

# Sex for therapists and other human beings

Petrūska Clarkson

## Did you know?

1. That women climax (from a cold start) on average in 30 seconds to 4 minutes - if they masturbate or are stimulated competently?
2. That the vagina is *not* a woman's sexual organ?
3. That the anatomical equivalent (analogue) of the vagina is a man's scrotum (the skin around his balls)?
4. That it is therefore as unlikely for a woman to orgasm from having a penis rubbing in and out of her vagina as it is for a man to orgasm from having his scrotum rubbed in the same way?
5. That the clitoris is in fact a large erectile organ on average about the size of a man's penis. In fact it is anatomically correct to say that a man's penis and balls are an external clitoris – not vice versa.
6. That most women (and men) have *no idea* what the clitoris really looks like? (You can see – and make for yourself – a model of probably the only anatomically correct clitoris in the Northern hemisphere.) Yet we know what our hearts, livers, kidneys etc. look like?
7. That for 8 out of 10 women it is biologically impossible to orgasm from penile penetration alone? (As Lou Paget so memorably said: 'Beating up and down on the clitoris does nothing'.) That is, without at least some other involvement of the clit-end – the little sticky out part.
8. That these comparatively new research findings about the clitoris and other discoveries about sexuality can completely revolutionise your feelings about yourself as a person and as a professional?
9. That these research findings about the clitoris and other discoveries about sexuality can completely revolutionise the way we think about and the way we do sex – and the practice of all professionals who deal with the female body - not to mention the counsellors, therapists and analysts?
10. That massive extended orgasms - hours of coming - is the birthright of all men and all women *for as long as they live?*

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## Introduction:

Something is going on our world about sex. This paper in is the nature of both a report from the field and a research question. This is the pattern I'm seeing; what are you seeing?

### Observations from research studies:

A recent Cosmopolitan magazine survey showed that two-thirds of their female readers fake orgasms. The most frequently asked question by USA Cosmo-reading women is: 'How can I come during intercourse?'

This is particularly worrying in the light of the fact that Shere Hite established in a very large sample that 8 out of 10 women cannot orgasm from penile penetration alone. This figure (more or less) has been substantiated since from numerous other studies. Yet this information does not seem to have filtered through to the most orgasm-oriented magazines of our time.

A recent Reader's Digest survey found that 30% of married men (for less than 9 years) wish they could talk about sex with their partners. Recent scientific information about the differences between men and women in terms of brain function, communication, emotional intelligence and sexuality have important and useful practical implications for the bedroom.

1 in 3 British women report that they are too stressed or tired to have sex. 44% of British men report that they are too tired or stressed to have sex. This is sometimes blamed on the long-hours work culture. As Dr. Gloria Brame asked: *'What if all this 'dysfunction' is not so much a lack of interest in sex, but a lack of interest in the type of sex that society (and the Freudian) considers normal?'*

A recent Lancet (British Medical Association journal) study found that 1 in 7 men and 1 in 11 women are in multiple **concurrent** sexual relationships. I see this as the rise of the Erotic Portfolio as a social phenomenon and a life-style choice. Another study found that some 43 % of the female adult population in Britain suffer from Female sexual Dysfunction, that they withdraw from 'treatment'. This is considered to have vast 'commercial potential' for the pharmaceuticals industry.

Yet, a good sex life is scientifically associated with greater physical fitness; enhanced immunity against disease; better mood; improved health, stress reduction; happier relationships; increased joy and vitality in life – some even say success in the world. What is going on? Perhaps it's *bad sex* that's not sexy?

Comparatively new research has discovered aspects of orgasm – and specifically the clitoris – which most women don't even seem to know. I believe that men who want the pleasure (and other satisfactions) of pleasuring their women will also want to know and use this information. I've been testing this hypothesis.

### Sociological Observations

There seems to be an explosion of telephone chat-lines and internet contact services for meeting sexual partners. The variety of sexual interests are amazing and interesting.

It seems to me that no matter whether you're grossly obese (e.g. 800 lbs), have amputations, like throwing baked beans at other people or dressing up as a pony whatever, whatever – all possible tastes are catered for. It seems to me that



This trend is reflected amongst mental health professionals in the USA where there is already an organized movement to have S&M removed from the DSM - just the way we succeeded in removing homosexuality some years ago. As far as 'risk' is concerned, far more people break limbs while skiing and die in motorcar accidents than from BDSM activities. Which, by the way, *extremely* rarely involve genital intercourse at all.

