

性及性身份识别障碍

(Sexual and Gender Identity Disorders)

✦ 不同的诊断系统名称不同：

- ✦ DSM-IV — 性及性身份识别障碍
- ✦ ICD10— 将其列在成人人格与行为障碍之下
- ✦ CCMD-3— 性心理障碍

同性恋 (Homosexuality)

- 一、概述
- 二、原因
- 三、干预

概述

✦ 同性恋（Homosexuality）

- ✦ 是指指向同性的情爱的思想和情感，伴或不伴有性行为。

☀ 对同性恋看法的改变：

- ★ 本世纪 50 年代以前，被认为是变态的性行为
- ★ 美国精神病学会 (1974) 开始从 DSM-II 系统中删除同性恋的诊断
- ★ DSM - III (1980) - 自我矛盾的同性恋
- ★ DSM - IV (1994) - 无此诊断
- ★ WHO (1992) 同性恋属于少数人的自然现象，不再将其列入心理障碍

☀ CCMD — 3 （ 2001 ）

- ☀ 指源于各种性发育和性定向的障碍，从性爱本身来说不一定异常。但某些人的性发育和性定向可伴发心理障碍，如个人不希望如此或犹豫不决，为此感到焦虑、抑郁，及内心痛苦，有的试图寻求治疗加以改变。这是 CCMD — 3 纳入同性恋和双性恋的主要原因。



Homosexuality has existed throughout history. This ancient Greek wall art showing two male lovers at a drinking party is from the tomb of the Diver, at Paestum, near the Gulf of Salerno.



In DSM-II, homosexuality was listed as one of several sexual deviations. In subsequent editions of the DSM, homosexuality was gradually dropped as a mental disorder, in part due to pressure from gay rights groups.



Even in the 1990s homosexual people continue to have very large marches to promote their rights in a society that continues to practice discrimination based on sexual orientation. This picture was taken at a march held in New York City to commemorate the 25th anniversary of the Stonewall riot in 1969 that was provoked by a police

- ✿ 英国（1992）的研究发现 3.6% 的男性是同性恋者
- ✿ 法国（1992）的研究发现有 4.1% 的男性为同性恋者
- ✿ 中国：约 3 — 4 % 为同性恋者（约 3600 — 4800 万人）（张北川，2000）

- ✿ 完全同性恋和完全异性恋
- ✿ 部分同性恋、双性恋和部分异性恋
- ✿ 男性同性恋和女性同性恋

原因

- ✦ 原因目前还不明确
 - ✦ 生物学的解释
 - ✦ 心理学的解释

干预

- ✦ 不是矫正而是帮其所需
- ✦ 应从求治者的心理状态、适应能力等方面提供帮助
- ✦ 我国的同性恋健康干预项目



性偏好障碍

(disorders of sexual preference)

- 一、概述
- 二、临床类型

概述

- ✦ 性偏好障碍又称性变态（Paraphilias）
 - ✦ 是指性心理和性行为明显偏离正常的形式，并将这种偏离作为唯一的或主要的获得性兴奋、性满足的方式

临床类型

恋物症 (Fetishism)

异性装扮症 (Transvestic fetishism)

恋童症 (Paedophilia)

暴露症 (Exhibitionism)

性施虐狂 (Sexual sadism)

性受虐狂 (Sexual masochism)

窥阴症 (Voyeurism)

摩擦症 (Frotteurism)

✦ 性冲动对象的变异：

- ✦ 恋物症—异性的物品或躯体某部分
- ✦ 恋童症—与未发育儿童的性活动
- ✦ 异装症—穿戴异性服装

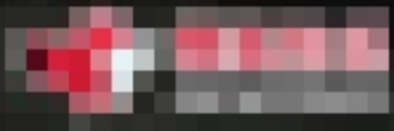
✦ 性行为偏好的变异：

- ✦ 性快感来源异常
- ✦ 暴露（阴）症—显露自己外生殖器
- ✦ 窥阴症—观看他人的裸体或性活动
- ✦ 受虐症—承受他人施加的躯体或心理痛苦
- ✦ 施虐症—对他人施加躯体或心理痛苦





