

Elements of Men's' Sexual Health:
Cognitive-Behavioral-Emotional Features

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Abstract

Men's psychosexual health is a lifelong, complex, developmental process involving physiological, psychological, and interpersonal dimensions. The general picture of male sexuality in the public and professional forums is frequently presented as simplistic, one-dimensional behaviors manifesting in multiple problems such as compulsive sex, sex abuse, affairs, as well as sex dysfunction. In addressing male sexual problems, it is important that physicians, sex therapists, and educators are guided by detailed and realistic principles and elements of male sexuality. Appreciating sexual health and the interaction between biological, psychological and relationship elements can guide professionals endeavoring to not only resolve common male sexual problems but importantly promote sexual health. In this article, several biopsychosocial features with clinical relevance for men's sexual health are described:

- (1) the need to appreciate the complexity of men's sexual health, especially the cognitive-behavioral-emotional psychological components;
- (2) to need to recognize, understand and address the propensity for men to maintain "silence" about deeper and honest sexual feelings – especially in limited medical interviews and couple therapy;
- (3) the importance of men learning flexible sexual arousal and how to manage the ordinary fear of sexual "boredom";
- (4) the importance of learning three biopsychosocial tasks for sexual self-regulation and self-esteem; and
- (5) the value of building "good-enough sex" quality for couple sexual satisfaction.