### Comparative Biology

Homosexual play is common for animals of all kinds. Dr. Judson is an evolutionary biologist from Imperial College. She also found evidence that Bonobo monkeys (one of our closest evolutionary relatives) like sex and the females particularly like sex with each other, having orgasms when they rub their genitalia together.

Apparently it is not only 'the more complex mammals' who do sex for play and communication purposes. (Might we call it intimacy?) It's going on all over the place! And people have known this for quite a long time.

He (Ulrich Gerhardt) did important work on the genitorenal physiology of mammals, always trying to unite structure and function. In studying the evolutionary origins of vertebrate genitourinary function, he investigated the reproductive biology of spiders and slugs. During most of his life he sought evidence for his belief in orthogenesis (the doctrine that evolution proceeds in a purposeful, productive sequence of improvements) but finally (and, I believe, reluctantly) he concluded that within the endless variety of life and sexual structures there are many features which offer no clear advantage but are sportive, random, and merely decorative.

Nature is not only red in tooth and claw but also giggles, plays, and acts silly.' (p. 63 in Lowry) Or, as Heraclitus said: *Physis (Nature) is a child at play.*

Judson reports that it has been recorded that some kinds of male penguins have gay sex - sometimes taking turns between who ejaculates into whose available orifice. Male dolphins not only copulate with each other, inserting their penises into each other's genital slits - or even penetrating another male dolphin's blow-hole - but they also have sex with eels, turtles and sharks.

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Stump-tailed monkeys have orgasms from female-female mounting just like they come from heterosexual sex. Baboon males fondle each other's genitals and mount each other. Two male octopuses of different species were observed to have sex with each other almost eight thousand feet under the sea.

Certain kinds of female gulls have been known to build and defend a nest together and assist each other in incubating the eggs. They mount each other and do gull courtship rituals for each other, but neither assumes a 'male' role.

Some fruit flies are bisexual - they court males and females alike; some are exclusively homosexual; some stick to 'the opposite sex'. In captive rhesus monkeys, males sometimes *prefer* to have anal sex with each other rather than to copulate with females.

I make no moral judgement about the sexual behaviour of these *animals* and refuse to speculate on whether or not it's genetic or social. (Or whether they all had 'dominant mothers' and 'weak' fathers - one of Freud's silly psychodynamic ideas about human homosexuality - whatever *that* is when it's at home.)

It's *obvious* they're having all kinds of *intense* fun with each other. (Fun is here defined as something you want to do again - and again - and again.) Theories there are plenty. Good research on 'why' remains inconclusive at August 2002. In the section above I have just reported the most reliable up-to-date facts which I have been able to find.

However, now, on the basis of these facts, I think and feel that sexual biodiversity among humans is as important as any other kind of biodiversity and that this variety of sexual pleasuring on the planet should be preserved and valued. They might have much to teach the rest about sexual pleasure which is *not* to do with baby-making (or pretend-baby-making) *coitocentrism*.

### **Observations from Clinical and Supervisory Practice over three decades**

From my clinical experience I know in how many long-term relationships (gay or straight) sex becomes sterile and boring - if it doesn't disappear altogether. I also know from the men

how frustrated they become if they don't find an outlet for sexual experimentation and variety in their longterm partnerships or marriages. I.e. how many of them feel they *have* to lie to their women, hide their pornography, make other excuses e.g. 'I have a headache'.

Thousands of men have spoken to me in confidence both in my consulting room and outside. I have very rarely come across any man who does not *love* seeing their sexual partner orgasm whatever the other kinds of relationships they may have with the person (wife, 'call girl', mistress or rent boy). A case was recently reported in the CPJ of someone consulting a counsellor because of cyber-infidelity - her husband had been having cybersex with somebody else on line...

Men and women do not only orgasm from genital intercourse (when many men usually do while they are younger). It is patently obvious to me now that a full-body - often multiple - orgasm lasting anywhere from seconds to *hours* can be triggered by intellectual excitement, sexual fantasies, certain physical exercises, spiritual practices (e.g. St Theresa) and a variety of sights and sounds - without any touch *whatsoever* taking place at any age. This fact is also supported by my own reliably replicated experiences.

