

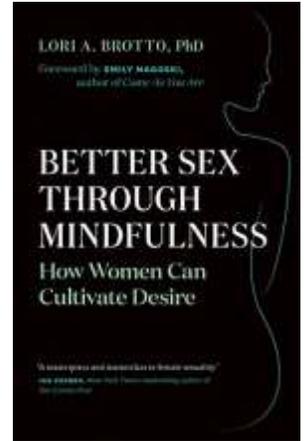
SSTAR HEALTH PROFESSIONAL BOOK AWARD WINNERS

Winner of the 2020 SSTAR Health Professional Book Award:

Better Sex Through Mindfulness: How Women Can Cultivate Desire
Author: Lori Brotto, PhD

After reviewing twelve books submitted from an outstanding field of nominees, the SSTAR Health Professional Book Awards Committee is delighted to announce the winner selected for the 2020 award, which will be presented at the annual SSTAR meeting in Chicago, April 23-26th, 2020. The book is *Better Sex through Mindfulness: How Women Can Cultivate Desire*, by Lori A. Brotto, Ph.D. It was the unanimous opinion of the committee that this book exemplifies a very solid integration of therapy, research, and practice and is an important contribution to the field of sex therapy. The case illustrations and exercises throughout the book demonstrate clearly how mindfulness can facilitate and improve sexual pleasure and desire, and is an excellent resource for therapists wishing to incorporate mindfulness in their work with patients.

Sincerely,
Karen M. Donahey, Ph.D. (Chair)
Emma Dargie, Ph.D.
Ruth Koelling, LMSW
Caroline Smith, LCSWR
Stephen Snyder, M.D.



Winner of the 2018 SSTAR Health Professional Book Award:

Treating Out of Control Sexual Behavior: Rethinking Sex Addiction

Authors: Douglas Braun-Harvey MA, MFT, CGP, CST, Michael A. Vigorito LMFT, CGP, CST

Out of an extraordinary 19 books submitted to the Committee, *Treating Out of Control Sexual Behavior: Rethinking Sex Addiction* was chosen because it tackles an exceedingly complex issue and guides the clinician in conceptual understanding, assessment, and individual and group therapy for men who feel out of control of their sexuality. In an area so controversial that clinicians can barely agree on what to call it, Braun-Harvey and Vigorito reach us all by their formulation of OCSB as a "problem-level" rather than a "disorder-level" condition. Their book is filled with case illustrations that will speak to clinicians who encounter these problems daily and who must find ways to deal with these cases across theoretical and disciplinary lines. Braun-Harvey and Vigorito ask us to imagine and support men in searching for sexual health, which includes a bedrock of freedom, rights and responsibilities as well as the principles of consent, shared values, and mutual pleasure.

Sincerely,

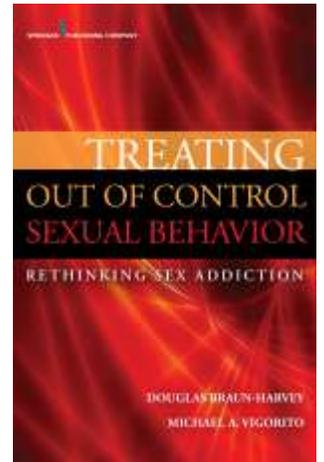
Karen Donahey, PhD

Sallie Foley, LMSW

Peggy J. Kleinplatz, PhD

Stephen Snyder, MD

Daniel N. Watter, EdD



Winner of the 2016 SSTAR Health Professional Book Award:

Human Sexuality: A Contemporary Introduction
Edited by: Caroline Pukall, PhD

This is an exceptionally well written and well edited text, intended to provide the fundamentals for developing professionals. It brings a strong inter-disciplinary focus and is both cohesive and consistent, particularly given the variety of approaches and topics. It is an excellent introduction to the field of human sexuality and is comprehensive and clinically insightful. The book has an international scope with an emphasis on ethics and on cross-cultural diversity. It will make an important contribution to the teaching and learning of sexology.

Exceptional Merit:

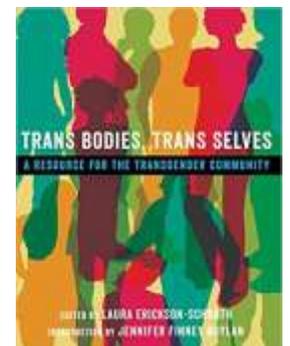
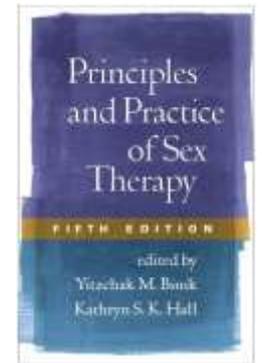
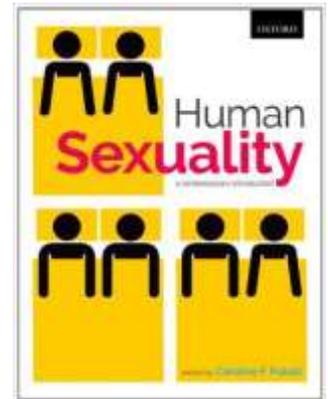
Principles and Practices of Sex Therapy
Edited by: Yitzchak (Irv) Binik and Kathryn Hall

