

Michael E. Metz, Ph.D.  
821 Raymond Avenue  
Suite 440  
St. Paul, MN 55114  
651-642-9317x107  
Email: [MMetzMpls@aol.com](mailto:MMetzMpls@aol.com)  
Website: [www.MichaelMetzPhD.com](http://www.MichaelMetzPhD.com)



**MICHAEL E. METZ, PhD, is a psychologist and marital & sex therapist in private practice in Minneapolis/St. Paul, MN, treating individuals and couples, and is adjunct assistant professor with the University of Minnesota's Department of Family Social Science. He is a major spokesperson for a comprehensive, integrated biopsychosocial approach to addressing and resolving relationship and sexual problems. He earned his PhD with distinction from the University of Pennsylvania, Philadelphia, PA, and for 12 years Dr. Metz served on the faculty of the University of Minnesota Medical School and directed the marital & sex therapy program. As a clinician he has worked with more than 5,000 couples for a variety of relationship and sexual problems including communication alienation, relationship conflict resolution, intimacy deficits, the role of play in intimacy, sex dysfunction, sexual orientation, gender dysphoria, infidelity, sex abuse, compulsive sexual behavior, and adaptation to life stages.**

**Dr. Metz is a member of several professional organizations including, the American Psychological Association (APA), American Association for Marital and Family Therapy (AAMFT), Association for Cognitive and Behavior Therapies (ABCT), the International Association for Sex Research (IASR), Society for the Scientific Study of Sexuality (SSSS), and the Society for Sex Therapy and Research (SSTAR). He has been awarded the Minnesota Association for Marriage and Family Therapy's "Lifetime Distinguished Service" award, as well as two "Distinguished Service" Awards from the Society for the Scientific Study of Sexuality.**

**Dr. Metz is on the Board of Consulting Editors for the *International Journal of Sexual Health* and has published more than 50 professional articles and conducted numerous workshops and presentations on marital and sex therapy. Dr. Metz has authored *Men's Sexual Health* (2008), *Coping With Premature Ejaculation* (2003), and *Coping With Erectile Dysfunction* (2004) which received the 2007 SSTAR Best Sexual Health Book Award. He is also the author of the *Styles of Conflict Inventory (SCI)* (1993). Future books include: "*Enduring Desire: Your Guide for Lifelong Intimacy, also with Barry McCarthy, Ph.D. (late 2010)*"; and "*Cognitive-Behavioral Therapy for Couple Sex Dysfunction*" (late 2011) with Norman Epstein, PhD.**