All the varieties of erotic and sensual turn-on the world - which is theoretically every single thing and experience in the whole universe - is capable of inducing ecstasy in somebody - perhaps many, many people. Often forming a sensual relationship with one of the millions of potentially erotic phenomena in the



(And her influence was superseded by that of Lacan who simply pronounced that the woman didn't exist!) Marie Bonaparte died without ever having achieved 'a vaginal orgasm'. No surprise here either. Even Freudian apologists such as Appignanesi and Forrester (1993) are obliged to admit:

*'It is almost inconceivable that Freud was not aware of the orthodox views of contemporary anatomists and physiologists, who had, from well before the early nineteenth century, demonstrated that the clitoris was the specific site of female pleasure....[and that] in the medical writing of his time, had asserted that the vagina had virtually no erotic functions at all .... virtually the entire vagina could be operated on without the need of an anaesthetic.'* ( p.425)

But Freud writes: *'This anaesthesia [of the vagina] may become permanent if the clitoridal zone refuses to abandon its excitability.'* (p. 143, my emphasis.) See also Bonaparte, et al. (1954) for only one other example where Freud actually observes correctly (anatomically and phenomenologically) that childhood sexuality seems to be concentrated in the clitoral zone of both girls and boys.

*'What I have in mind is the male genital zone, the region of the clitoris, in which during childhood sexual sensitivity seems to be concentrated in girls as well as boys.'* [Notice how he **mis-names** the clitoris] *'the male genital zone'*....[The excitability of which **is**, in fact] *'partly or wholly extinguished ...'* (p. 233 etc.) in females.

Then he goes on to conclude - as if it were a fact (as if it would logically

follow?): *'This accounts for the flood of shame by which girls are overwhelmed at that time....'* [the vaginal anaesthesia lasts] *'till the new vaginal zone is awakened, whether spontaneously or by reflex action.'* (p. 233)

Come again? How - except by some miracle - can a largely anaesthetised sac of tissue be 'awakened'? Well, as the man said: *'This anaesthesia may become permanent if the clitoridal zone refuses to abandon its excitability,...'* (p. 143, my emphasis.)

The average clitoris is, according to scientific evidence, *actually* the size

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of the penis which is anatomically homologous to **it**. Furthermore, the clitoris is the only human organ exclusively devoted to pleasure. (Compare Freud's writing on this topic with the German anatomist Kobelt's 1844 publications, translation in Lowry, 1978 & O'Connell et al. 1998).

Even contemporary British Lacanians **still** write and teach that women not only don't 'run the risk of being castrated', women *cannot* be castrated - as if these authors have never heard of female genital mutilation.

(e.g. '*...only men have something that can be castrated....*', Benvenuto and Kennedy, 1986, p. 191) And remember what Lacan did to Irigaray...

Such psychological 'theories', presented as facts - which are in themselves **false** - are still taught and practised **today** on many women clients in therapy as if they were 'true'! Misogyny, like racism, is a dangerous and sometimes fatal category error.

I looked in Klein for a mention of the clitoris. Nothing? I searched through the Health Psychology textbooks. Nothing. Where is it in our literature? Personally I think and feel that Reich was right about the orgasm. Only that it has little or nothing to do with heterosexual intercourse and everything to do with a person's own sexuality - who they **are**, their life energy or physis - rather than their 'object choice'.

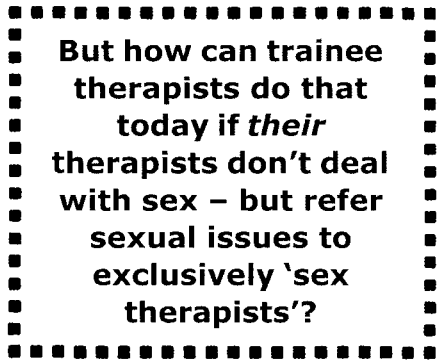
***Have I missed something?***

I looked in some representative sample of books on 'Integrative Couples therapy'. Although the authors admit that sexual difficulties is usually what brings couples to therapy in the first place, they write that therapists are to do all the 'childhood relationship developmental' stuff and then refer on to a 'sex therapist'. WHY?

Are psychotherapists so phobic of sexual pleasure that we cannot deal with it *at all* in the consulting room? I thought that was supposed to be our job!

Some three decades ago, there was a lot of sex education for therapists - in order to help them help their clients (not to mention ourselves!). My colleagues and I travelled this country (and other countries) showing explicit sexual films and generally worked on

desensitising counsellors and psychotherapists to dealing with sex and sexuality in all its varieties - up front. First of all, of course, it meant dealing with your own sexual issues.


