

Cutline

Sexuality: The New Model of What's Normal Interventions for Each Phase of Treatment

Challenges of sex therapy & couples therapy  
How the treatment of women has changed  
What are you afraid clients will bring up?  
Target multiple levels of sexuality  
Cultural definitions of sexual pathology & wellness  
Model of sexual wellness

Address Sexual & Relational Needs

Why we choose partners with different needs  
Clusters of needs & their treatment implications  
The different types of erotic needs  
How relationship phases affect erotic needs  
Strategies to address countertransference

Desire Discrepancies: Interventions for the Most Common Issue Couples Face

The cycle of arousal & its clinical impact  
The prerequisite of arousal  
Address relational avoidance  
How to renew & rekindle desire

Pleasure Disorders & Their Treatment

Pleasure vs. performance  
Types of pleasure denial  
Empower women to have pleasure  
Interventions for pleasure denial

Integration: A Treatment Model

The Relationship Trauma Triangle

Why the current therapy model isn't working  
How to avoid being drawn into conflicts  
Separation, betrayal, trust & identity  
The integration model

Seminar & Webcast Schedule:

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50-1:00 Lunch (on your own)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Objectives

1. Perform a clinical assessment to determine the cause of pleasure denial to inform the clinician's choice of treatment interventions.
2. Analyze the effects of separation, betrayal, trust and identity issues on eroticism in clients' sexual partnerships as it relates to clinical practice.
3. Utilize clinical interventions, such as pleasure mapping and desire awareness, to treat desire issues such as pleasure resistance, pleasure avoidance and pleasure rejection.
4. Explore the phases of treatment for erotic recovery and develop a treatment plan for women, both individually and in couple's treatment, for sexless marriage and desire issues.
5. Create an attachment versus individualization plan as a treatment intervention to aid clients in developing relational skills and strengthening sexual intimacy and wellness.
6. Explain the clinical implications of the stages of integration and the four areas of sexuality that have meaning for women around the narrative of eroticism.

TARGET AUDIENCE: Psychologists • Social Workers • Counselors • Marriage and Family Therapists  
Sex Educators and Therapists • Addiction Professionals • Nurses

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Integrative Sex & Couples Therapy

Innovative Interventions to Treat Relationship & Desire Issues in the New Era of Sexuality in Psychotherapy

King of Prussia, PA  
Wednesday, January 29, 2020

Cherry Hill, NJ  
Thursday, January 30, 2020

Meets Requirements for:

- AASECT Core Knowledge Areas: Sex Ed B, E, I, K, M; Sex Therapy A, B, C, D, E, F
- ISTI Certified Sex and Couples Therapist Requirements Cat A, B, C

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Integrative Sex & Couples Therapy

Innovative Interventions to Treat Relationship & Desire Issues in the New Era of Sexuality in Psychotherapy

80% of all clients in psychotherapy will complain about their dissatisfaction with either their relationships or their sex lives. Are you equipped to handle these issues as they arise?

Featuring Tammy Nelson, Ph.D., internationally acclaimed psychotherapist, author, Board Certified Sexologist, Certified Sex Therapist & Certified Imago Relationship Therapist

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# Integrative Sex & Couples Therapy

## Innovative Interventions to Treat Relationship & Desire Issues in the New Era of Sexuality in Psychotherapy

**80% of all clients in psychotherapy** will complain about their dissatisfaction with either their relationships or their sex lives. Are you equipped to handle these issues as they arise?

The traditional models of dealing with relationships and sex aren’t working, and all clinicians need practical interventions to address these basic problems that almost all clients struggle with at some point in their lives.

Integrative Sex and Couples Therapy is **essential for all therapists** at any level of experience and **for every population**.

**You don’t need to work with couples to utilize these interventions and help clients in your practice.**

Join Tammy Nelson, Ph.D., internationally acclaimed psychotherapist, Board Certified Sexologist, Certified Sex Therapist and Certified Imago Relationship Therapist for this ground-breaking workshop, and she’ll walk you step-by-step through the phases of her new model of integrated sex and couples therapy treatment so you’ll leave this seminar better equipped to work with your most challenging cases.

With Dr. Tammy’s expert guidance, you’ll learn practical interventions you can use to help clients improve their relationships, balance desire discrepancies, work through betrayal and feel more passionate. You’ll also learn how to avoid professional dilemmas, such as countertransference, projection and hopelessness—which lead to frustration for both you and your clients.

**Register today** and use integrative sex and couples therapy in your practice!

### Speaker



**Tammy Nelson, Ph.D.,** is an internationally acclaimed psychotherapist, Board Certified Sexologist, Certified Sex Therapist and Certified Imago Relationship Therapist. She has been a therapist for almost 30 years and is the executive director of the Integrative Sex Therapy Institute. She started the institute to develop courses for psychotherapists as the need grew for certified, integrated postgraduate sex and couple’s therapists in a growing field of mental health consumers who need more complex interventions for their relationship needs.

Dr. Tammy is a TEDx speaker, Psychotherapy Networker Symposium speaker and the author of several books, including *Getting the Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together* (Quiver, 2008) and the best-selling *The New Monogamy: Redefining Your Relationship After Infidelity* (New Harbinger, 2013), as well as *When You’re the One Who Cheats: Ten Things You Need to Know* (RL Publishing Corp., 2019) and the upcoming *Integrative Sex and Couples Therapy* (PESI, 2020).

She has been a featured expert in the *New York Times Magazine*, *Washington Post*, *Wall Street Journal*, *CNN*, *Rolling Stone* magazine, *TIME*, *Redbook*, *Glamour*, *The Sun*, and *The London Times*. She is the host of a popular podcast on iTunes, “The Trouble with Sex” and writes for the *Huffington Post*, *YourTango*, *ThriveGlobal* and medium.com. She can be followed on her blog, [www.drtaammynelson.com/blog/](http://www.drtaammynelson.com/blog/).

Speaker Disclosure:  
Financial: Tammy Nelson is in private practice. She receives royalties as an author for FairWinds Press and New Harbinger Press. Dr. Nelson receives a speaking honorarium from PESI, Inc.  
Non-financial: Tammy Nelson has no relevant non-financial relationship to disclose.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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**Couples Therapy Workbook:**  
*30 Guided Conversations to Re-Connect Relationships*

By Kathleen Mates-Youngman, M.A., LMFT

A series of scripted questions to promote meaningful couple conversations and build ongoing, connected communication. 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style.



**Sex Made Simple:**  
*Clinical Strategies for Sexual Issues in Therapy*

By Barry McCarthy, Ph.D., ABPP

A comprehensive guide to healing sexual issues and dysfunction, with dozens of strategies, techniques and methods to promote healthy sexuality for couples and individuals. Including - tools for couples to maintain strong, resilient sexual desire, strategies to move past affairs, sexual trauma, variant arousal, and psychobiosocial model for assessment, treatment, and relapse prevention.

### LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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**PENNSYLVANIA COUNSELORS:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

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**PENNSYLVANIA SOCIAL WORKERS:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

**SEX EDUCATORS & THERAPISTS:** Application for CE Credits from the American Association of Sexuality Educators, Counselors and Therapists (AASECT) has been submitted.”

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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