





The PLISSIT model was created in 1976 as a stepwise framework to pace how clinicians address sexual concerns, emphasizing ethical care, empowerment, and clinician competence and scope of practice. Then, in response to the rigidity of the 1976 version, in 2006 it was updated to Ex-PLISSIT (Expanded PLISSIT) to emphasize permission in every domain and to facilitate more flexible, client-centered processing. Same components of the original model, just... expanded.

You can see here that it stands for **Permission, Limited Information, Specific Suggestions, and Intensive Therapy.**

THE PLISSIT MODEL

IN CLINICAL PRACTICE

			
PERMISSION	LIMITED INFORMATION	SPECIFIC SUGGESTIONS	INTENSIVE THERAPY
Creating a safe, shame-free space for clients to share sexual concerns	Offering accurate, relevant education to correct misinformation or reduce anxiety	Tailored strategies or exercises to address a client's particular concern	Advanced therapy for complex, trauma-related, or chronic sexual concerns

garden space
COUNSELING PLLC