  
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But how can trainee therapists do that today if *their* therapists don't deal with sex - but refer sexual issues to exclusively 'sex therapists'? This has always seemed as absurd to me as referring clients from psychoanalysis to 'body therapists' or from other therapists to 'Gestalt therapists' if they needed to do 'body work' or 'anger work'. Or to psychoanalysts if they need to deal with 'transference'.

**What?** Psychoanalysis can be done without involving a client's *body*? Or psychotherapy can be done without dealing with their anger? Or their transference? (I've had some of these weird requests myself in my time.)

In the seminar *Encore* Lacan tried to face the place of love in psychoanalysis. He restated some of the dilemmas that the analytic subject meets when he comes to the psychoanalyst to speak about himself, one of which is a dilemma in talking about love. Many people



come to analysis precisely because they have a problem in their love relationships. But can psychoanalysis talk about love and the sexual relationship without merely moralizing?

Lacan pointed out that it is, in fact, at this point that current psychoanalytic knowledge comes up against its limits, particularly when it tries to speak about feminine sexuality, about which it (like other disciplines) hardly knows what to say. Thus Encore tries to deal with one of the most difficult, and yet vitally important, areas of psychoanalysis – the problem of how to talk about sexuality, and in particular feminine sexuality. ... ' (Benvenuto and Kennedy, 1986, p. 183).

Has anybody found a reference to the clitoris in Lacan's work? I haven't yet. Perhaps I missed it. Can anybody help me out on this?

### Looking to the East....

Having been a Tantrika in training with a Guru since I was 19, I think I can genuinely say I know the system. It's grand. Except that the anatomy is wrong. The Taoists also have a slight problem with women after menopause. If women's sexual energy is supposed to be in the menstrual blood (as they claim) it doesn't really explain how women from around forty years onward have so much increased sexual energy and ecstatic pleasure.

Women's sexual hormones only *start* peaking then - whereas men's peak around 18 to 25 years of age and then descend from there on until at around 50 years of age - by which time some 50% of men are reporting 'erectile dysfunction' as result of

running low – or out of – testosterone. Young men, may I add, have discovered this for themselves, and therefore the most gratifying current popularity of 'older women'.

### In the meantime...

I've been running individual *sexual gourmet classes* for men and women as well as sexual intelligence and fitness workshops (for the professionals as well as the general public) on *Sexuality in the 21<sup>st</sup> Century*. Some feedback is inspectable on [www.physis.co.uk](http://www.physis.co.uk).

I don't believe that people should have *therapy* for iatrogenetically induced disorders, that is, believing lies told them by psychological experts and therapists of all kinds. All human beings need, and deserve, education in scientifically proven truths – and its implications for human life and loving. I am of the opinion that *all people who work with people* should be *easy* with this sex information.

### Method of learning:

The method of learning I use is called '*Learning by Enquiry*'. It is educationally based on scientific principles about learning, well-tested empirically and of ancient Greek origin. It simply means that the learner asks the questions *he* or *she* most wants to know.

The facilitator then provides the enquirer with the information, the sources, the techniques or examples, support or challenges which are most likely to answer the questions raised.

The enquirer then practices and tests these in his or her real life – or in their therapeutic practice – which is

experienced as ongoing practitioner research. Further refinements to the questions and answers are added in response to feedback and findings as he or she goes along. (People are getting doctorates in this.)

Beginners can become good lovers; good lovers can become wonderful, unforgettable lovers.

Employing a gourmet love coach is similar to learning how to cook well or play a sport well and safely. It usually takes more than one coaching session! However, many sexual concerns can be significantly improved in five sessions.

Women report previously unimaginable positive changes in their experience of erotic pleasure, their self-esteem and their professional self-confidence. Men ask whether they can refer their sons to me for sessions (yes), their sexual self-confidence sky-rockets very quickly and their women, even after 30 years of marriage have been reported to say, for the very first time 'Thank you!'

Erotic connoisseurship obviously depends on your own talents, individual motivation and your own personal commitment to practice - how well you use the expertise of your love coach towards your own goals. Every man or woman, of course, decides for themselves in which league they want to play. Or whether, as therapists, they choose to deal with sex and the body in therapy with other human beings whatsoever. The information - a whole body of knowledge and practice - exists. It's up to you whether, or how, you use it.

P.S. I have personally never heard an abusive word for the clitoris. Have you?



## Further Reading:

Clarkson, P. (submitted for publication) *21<sup>st</sup> Century Sex - or Freud's Project for a Scientific Psychology, Lillith's daughters and Jocasta's sons.*

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