

Our Staff

Robert M. Schwartz, Ph.D., licensed psychologist and program director, received his doctoral degree in Clinical Psychology from Indiana University (Bloomington, Indiana, 1978) and completed his clinical internship at State University of New York, Upstate Medical Center (Syracuse, New York). Dr.



Schwartz received specialized training in human sexuality and sex therapy from the Kinsey Institute and Women's Health Services of Pittsburgh. He is a fellow in Sex Therapy, certified by the American Association of Sex Educators, Counselors and Therapists (AASECT). Dr. Schwartz teaches sexuality and sex therapy at UPMC and has appeared on area television shows, dealing with sex therapy and addictions.



Shirley F. Kurtz, L.C.S.W., Ph.D., licensed clinical social worker, board certified diplomate, and program co-director, received her doctoral degree from the University of Pittsburgh (Pittsburgh, Pennsylvania, 2004). Dr. Kurtz received specialized training in sex therapy at the Masters and Johnson Institute. She is

certified in Sex Therapy by the American Association of Sex Educators, Counselors, and Therapists (AASECT) and is additionally certified as a supervisor. She is a member of the Family Medication Council of Western Pennsylvania. She is also a member of the Society of the Scientific Study of Sexology and a certified hypnotherapist.

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Human Sexuality Program

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Rachael Rosen, LCSW, BCD
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Sexual Dysfunction

Sexual Dysfunction Therapy is conducted by male and female CDTA psychotherapists with formal training and experience in the specific techniques of sex therapy and couples counseling.

Sexuality is a common concern for both individuals and couples. For an individual, sexual problems can be both a cause and result of anxiety and poor self-esteem. In a couple's relationship, communication about sexual needs may be difficult, creating tension and distance. A specific sexual dysfunction may further impair communication and marital satisfaction.

Common presenting problems include:

- Erectile Dysfunction
- Premature Ejaculation
- Inability to Ejaculate
- Sexual Compulsion & Addiction
- Lack of Sexual Desire
- Vaginismus & Painful Intercourse
- Inhibited Orgasm

Treatment begins with a sexual, individual and marital, history. Typically, both members of the couple are included in the treatment process, but individual therapy may also be appropriate. Our approach is an integration of couples therapy, which enhances communication and understanding between partners, and a cognitive-behavioral focus on the specific sexual dysfunction. A graduated series of exercises helps recondition sexual functioning by shifting the focus to away from the vicious cycle of performance anxiety to pleasure, communication, and confidence. When anxiety or depression contributes to the sexual problem, treatment may also focus on individual personality dynamics.

Sexual Abuse

Substantial numbers of women and men have experienced some degree of sexual abuse. Such people are likely to seek treatment for other emotional or physical problems.

Adult survivors of sexual abuse may exhibit the following symptoms:

- Emotional numbness and memory gaps
- Depression, guilt, and shame
- Repressed or misdirected anger
- Anxiety and panic
- Substance abuse, eating disorders
- Physical complaints
- Sexual dysfunction and low desire
- Relationship problems

Our treatment approach with abuse survivors integrates a cognitive focus on teaching skills that enhance the client's sense of control.

Sexual Addiction

Sexual addicts are lonely and fearful of intimacy and love. They compulsively use sexual arousal the way other addicts use chemicals to get high. Sex addicts may get addicted to superficial sexual encounters. The sexual encounters never involve real intimacy but take the addict away from the reality of human relationships that they fear.

Sexual addicts exhibit the following:

- Compulsive behavior despite costs
- Poor self-esteem and body-image
- Self-deception and lies
- Failed efforts to control behavior
- Negative consequences for job/family
- Masked depression and anxiety

Psychotherapy, often in conjunction with couples therapy or a support-group, helps the sex addict learn to control his behavior and to live in a healthy way.

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