*I see some dust down
by the heel, lick there.*





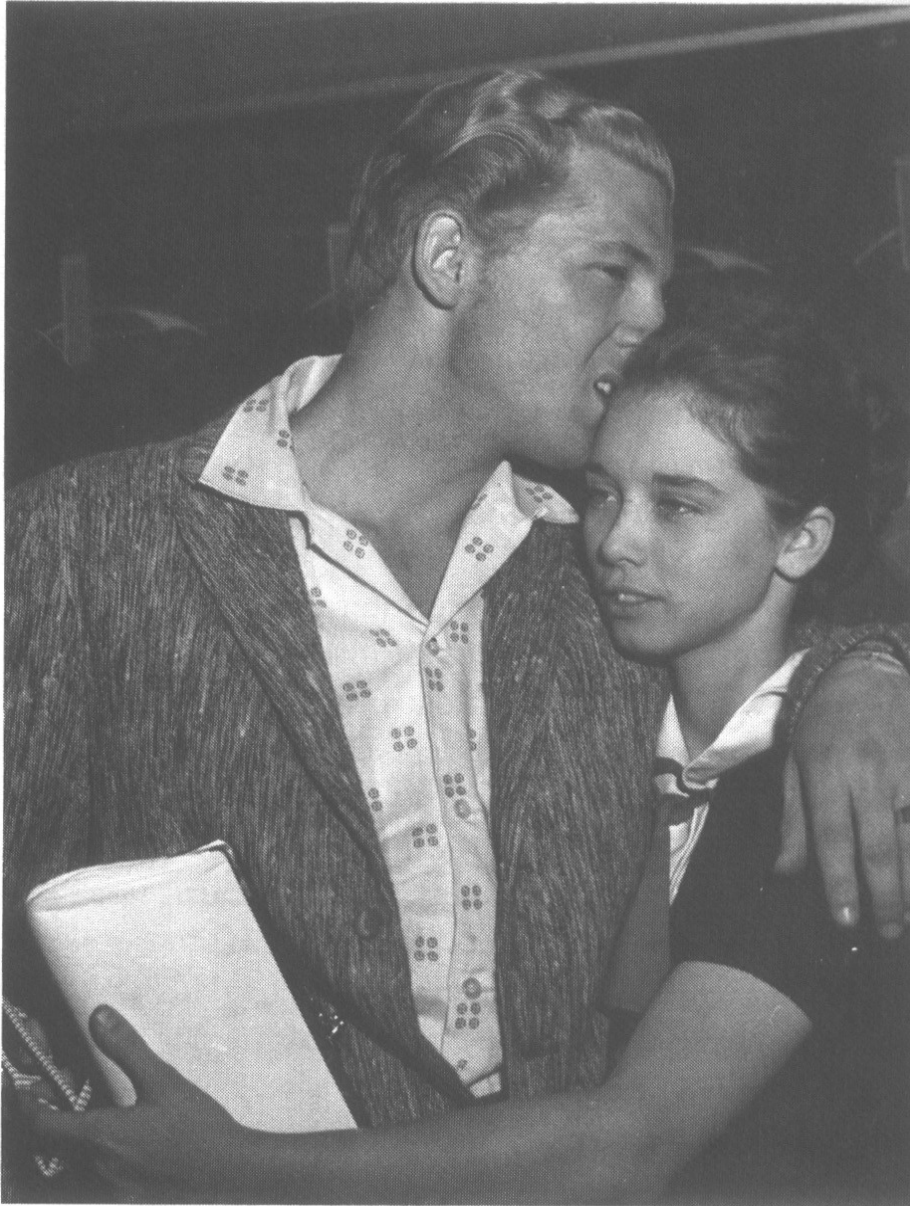
Transvestic fetishism or transvestism is diagnosed when the person produces sexual arousal by dressing in opposite sex clothing. This transvestite is attending a fund raiser for AIDS at the Waldorf Astoria in New York.



