

Oliveira Nasser, K. C. F., & Vandenberghe, L. (2005). Anorgasmia e esquiva experiencial, um estudo de caso. (Anorgasmia and experiential avoidance, a case study) *Psicologia Clínica, 17*(1), 162-176.

#### ABSTRACT

This article discusses a selection of sessions with a female homosexual client who sought therapy with a complaint of anorgasmy. A functional analysis presented allows to comprehend the client's problems in the context of a variety of avoidance repertoires and rigid strategies of at all times staying in control. The goals of treatment for daily life focused: (1) expressing feelings, (2) mindfully exploring her own body, (3) accepting sexual stimulation from her partner as well as understanding and accepting the feelings that resulted from this contact. The therapeutic relationship was used as an instrument to learn to (1) explore and express feelings, (2) weaken experiential avoidance, (3) accept initiatives from a partner in an intimate relationship. Relevant avoidance-patterns were gradually weakened, which allowed the client to contact and accept a broader variety of feelings and thoughts and to let go of control during intimate moments.

key-words: female orgasmic disorder; functional analytic psychotherapy; client-therapist relationship