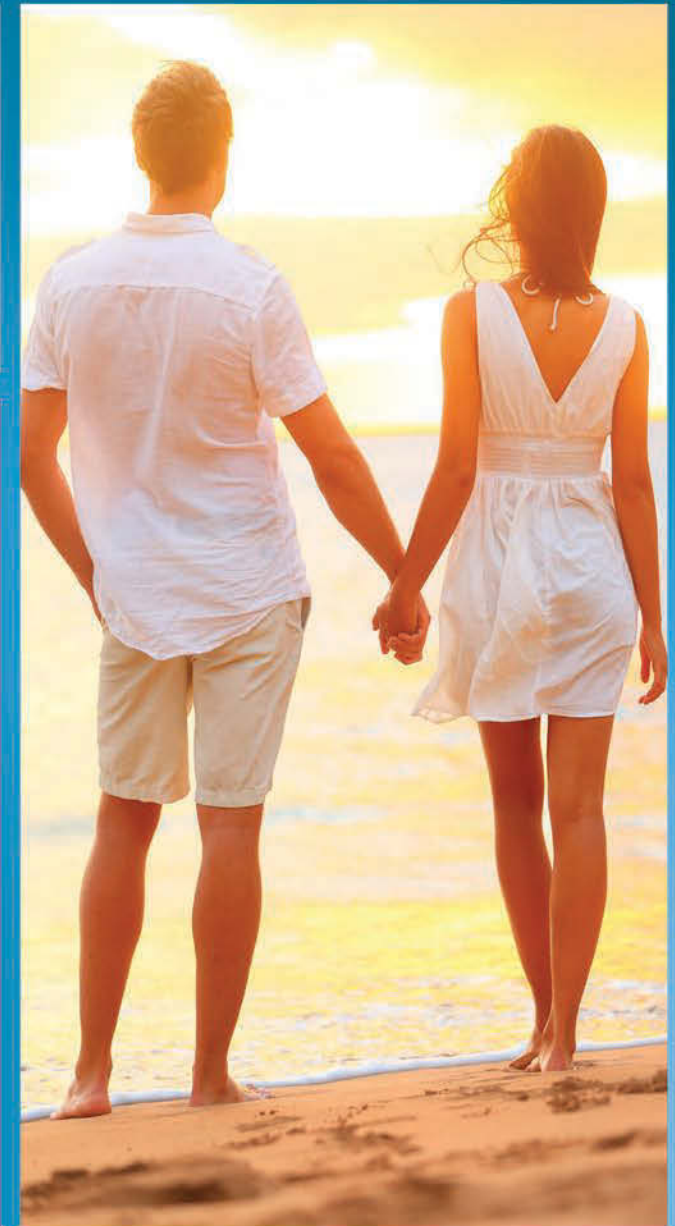
Communication has been identified as the underlying problem that prevents couples from achieving deeper levels of sexual intimacy - a thorough review of current patterns of relating will be explored.

Psychological and behavioral responses to your partner can lead to a vicious cycle of increased sexual 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.



Considerations When Seeking Treatment

- Has a thorough medical examination ruled out physical issues?
- Do you feel emotionally and intimately disconnected from your partner?
- Are you feeling sexually inadequate?
- Do you feel as if you are living with your roommate instead of your lover?
- Is the quality of your relationship with your spouse/partner impacting your ability to sexually connect?
- Do you feel safe enough with your partner to share your dreams or fantasies about your relationship?
- Do you avoid initiating sexual activity due to shame or embarrassment?
- Are you able to share your performance anxieties with your spouse/partner?
- Did you or your partner have an affair that is affecting your relationship?