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# PE

## *How to Overcome Premature Ejaculation*

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*by the Author of* THE NEW SEX THERAPY

*Over 100,000 Copies in Print*

## CRITICAL ACCLAIM

*"Premature ejaculation is one of the most common sexual dysfunctions in men and is the easiest to treat. Such men often develop secondary impotence and reduced sexual desire, and their partners often develop secondary anorgasmia or reduced desire, leading in turn to marked marital dissatisfaction and even divorce. This simply, clearly written book should be most helpful to sufferers from this disorder, either as a self-help program, or in conjunction with treatment by a reputable sex therapist."*

—WILLIAM S. SIMPSON, M.D.  
Director, Center for Sexual Health  
The Menninger Clinic

*"Dr. Kaplan has presented a lucid, direct and straightforward approach to a very troubling problem. Her book is designed to help those with premature ejaculation by enabling them to help themselves. The book is very readable and the directions are presented clearly and understandably."*

—CAROL C. NADELSON, M.D.  
Professor and Vice Chairman, Department of Psychiatry  
Tufts University

*"This is a very practical, down-to-earth book, and it provides realistic hope, is supportive, and has good illustrative vignettes. One of the most helpful parts of the book is that it affirms the commonality and normalcy of the challenge of premature ejaculation as opposed to a 'sickness' view. . . . I do like the idea of the chapter entitled 'How To Be Your Own Sex Therapist.' As a person who has been a sex therapist for more than 18 years, I celebrate this idea in terms of specific suggestions and the empowerment someone can have by understanding commonality as well as specific suggestions in terms of 'self-treatment.'"*

—RALPH H. EARLE, Ph.D.  
Psychological Counseling Services, Ltd.  
Scottsdale, Arizona

*"Only an experienced professional can give open and frank information, which is paramount in overcoming problems. This book is important as it gives the single as well as the coupled man the possibility of learning the simple exercises which are the critical elements in overcoming PE. It is a non-frightening, thoughtful book which, with its many suggestions and pieces of advice, will make any man—even the one without 'problems'—a more considerate lover."*

—GORM WAGNER, M.D., Ph.D.  
University of Copenhagen

**BOOKS BY HELEN SINGER KAPLAN, M.D., Ph.D.**

*Published by Brunner/Mazel*

The New Sex Therapy: Active Treatment of  
Sexual Dysfunctions (1974, 1981)

Disorders of Sexual Desire (1979)

The Evaluation of Sexual Disorders: Psychological  
and Medical Aspects (with M. Horwith, M.D.,  
J. Imperato-McGinley, M.D., S. A. Kaufman, M.D.,  
E. Leiter, M.D., A. Melman, M.D., &  
J. M. Reckler, M.D.) (1983)

Sexual Aversion, Sexual Phobias, and Panic Disorder  
(with a chapter by Donald F. Klein, M.D.) (1987)

The Illustrated Manual of Sex Therapy (1975).  
Second Edition (1987)

*Published by Simon & Schuster*

Making Sense of Sex: The New Facts about Sex  
and Love for Young People (1979)

The Real Truth about Women and AIDS: How to  
Eliminate the Risks without Giving up Love  
and Sex (1987)

# HOW TO OVERCOME PREMATURE EJACULATION

By

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**BRUNNER/MAZEL**

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Figures 3, 4, and 5, pp. 51, 55, and 58, by David Passalacqua, originally appeared in *The Illustrated Manual of Sex Therapy*, copyright © 1975 by Helen Singer Kaplan, M.D., Ph.D.

#### **Library of Congress Cataloging-in-Publication Data**

Kaplan, Helen Singer

How to overcome premature ejaculation.

Bibliography: p. 117

1. Premature ejaculation—Treatment. 2. Sex therapy.

I. Title.

RC560.P73K36 1989 616.6'93 88-35193

ISBN 0-87630-542-7

Cover design by Wendy Kassner

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*For information and ordering, contact:*

**Taylor & Francis**

7625 Empire Drive

Florence, KY 41042

1-800-634-7064

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MANUFACTURED IN THE UNITED STATES OF AMERICA

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**HOW TO  
OVERCOME  
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EJACULATION**



## CHAPTER 1

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# Premature Ejaculation (PE) Can Be Cured

Before the advent of modern sex therapy, the great majority of men who suffered from premature ejaculation were stuck with their problem for life. In those days, the chances of finding a cure were exceedingly slim because the cause of premature ejaculation was not understood and no one knew how to treat this disorder correctly. Until recently, doctors were still recommending anesthetic ointments, which don't work, or psychoanalysis, which, although requiring a great deal of time and money (usually three to five office visits a week for a matter of years), is also an ineffective therapy for this disorder.

Fortunately, sexual medicine has come a long way in the past few years. We now understand this potentially devastating dysfunction much better, and the new brief sex therapy methods have dramatically improved the outlook for men who climax too fast, so that today *over 90 percent of premature ejaculators can be cured within an average of 14 weeks of treatment*. In fact, the results of treatment for PE\* are now so good that when I evaluate a troubled single man or couple for a sexual complaint, and the problem turns out to be inadequate ejaculatory control, I feel a little jolt of pleasure in the knowledge that, with rare exceptions, these unhappy people will be enjoying a much more gratifying sex life in just a few months.

In this book I explain what premature ejaculation is and describe the effective new treatment methods. I have also drawn on my experience of treating and curing many hundreds of premature ejaculators over the past 20 years to prepare some guidelines on how couples or single men can use these new sex therapy techniques to overcome this problem by themselves in the privacy of their bedrooms.

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\* The initials PE are often used in medical writings instead of spelling out "premature ejaculation."