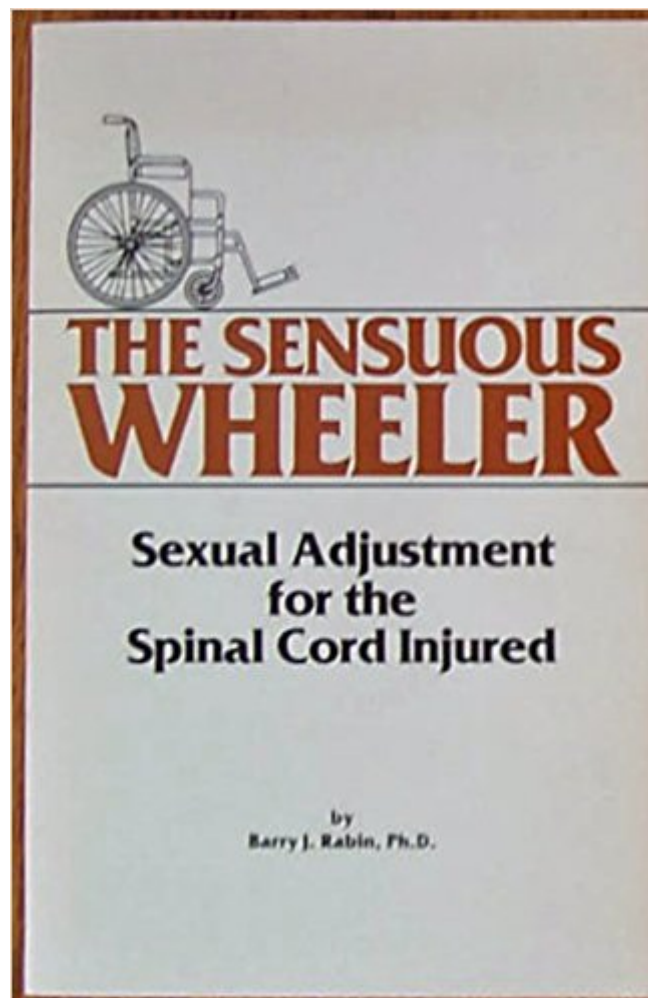




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# **Sensuous Wheeler: Sexual Adjustment For The Spinal Cord Injured**



## Synopsis

Book by Rabin, Barry J.

## Book Information

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## Customer Reviews

Book by Rabin, Barry J.

This slim volume should be required reading for lovers both young and old. The meaning of sensuality is simply but eloquently explored. Thoughts usually left unsaid in courtship are expressed with humor. Share this with your teenagers.

I was very pleased with the speed of the delivery as well as the content of the book.

This book had two goals. The first goal was to provide the reader with a survey of current information on sexual functioning in general and especially in relation to spinal cord injury. The second was to suggest methods by which the disabled individual may achieve sexual adjustment. Designed for both professional personnel who come into contact with these individuals, and for anyone, disabled or not, who has interest in this area, this book did exactly that and more. Through the book, the message that sexuality is an essential ingredient of living - whether expressed with another person or alone, with one's genitals or with other parts of the body is endorsed. The broader context of sexuality of the many ways which sexual expression integrates into patterns of communication and relationships between individuals is addressed. Another aspect of sexuality is sensuality, where all stimuli and sensations under appropriate conditions can be very exciting and

satisfying. On that note, it was also pointed that sexual satisfaction had less to do with the physical limitations but the ability of the individual to overcome and compensate for those limitations. Self confidence and desirability will more likely lead to others perceiving the same image, versus self-depreciating perceptions which may lead to self-fulfilling prophecies of rejection. We would all acknowledge the role of communication in a sexual relationship, but it is the disabled individuals who have an advantage over the able-bodied in that they must communicate effectively for any sexual activity to take place at all. The challenges of being a noncommunicative disabled, different communications styles and diverse personal meaning of certain terms were highlighted. While the methods of attracting a sexual partner for disabled persons is no different from able-bodied individuals, the disabled have to overcome the attitude barrier as well as the lack of physical mobility. Once there is a potential sex partner, precautions for those who have bowel and bladder problems need to be discussed, such as taping an external catheter to the abdomen, and regulating water intake. The methods of sexual stimulation were listed namely: psychological-induced erection, mechanical and electrical methods, chemical use under medical supervision and stuffing (where a flaccid penis is stuffed into the vagina). Contraceptives, implants, substitute partners and sexual positions were also mentioned. The book touched on counselling guidelines, the nervous system damage, sexual adjustment that takes place after disability, male sexual response and types of male erections (which can be induced by reflexogenic, psychogenic ways and/ or other erogenous zones). This book gave me a solid basic well-rounded understanding of the changes, challenges and sexual adjustments that a disabled person would face. I now have a deeper appreciation of how one might help a disabled to adjust sexually and am intrigued to delve deeper into this subject. I endeavour to remember: the loss of sensation does not mean a loss of feelings - loss of bladder continence does not mean genital incompetence - loss of genital sensation does not mean loss of sexuality.

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