

## How to Increase Women's Likelihood of Orgasm During Intercourse

By Michael Castleman

In her book, *The Case of the Female Orgasm* (2005), Elisabeth Lloyd reviews every authoritative sex survey, and concludes that only 25 percent of women consistently experience orgasm during vaginal intercourse. About half of women have orgasms during intercourse sometimes. And about 25 percent of women rarely or ever have orgasms during intercourse.

Why? The old in-and-out just doesn't provide enough direct clitoral stimulation to get most women aroused enough to have orgasms. There is nothing wrong with this. It's perfectly normal.

On the other hand, many couples love the special closeness of intercourse, and would like the woman to have an orgasm during intercourse. With a little sexual creativity, this is quite possible.

Three of the most popular positions—woman-on-top, rear entry, and spooning (side-by-side, her back to his chest—allow men to provide direct clitoral stimulation quite easily. In addition, a slight variation of the man-on-top (missionary) position also enables some women who can't have an orgasm in the regular missionary position to have them. Here's how:

### Woman-On-Top

The man lies on his back with his legs together. The woman either kneels over his hips or lies on top of him with her legs apart. Many women enjoy the freedom of movement this position provides. Many men also enjoy this position because it contributes to the man's ejaculatory control. And it leaves both lovers' hands free for sensual massage over much of the body.

To help a woman have an orgasm in this position, she should kneel over the man. He should make a fist and place it where their two pelvises meet. The woman leans

into the man's fist, which allows her to press her clitoris and vulva into it, which may provide enough direct clitoral stimulation for her to express orgasm.

Alternatively, in the woman-on-top position, she can also use a vibrator on her clitoris during intercourse. Vibrators are a great boon to couples who want the woman to come during intercourse. (For a huge selection of vibrators, visit [mypleasure.com](http://mypleasure.com))

### **Vibrators in Partner Sex?**

Some men feel threatened by incorporating a vibrator into partner sex, and in such cases, women often feel badly about making their lovers uncomfortable. But the best carpenters use power tools. Power tools don't reflect badly on the carpenter. They just get the job done more easily. Many men who are skilled lovers welcome vibrators into partner lovemaking because they understand that many women *need* the intense stimulation vibrators provide. They don't feel "replaced" any more than a carpenter feels diminished by an electric drill.

Other women might feel uncomfortable using a vibrator on themselves during intercourse. It may feel a bit too close to masturbating in front of a lover, something many women feel too shy to do. But many men enjoy seeing women stimulate themselves to orgasm. And if you both want her to have an orgasm during intercourse, combining woman-on-top and a vibrator is usually an effective approach.

### **Rear Entry (Doggie Style)**

The woman is on her hands and knees, or elbows and knees. The man kneels or stands behind her. This position allows both of you to move freely. She can easily reach between her legs and fondle his erection and scrotum during intercourse. To help her have an orgasm, he can reach around and massage her clitoris and vulva. Or she can use a vibrator.

However, rear entry may also cause her discomfort. This position allows unusually deep penetration. The head of his penis may bang into her vaginal wall, or possibly her cervix, the neck of the uterus that hangs down into the back of the vagina. This may cause the woman pain on contact, or diffuse abdominal pain during and/or after intercourse. Sex should *never* hurt. If this position causes her pain, consider eliminating it from your sexual repertoire. Or the man might stay still, and invite the woman do all the moving until you both know at what depth of insertion she begins to feel discomfort. Once the man knows, he should not cross that line.

## **Spooning**

You both lie on your sides, the woman's back against the man's chest. He's free to caress her, including clitoral massage, which may allow her to have an orgasm during intercourse. Or she can use a vibrator.

## **The Coital Alignment Technique (CAT)**

In the regular man-on-top position, she's on her back, legs spread, and he's on top of her. Some women love to feel the weight of their lover on top of them. Others dislike feeling pinned down. This position is also among the more physically demanding for men, who must use their arms to hold themselves up. As a result, when on top, many men have trouble maintaining ejaculatory control and/or erection. For lasting longer and erection maintenance, the woman-on-top position is usually preferable.

The regular version of the missionary position does not provide enough direct clitoral stimulation for most women to express orgasm. Unlike the other popular positions, neither lover's hands are free to provide it. In this position, use of a vibrator on her clitoris is problematic. But with a little adjustment of missionary-position intercourse, some women can have an orgasm. The adjustment is known as the Coital Alignment Technique (CAT).

First publicized in 1988 by sex researcher Edward Eichel, the CAT is simple: Instead of the man lying on top of the woman chest-to-chest with his erection moving in and out more or less horizontally, he shifts forward and to one side so that his chest is closer to one of her shoulders. With this minor adjustment, the man's penis moves more up-and-down, and his pubic bone, the one at base of his penis, makes more direct contact with her clitoris. This extra clitoral contact may provide enough stimulation for the woman to have an orgasm.

Eichel's original touting of the CAT led to a brief flurry of media attention and a book, *The Perfect Fit*. But the CAT quickly faded from the headlines. By the early 1990s, it was largely forgotten.

But research continued. A report in the *Journal of Sex and Marital Therapy* (2000) affirmed what Eichel asserted a dozen years earlier: The CAT increases women's likelihood of orgasm during man-on-top intercourse. In one study typical of several in this report, researchers worked with 36 women who were unable to have an orgasm in the missionary position. The couples enrolled in an eight-week sexual

enrichment course that taught whole-body massage, a standard sex-therapy approach to enhancing pleasure in lovemaking. In addition, 17 were encouraged to masturbate between lovemaking sessions to become more comfortable with their sexual responsiveness, another standard component of sex therapy. The remaining 19 were taught the CAT. Women in the masturbation group reported a 27 percent increase in orgasm during missionary-position intercourse. Women in the CAT group reported twice the increase, 56 percent.

Of course, the CAT in no way guarantees orgasm during intercourse. Many women simply cannot have an orgasm during intercourse, period. There's nothing wrong with them. That's just the way they are. The CAT is no substitute for gentle, direct clitoral stimulation. But the CAT improves some women's ability to have orgasms during man-on-top intercourse.

### **Mock-Intercourse**

Finally, a variation on the man-on-top or woman-on-top positions can help many women enjoy orgasm during erotic embrace that feels very close to intercourse, though technically it's not because the man's penis remains outside the woman's vagina. Instead of the man's erection entering the vagina, the man presses his erection into her vulva. Assuming that both her vulva and his erection are well lubricated, a little hip grinding allows his erection to slip into the highly sensitive groove between her inner lips, the area known as the urethral sponge. As they move against one another, the shaft of the man's erection presses against the woman's urethral sponge, while the head of his penis rubs against her clitoris. This often provides enough direct clitoral stimulation for her to experience orgasm.

For individualized help with the CAT consult a sex therapist. To find one near you, visit [aasect.org](http://aasect.org), the American Association of Sex Educators, Counselors, and Therapists, or [sstarnet.org](http://sstarnet.org), the Society for Sex Therapy and Research.

### **Reference:**

Pierce, AP. "The Coital Alignment Technique (CAT): A Review of Studies," *Journal of Sex and Marital Therapy* (2000) 26:257.

Lloyd, EA. *The Case of the Female Orgasm*. Harvard University Press, Cambridge, MA, 2005.