

## Vaginismus

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Some women have a problem with involuntary spasm of muscles around their vagina, making vaginal penetration difficult or impossible. There are many different physical and psychological factors that may cause this sexual dysfunction. Tension in intimate relationships is just one of the many problems that may result from this disorder. This is why you can find therapists who offer online therapy for vaginismus here at GoMentor.com. It is important to understand more about the causes of this disorder and the symptoms that may appear before making a decision about treatment. Sexual dysfunctions can be difficult to talk about for some women, but the symptoms should not be ignored.

### Causes of Vaginismus

For some women, the causes of this disorder will be psychological in nature. Past sexual abuse or a traumatic experience may cause vaginismus to become a problem. There may be physical factors that play a role as well. Whatever the cause, getting treatment for this sexual dysfunction is important if any of the symptoms are seen. The symptoms may show themselves before the true cause of the sexual dysfunction is known. The cause will still be important in the overall treatment strategy for this disorder, however, so it shouldn't be ignored completely.

### Symptoms of Vaginismus

Extreme anxiety before and during sexual encounters is one of the emotional signs of vaginismus. The involuntary spasms of the muscles around the vagina are the primary physical symptom of this disorder. It may be so bad for some women that vaginal penetration is impossible. This is where many of the other emotional symptoms may show up as distress or interpersonal and relationship problems. Ignoring the symptoms is a bad idea and may lead to the appearance of other mental disorders. If vaginismus is diagnosed, proper treatment is essential for many reasons.

### Treatment for Vaginismus

The cornerstones of treatment for this sexual disorder are education, counseling, and behavioral therapy. Here at GoMentor.com you can book therapy sessions with therapists who offer online psychotherapy which combines all of these things with the communication abilities of the Internet. This allows you to get help when and where it is needed. The trained therapists specialize in a variety of sexual dysfunctions, including vaginismus. While some physical symptoms will have to be dealt with, there are a host of emotional difficulties that come with this sexual disorder.

### Definition of Vaginismus

Vaginismus is diagnosed when there is an involuntary spasm of the muscles around the vagina that force the opening closed. While there are physical treatments that may be needed, psychotherapy including counseling should not be forgotten to help deal with the emotional problems that may stem from this sexual dysfunction.

- Minor burning during sexual intercourse
- Unconsummated marriage
- Breathing problems during intercourse
- Difficulty with vaginal penetration
- Sexual aversion
- Involuntary spasm of vagina muscles
- Distress