

Tales of the Wayward G~Spot

The Gräfenberg Spot, commonly referred to as the G-spot, was named after Dr. Ernst Gräfenberg (a medical doctor and scientist) who studied the role of the urethra in female orgasms in 1944. He described a “zone of erogenous feeling...located along the suburethral surface of the anterior wall of the vagina.” I find it a bit surprising just how many people—men and women, will ask me if the G-spot is “real.” Some women have even expressed that they don’t believe they “have one.” We are talking about a part of female anatomy; which many people seem to be completely clueless about. How is this possible? How can so many people lack such a basic understanding of female anatomy? I have come to the conclusion that because its purpose is for sexual pleasure, it conveniently gets left out of sexuality education (or worse, is considered nonexistent). To make matters worse, should one want to educate themselves, the internet isn’t that much more useful.

I wanted to see what a layperson would find if they tried to educate themselves on the subject, using the internet. When I entered the word “G-spot” in Google’s search engine, these were some of the top results:

“Yes, You Have a G-Spot!” ~**Cosmopolitan Magazine**

“You’re Complete Guide to Her G-Spot” ~**Men’s Health Magazine**

“G-Spot Finder” ~**Esquire Magazine**

“G-Spot Found?” ~**WebMD**

“Finding the G-Spot: Is it Real?” ~**CNN.com**

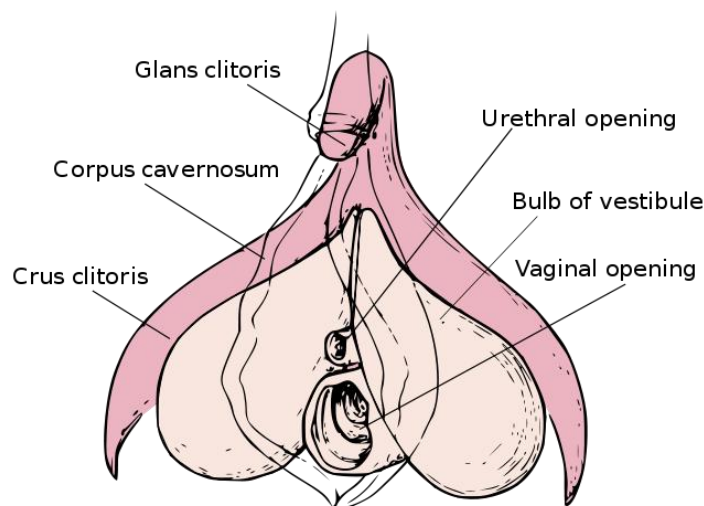
As you can see, most of the information is focused on either trying to provide you with a “roadmap” to find it, or information that perpetuates the belief that it may not be “real.” Please note, the WebMD article referenced above is titled, **“Vaginal Dissection Reveals Elusive G-Spot, Surgeon Says”** and it is not an article that confirms the existence of the G-Spot. Rather, it disputes the findings of a surgeon, because his findings were based on only dissecting one subject. The article begins, “The elusive G-spot has been called the UFO of gynecology -- but now a retired surgeon says he has photographic proof it exists” (DeNoon, 2012). It goes on to refer to the G-spot as “the alleged G-Spot.” Another spoiler: Even CNN found its existence to be inconclusive, because it has “never been precisely identified as a concrete biological entity.”

Elusive? Alleged? A UFO? Wait...what? Alright, I think I get it now. It’s no wonder so many people are completely and utterly confused! Brace yourselves—are you ready? Here’s the truth: The G-spot is not on the run. It is not hiding in a witness protection program. It is not an alien life form. It is not a secret treasure requiring a map or part of a government conspiracy. It is real.

Anatomy of the Clitoris

I'm sure you're familiar with the anatomy of the clitoris from my previous articles, but just to refresh your memory I'll review it again. As you know, the clitoris is made up of multiple parts, most of which are hidden beneath the surface of her skin (See Figure 1).

Figure 1. Anatomy of the Clitoris



Most people are only familiar with the glans of the clitoris; which is the tip of the clitoral shaft, covered by the clitoral hood (the external parts we can see and feel). The shaft is about $\frac{3}{4}$ of an inch in length, before splitting and dividing into a wishbone shape. The “legs” of the wishbone are called the clitoral crura (crus in singular), and they arc downward, inside the inner lips of the vulva. The crura surround two clitoral bulbs, which are made up of erectile tissue (Figure 1. Refers to these as “Bulb of vestibule”). As you can see, these internal structures surround the urethral opening. The urethra runs from the opening about two inches in, before connecting to the bladder. Circling the urethra is a ring of tissue (not shown). This ring of spongy tissue is called the corpus spongiosum (urethral sponge) and it fills with blood during arousal to help protect the urethra during penetration, and to compress the urethra, which helps prevent urine from being released. The clitoral nerve is also surrounded by the urethral sponge. The roots/clitoral nerve(s) of the clitoral tissue crisscross with the urethral sponge.

Confused?

Unfortunately, the best and most accurate pictures I have of this are posters in my office, and I had to order them from [Australia](#). Due to copy write laws and my inability to scan posters of that size, I will have to try to give you the clearest mental illustration I can. The best way to picture this is to imagine a roll of paper towels. The cardboard tube would be the urethra. Surrounding the tube would be a crisscrossing spiral mix of the tissue of the urethral sponge and the clitoral roots. As you can see from Figure 1, this area sits above the vagina and is located approximately 2-3 inches inside, along the anterior vaginal wall.

The G-spot is essentially the cluster of clitoral nerves and the erectile tissue along with the urethral sponge; which can be “accessed” vaginally. Given this location, I tell my clients to think of the “G-spot” as the back of the clitoris. Thus, if you are looking from the outside and you are facing the *front* of the clitoris (the part you can see), to *find* this area simply insert a finger vaginally, go just past the pubic bone, and use a “come hither” motion with your finger to graze the *back* of the clitoris. It may take a few tries to *find* it, as it depends on the individual woman’s body how far in you need to go. Some women will respond more to a circular motion, while others prefer a “tapping” with the finger tip. The reason why it feels so good, and

produces an orgasm when massaged is because the clitoral nerves and erectile tissue are being stimulated.
☺ Congratulations! You have now *found* the G-spot.

Sorry Dr. Gräfenberg, it seems what you discovered was not a “special erogenous zone,” rather it was the undiscovered internal structures of the female clitoris. But at least you cared enough to do the research studies to learn more, and for that, we thank you!

Copyright © 2014 Dianna Palimere, PhD, LCSW

Dr. Dianna Palimere is a Psychosexual Therapist and Licensed Clinical Social Worker. She has been working in the field of mental health for the past 13 years, dedicating the past eight years to specializing in clinical sexuality. She holds a Bachelors degree in Psychology, a Masters degree in Social Work, a Masters degree in Human Sexuality Education, and a PhD in Clinical Human Sexuality. Utilizing a holistic approach to therapy, she incorporates a variety of clinical interventions in her work with individuals, couples, and families. She is devoted to helping people achieve sexual health and healing through her work as a psychotherapist in her private practice in Pike Creek, DE; as well as in her work with local nonprofit organizations. To learn more about her or to schedule an appointment, visit her website: www.SexTherapyInDelaware.com or email her directly at: dr.palimere@sextherapyindelaware.com

Join her on **Facebook**, keywords: Sex Therapy in Delaware.