

Post Traumatic Sex Disorder

From My Personal Orgasm Training Journal

This is part of my personal journal documenting my years-long journey to understand and heal my orgasm difficulty after seeing four sex therapists over more than 30 years. These writings capture my experiences, reflections, and discoveries as I lived them and as I began creating my own path toward healing.

Dr. Suzanne Mulvehill



Post Traumatic Sex Disorder

It is becoming clear to me that this blog, and perhaps my future work, will be about healing trauma so that a woman or man can experience the full sexual response more consistently and enjoy it.

I came across an article today about something the author called **Post Traumatic Sex Disorder**. I had never heard that term before.

I believe trauma has played a role in my own sexual experience and may also play a role in the lives of women and men who have experienced sexual abuse, either as children or adults.

One sentence in the article particularly resonated with me:

"Sexual intimacy requires feelings of safety, emotional and physical vulnerability, connectedness and the ability to let go..."

That phrase — the **ability to let go** — really stood out to me. The article discusses how PTSD symptoms such as hypervigilance may interfere with the feelings of safety, vulnerability, connection, and letting go that can be important to sexual response.

"I can let go to a degree, but I do not always completely surrender into the feeling of orgasm."

Part of me can still stay vigilant.

This is something I wrote about in my first blog. After more than 30 years of this on-again, off-again experience with orgasm, and the inconsistency of never knowing which orgasm I would be able to let go into and which I would not, I discovered something unexpected.

When I was with a safe and loving partner and used just a small amount of marijuana, something seemed to change. Somehow, I was able to bypass something in my brain and experience pleasure in a way that I often could not otherwise.

At this point, I am only at the beginning stages of understanding this new discovery.

But I am beginning to wonder whether my difficulty with orgasm has been about much more than sexual technique.

Perhaps safety, vigilance, trauma, and the ability to let go are part of the story too.

Source: Talli Rosenbaum, "**Post-traumatic sex disorder**," *The Times of Israel Blogs*, May 11, 2017.

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