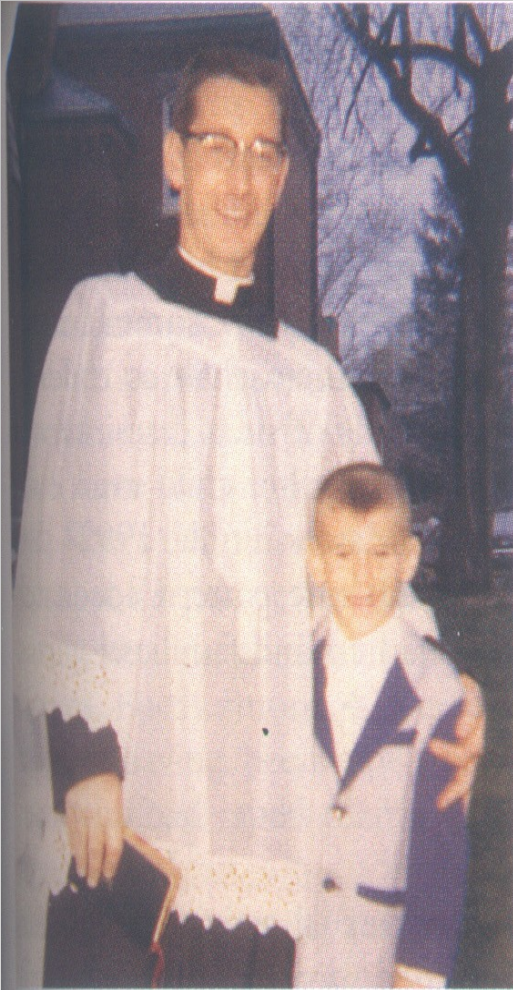
Some males with the condition of transvestic fetishism experience intense sexual arousal at the thought of cross-dressing or while cross-dressed.



Studies have shown that men who cross-dress may actually feel less anxiety and shyness when in their female roles. Although a transvestic man may therefore enjoy excursions into the social roles of the other sex, he may also be markedly distressed by urges to do so, and, if married, his transvestism may also cause difficulties for his wife. Cross-dressers are seeking out others of their kind to deal with their special problems in support groups like the one shown



Individuals with pedophilic arousal patterns are sexually attracted to children, generally aged 13 or younger. Jerry Lee Lewis, the famous rock singer from the 1950s, at one point married a 13-year-old girl.



James R. Porter, a former Roman Catholic priest, was convicted of pedophilia that had been committed many years earlier. His conviction occurred after a number of persons came forward with reports of his earlier abuse when they were members of his church as children.

病因

心理动力学理论的解释

行为认知理论的解释

治疗

★ 评估

★ 治疗

- ★ 与病人商讨治疗目标
- ★ 尝试放弃异常性行为
- ★ 鼓励正常的性关系
- ★ 预防复发

性别认同障碍

gender identity disorders

- 一、临床表现
- 二、原因
- 三、治疗与干预

临床表现

- ✦ 为自己的性别感到持久的不舒服，或者认为自己目前的性别角色很不合适。强烈而持久的交换性别的身份认识。

- ✿ 瑞士男性发病率为 $1/37000$
- ✿ 女性为 $1/103000$
- ✿ 英国男性为 $1/34000$
- ✿ 女性为 $1/108000$
- ✿ 大部分求助者是男性

原因

- ✿ 原因至今不明

- ✿ 生物学的解释

 - 遗传

 - 激素理论

- ✿ 心理学的解释

 - 家庭教养方式

治疗

- ✦ 病人要求：改变身体而不是改变心理
- ✦ 通过心理治疗改变病人错误的性别认同很少成功

- ✦ 手术治疗
 - ✦ “性别再造术”（sex reassignment surgery）
 - ✦ 需要在心理治疗师的帮助下分阶段进行评估和适应
- ✦ 心理社会治疗
 - ✦ 对要求改变性别又不可能做手术，有强烈痛苦者的工作



Writer James Morris (left) had sex reassignment surgery and became Jan Morris (right) in the mid-1970s.



George Jorgenson was one of the first individuals to undergo sex reassignment surgery; he later became Christine Jorgenson.

A transsexual or person with gender identity disorder experiences great discomfort with their gender and often has sex-reassignment surgery to become as much as possible like someone of the opposite sex. The transsexual shown here was elected "Miss Transsexual" in Italy.





推荐影视

- ✦ 本能 (Basic Instinct)
 - ✦ 窥阴症、异性装扮症、性施虐狂、性受虐狂
- ✦ 我美好的生活 (Ma vie en rose)
 - ✦ 性别认同障碍
- ✦ 断背山 (Brokeback Mountain)
 - ✦ 同性恋
- ✦ 蓝宇 (Lan Yu)
 - ✦ 同性恋