

Psychiatrist discusses sex problems, therapies

By JOAN WEAVER
Women have more potential for pleasure and endurance in sex than men, according to an area psychiatrist.

loral technique of desensitization (for instance, asking a woman to think about the sexual act, which in turn arouses anxiety), the thought of the sexual act loses its power to arouse anxiety.

"MEN HAVE a refractory period (the time following intercourse when a man is unable to re-

spond sexually), while a woman doesn't have any refractory period, she can go on and on. There is no measurable difference in the sexual potential of men and women, but for pleasure and endurance, the woman has more potential.

"We help people to get in touch with their feelings and with each other," Dr. Cantow said. "In the

first session, we find out what's going on. There is no blame on either partner and no demonstrating. The partners have to help each other."

He later recounted the story of one couple, married more than 20 years, who after being taught a simple exercise in closeness to practice at home, found them-

selves up until 2 a.m. talking about all the things that had remained silent between them for so many years.

"AT LAFAYETTE Clinic," he said, "we discovered in our own treatment program that if you just let it happen — then what you want is going to happen."

Dr. Cantow said that he has found that participation in swinging groups tends to lead to separation or divorce, and that problems arise in relationships in which there is no commitment when one person wants a commitment and the other does not. But if the relationship is acceptable to both, there is no problem.

He is a staff psychiatrist and consultant to the Sexual Therapy Clinic at Lafayette Clinic, a clinical associate professor in the department of psychiatry at Wayne State University School of Medicine and director of the Center for Behavioral Psychiatry and Psychology in Birmingham.

HE DEFINED the four sexual dysfunctions for women as vaginismus (no entry), dyspareunia (painful entry), primary non-organic dysfunction (has never achieved orgasm) and secondary non-organic dysfunction (has achieved orgasm in the past but not now).

For men, he said, the dysfunctions are primary impotence (no erection ever), secondary impotence (has had erections but not now), premature ejaculation (reaching orgasm too soon) and retarded ejaculation (inability to achieve orgasm).

"I find the word frigidity a vulgar word," Dr. Cantow said. "I never met a frigid woman or a nymphomaniac. If a woman is satisfied with where she's at, there's no dysfunction."

He cited a study in which it was established that "American males achieve climax within two minutes of intramission, while females achieve orgasm in 15 to 20 minutes. You can see the disparity — you can see what is meant by a secondary non-organic dysfunction. There is too much disparity in the time element. What we really have are so called frigid women married to premature ejaculators. Then one day the man becomes impotent."

Fortunately, Dr. Cantow said, "the rate of cure in impotence using current treatment methods is about 98 per cent and takes only five or six sessions."

BEFORE THE MASTERS and Johnson study, Dr. Cantow said, psychiatrists had only the traditional psychotherapies with which to treat sexual dysfunctions. "If there was improvement, it was luck. Now, we have definitive treatment techniques."

The Masters and Johnson technique asserts that "all the buttons are there and you have only to press them in the right sequence," says Dr. Cantow. "There is some truth to that, but it is not complete. Just biological techniques are not enough; we need behavior techniques to relieve anxiety, then people can function."

"Men," he said, "have a problem fundamentally related to their ability to perform. As soon as he thinks about it, he won't be able to, while women are suffused with anxiety about the sexual act itself."

Over a period of time, Dr. Cantow explained, using the behav-



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Women plan benefit ball

The Women's Symphony of Detroit, Inc. will hold its seventh annual Sweetheart Ball at 6:30 p.m. Saturday at the Pontchartrain Hotel in Detroit.

Mrs. Helen Cuniff of Troy is chairman of the event. Co-chairmen include Mr. and Mrs. Edgar Patrick and Mrs. Lila Ann Gustafson of Birmingham, Ernest Eibach of Troy, Mrs. Art Emanuel of Plymouth and Tracy Freeman of Detroit.

The evening includes dinner and dancing and the presentation of the 1975 Sweetheart Ball Queen.

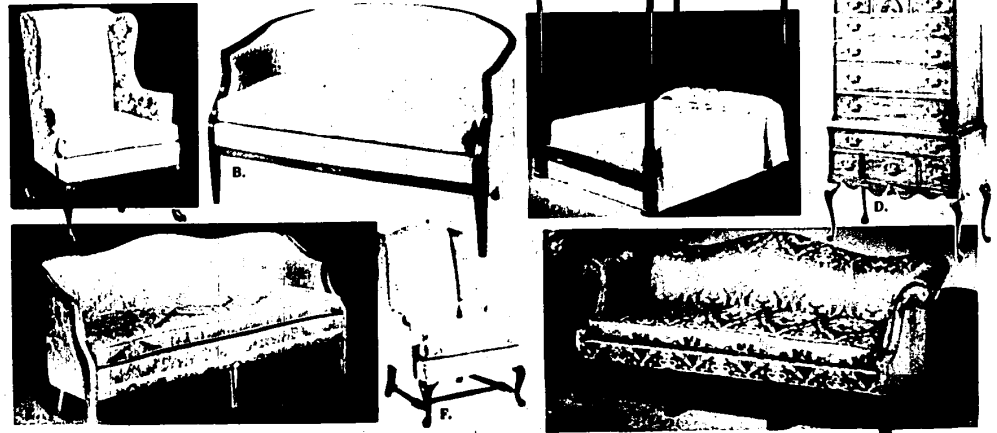
The ball is open to the public.

YWCA opens dance class

The Belly Dance Club of the Oakland Branch of YWCA is accepting members for its class which meets at 8 p.m. the first and third Tuesday of the month.

Rachel Jacobs, dance instructor, is director of the club. Women are offered the opportunity to continue dancing, create routines and costumes or perform.

Registrations are being taken at the office at 839 S. Crooks Road, Clawson.



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