

Outline

Sexuality: The New Model of What's Normal

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

Interventions for Each Phase of Treatment

Elicit sexual narratives
Teach a focus on appreciation
Integrate the four areas of sexual meaning
Build upon pleasure & connection

The Crisis Phase of Treatment

Assess for relationship & individual risk
Delay the "stay or go" decision
Teach relationship skills
Tools for clients to deal with intense affect
Focus on decreasing fatigue & pressure

Strategies for the Insight Phase

Explore the "how did we get here?"
Address attachment issues
Create an attachment vs. individuation plan
Exercises for couples
Appreciate & expand on what's working

The Vision Phase of Treatment

Erotic recovery
Focus on fantasy & pleasure
6 weeks of sex dates protocol
Create a new monogamy agreement
Limitations of the research & potential risks

Seminar & Webcast Schedule:

(Times Listed in Pacific)

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.

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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

Sherman Oaks, CA

Tuesday, February 25, 2020

Live Video Webcast

Tuesday, February 25, 2020

Ontario, CA

Wednesday, February 26, 2020

Irvine, CA

Thursday, February 27, 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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A Non-Profit Organization serving the educational needs of mental health professionals since 1979.

Integrative Sex & Couples Therapy

Innovative Interventions to Treat
Relationship & Desire Issues in the
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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.drmtammynelson.com/blog/.

Speaker Disclosure:
Financial: Tammy Nelson maintains a private practice. She is the executive director at the Integrated Sex Therapy Training Institute. 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 is a member of the American Association of Sex Educators, Sex Counselors, and Sex Therapists (AASECT); and the American Counseling Association.



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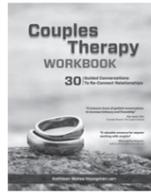
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Couples Therapy Workbook:
30 Guided Conversations to Re-Connect Relationships

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 Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 25, 2020, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/77369

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 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

California Alcoholism & Drug Abuse Counselors: PESI, Inc. is an approved provider by the CCAPP-EI, Provider #: 05-03-036-1019. This activity meets the qualifications for 6.0 CEH's (continuing education hours).

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

California Counselors: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

California Nurses: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 17118 for 6.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

Psychologists: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

California Psychologists: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

California Social Workers: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

Sex Educators & Therapists: This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6.0 CE credits. These CE credits may be applied toward AASECT Certification and renewal of Certification.

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.



REGISTRATION FORM

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We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

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Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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Integrative Sex & Couples Therapy

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