Like its predecessors, this edition has much to offer sex therapists by way of clinical material and research. This superb book covers the issues and types of cases that even the experts find challenging. This book enhances our understanding of the "difficult" cases, where there are considerations such as ethnic differences, age differences, co-existing paraphilias, medical conditions, etc. The variety of topics covered (e.g., body image, infertility, adolescents, sexually transmitted infection concerns) make for an especially strong contribution to the literature.

Trans Bodies, Trans Selves: A Resource Guide for the Transgender Community,
Edited by: Laura Erickson-Schroth

This is modelled upon the classic, *Our Bodies Ourselves*. It offers a collection of topics defining trans concerns and lives. Its editor and authors aim to provide a comprehensive yet accessible resource for transpeople and their friends and families. It provides invaluable and quite timely information for both the consumer and the clinician. Historically, sex therapists have had minimal training in dealing with trans issues. In working with these cases, one must spend a good deal of time in locating resources including legal aid, medical services, discrimination problems, dealing with issues of identity change, etc. This book thoughtfully provides us all with one-stop shopping.

2016 SSTAR Health Professional Awards Committee
Karen M. Donahey, PhD
Peggy J. Kleinplatz, PhD (Chair)
Joseph Lo Piccolo, PhD
Stephen Snyder, MD
Sallie Foley, LMSW



Winner of the 2014 SSTAR Health Professional Book Award:

The LGBT Casebook

By: Drs. Petros Levounis, Jack Drescher, and Mary Barber

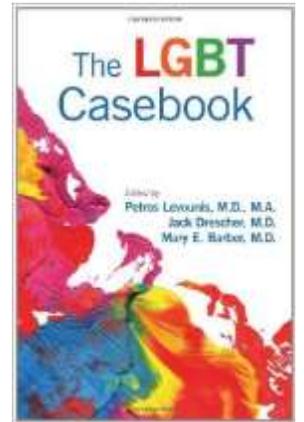
2014 SSTAR Health Professional Awards Committee

Karen Donahey, PhD

Sallie Foley, MSW

Joseph LoPiccolo, PhD (Chair)

Stephen Snyder, MD



Winner of the 2012 SSTAR Health Professional Book Award:

Rehabilitating Sexual Offenders: A Strength-Based Approach

By: William L. Marshall, PhD, Liam E. Marshall, PhD, Geris A. Serran, PhD and Matt D. O'Brien, MA, MSc

This book exemplifies superb integration of therapy and research. The authors report excellent, methodologically sound, outcome data and demonstrate how to work effectively with a population that many clinicians prefer to avoid. It represents an important departure from the traditional approach in the treatment of sex offenders, moving the field from a "correctional" mindset to a psychotherapy framework. This book offers real hope to the therapist the client and society, that substantive and enduring change in sexual behavior can be attained. Indeed, it can make this world a better and safer place.

2012 SSTAR Health Professional Awards Committee

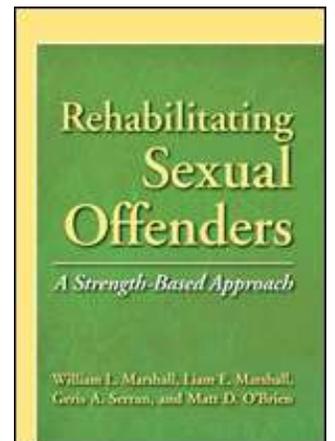
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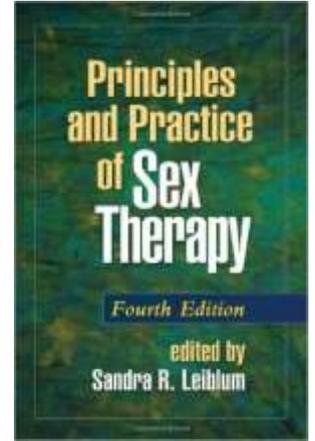
Daniel N. Watter, EdD



Winner of the 2010 SSTAR Health Professional Book Award:

Principles and Practice of Sex Therapy, (4th Edition)
Edited by Sandra Leiblum, PhD

2010 SSTAR Health Professional Awards Committee
Karen Donahey, PhD
Peggy Kleinplatz, PhD (Chair)
Joseph LoPiccolo, PhD
Stephen Snyder, MD
Daniel N. Watter, EdD

