

Surrogate Treatment:  
A Case Study of 151 Male Clients  
and Surrogacy Coaching

Dissertation

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## ABSTRACT

### Surrogate Treatment: A Case Study of 151 Male Clients and Surrogacy Coaching

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While minimal research has been done on Surrogate Treatment, the process, also known as surrogacy coaching, is significant in aiding clients to improve their social and sexual problems, as well as remedy diagnosed disorders. This dissertation will identify social and sexual barriers which inhibit clients from experiencing healthy relationships and the feeling of sexual well being. In order to overcome these barriers, surrogate treatment enables the client to experience social and sexual healing. It is a treatment that combines social therapeutic modalities as well as sexual therapeutic modalities.

This dissertation defines and examines surrogate treatment, surrogate coaches, the clients that participate in surrogate treatment and the therapist's role in this triadic therapeutic modality. It includes a description of sensate focus socialization techniques that are the center of surrogate treatment. It is a retrospective case-based study. The data for this study was obtained from the archives of three professional surrogate coaches. The analysis is of 151 single, Caucasian males, who primarily resided in the eastern portion of the United States and participated in surrogate coaching between the years of 1977 to 1992. The purpose of this study is two-fold: 1) to evaluate the degree of success in the correction of the client's stated problem and 2) the clinical resolution of their diagnosed social and/or sexual disorder. The results of this analysis is presented quantitatively in tables and qualitatively reported in a narrative-expository form.

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A number of themes emerged based upon the verbal interviews, with the three professional surrogate coaches as well as the data recorded during the clients' history taking process. Themes became evident that are representational descriptions of the stated problem as self-defined by the clients. These themes are categorized as follows: 1) fear of women, 2) lack of social and sexual confidence and experience, 3) shyness and anxiety around social and sexual situations, 4) inability to develop intimate relationships, 5) lack of social and sexual education, 6) inability to perform sexually, 7) emotional and mental pain of childhood abuse and 8) lack of sexual desire.

The implications of this study are socio-economics, education, age, religious backgrounds or masturbation practices do not limit the success of the sensate focus socialization techniques in surrogate treatment. The statistical data demonstrates that clients who complete sensate focus exercises, also achieve resolution of their diagnosed disorder

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