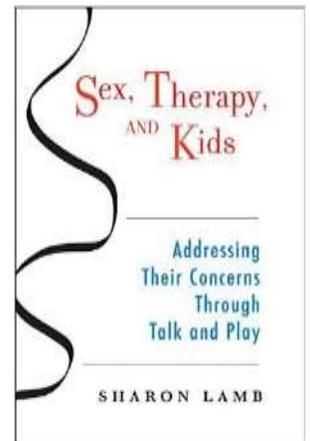


Winner 2008 SSTAR Health Professional Book Award:

Sex, Therapy, and Kids
By Sharon Lamb EdD

The Committee, by unanimous vote, felt this book to be a pioneering contribution to the health professional library. Dr. Lamb's is a voice from beyond our traditional community that explores a necessary but relatively unexplored element of treatment. She has removed the word "sex" as a modifier and placed it squarely as its own entity in the therapeutic conversation. Although it appears to focus on "kids," it reminds us that children live in families and sexual messages and issues are communicated with regularity. The importance of remaining open and sensitive to these matters and understanding how to intervene is explored with great insight. Dr Lamb writes candidly and easily allowing this book to be read by professionals and recommended to the lay reader.

2008 SSTAR Health Professional Awards Committee
Karen Donahey
Peggy Kleinplatz (Chair)
Joseph LoPiccolo
Dan Watter
Joanna Whitcup



Winner 2006 SSTAR Health Professional Book Award:

Sexual Medicine in Primary Care
By William L. Maurice MD, FRCPC

Congratulations! We felt unanimously that this was the all-star in an impressive line-up of books for health professionals. It is a superb text for medical school use, or for graduate programs in health related programs such as clinical psychology, nursing, and social work. It is already having a most significant impact in reaching out to an audience in need of sex therapy information. It is thorough, well written and fills a great need in the field. It is already being used extensively in teaching and is quickly becoming a classic reference in sex therapists' offices.

Exceptional Merit:

The three books chosen for exceptional merit (in no particular order) are:

Transgender Emergence: Therapeutic Guidelines for Working with Gender-Variant People and Their Families
By Arlene Istar Lev

The book has comprehensive coverage of the topic of transsexuality. It includes sections on current theories about transgenderism; reviews of research on the topic, and very detailed guidance for clinicians. Lev focuses on what seems to be a narrow population but her insights are important for those who study sexuality and gender per se and the treatment of the whole range of sexual problems in therapy.

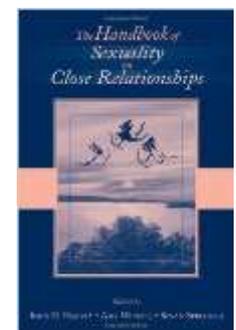
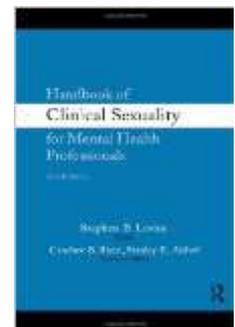
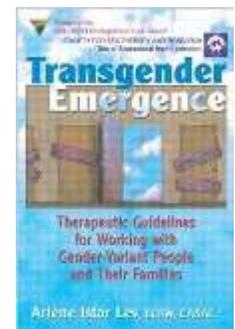
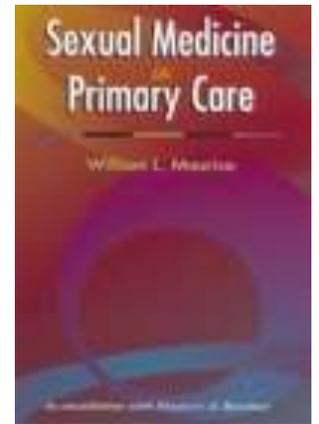
The Handbook of Clinical Sexuality for Mental Health Professionals
Edited by Stephen B. Levine, Candace B. Risen and Stanley E. Althof

A very broad range of sexual problems is covered. The material presents a strong overview of each particular problem, and usually also includes case examples and specific instructions on how to deal with each problem. This book is very helpful, deeply insightful, reassuring, and "friendly" for the non-sex therapist mental health clinician.

The Handbook of Sexuality in Close Relationships
Edited by John H. Harvey, Amy Wenzel and Susan Sprecher

This book covers sexuality in relation to age, ethnicity, socioeconomic class, and so forth. Rather than focusing only on relationship issues in sexuality, the book covers clinical applications. The reviews of research and the framing of studies in terms of sexuality "in close relationships" mark an important shift in re-orienting and broadening our thinking.

2006 SSTAR Health Professional Awards Committee
Karen Donahey
Peggy Kleinplatz (Chair)
Joseph LoPiccolo



Sharon Nathan Dan Watter	
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