

Outline

Desire & the Brain
Spontaneous vs. responsive desire
What to do when there's a mismatch
Wanting vs. liking vs. learning
Limitations of the research & potential risks

The Model of Sexual Response
The brain's sexual accelerator
What hits the brakes?
How the dual model influences sexual styles
Context sensitivity of pleasure perceptions
Help clients identify what influences their pleasure

Address Arousal Discrepancies
Address the myth of body response
The relationship between body & desire
Consent in the age of #metoo & #timesup
What actually predicts sexual satisfaction

Attachment & Trauma
The dark side of attachment
Attachment style & sex-life satisfaction
Self-compassion for sexual trauma survivors
Skills for sexual trauma survivors to release blame

Strategies to Enhance Sexual Desire
Help clients identify their most pleasure-positive context
Leverage the structure of sensations in the nervous system
Expand client understanding of pleasure
Mindfulness practices to enhance sensation
Pain's role in sexual desire & relationship satisfaction

Enhance Couples' Sexual Well-Being
Desire, frequency & what a "good sex life" looks like
Delve into the precise nature & role of trust in an erotic connection
Explore initiation style & communication skills
Excavate myths about gender roles & sexual "shoulds"
Address other sexual myths

Sexual Desire in Long-Term Relationships
Predictors of a strong, lasting sexual connection
"Show up to the party" metaphor
The foundation of a strong sexual connection
Address difficult feelings & space between partners

Live Webcast Schedule
(Times listed in Eastern)
8:00 Program begins
11:50-1:00 Lunch Break
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. Evaluate the dual control model of sexual response.
- 2. Determine the differences between spontaneous and responsive desire among couples.
- 3. Analyze arousal non-concordance as it relates to sexual satisfaction.
- 4. Assess the relationship between mindfulness practices and enhanced physical sensation.
- 5. Investigate sexual myths to resolve the internal struggles of "am I normal?"
- 6. Determine ways to address and resolve difficult feelings to strengthen couples' relationships and rekindle desire.

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

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SEX, DESIRE & ATTACHMENT
with EMILY NAGOSKI, PH.D.


NEW SCIENCE & STRATEGIES TO TRANSFORM COUPLES' SEX LIVES

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SEX, DESIRE & ATTACHMENT
with EMILY NAGOSKI, PH.D.

NEW SCIENCE & STRATEGIES TO TRANSFORM COUPLES' SEX LIVES

Author of New York Times **bestseller** *Come as You Are: The Surprising New Science That Will Transform Your Sex Life*

Susan Johnson, Ed.D:

"Emily Nagoski is a breath of fresh air in the sex and relationship field."
– Susan Johnson, Ed.D,
Developer of Emotionally Focused Therapy (EFT)



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Sex, Desire & Attachment with Emily Nagoski, Ph.D.
New Science & Strategies to Transform Couples' Sex Lives

"Am I normal?"

The client's refrain in the therapy room – over so many issues that arise during clinical sessions.
We're taught how to discuss almost any topic with relative skill and comfort, but we leave the matters of sex, attachment and desire to the sex educators and experts.

No longer do you need to shift in your chair, or feel your face flush.

Join Emily Nagoski, PhD, author and sex education expert, and leave with NEW knowledge:
• The Body Arousal System – you'll be amazed at what you don't know!
• The Science of Attachment - from the sex and desire perspective
• Sex and The Trauma Survivor – the understanding and language you need to give the client

Emily Nagoski has been hailed by Sue Johnson, Ed.D, developer of Emotionally Focused Therapy as "a breath of fresh air in the sex and relationship field."

John Gottman, PhD praises her book Come As You Are as "the best book I have ever read about sexual desire and why some couples just stop having sex, and what they can do about it."

Dr. Nagoski's early career included interning at the highly regarded Kinsey Institute, and she currently travels internationally to speak on sex and desire to professionals and non-professionals alike. Her TED talks continue to receive accolades.

You'll also walk away knowing:

- How to respond to lack of desire
• Ways to address feelings of anger & loneliness
• Strategies to help your clients reconnect sexually
• How to help your clients maintain strong & lasting sexual connections decades into their relationships

This daylong workshop will give you the knowledge and skill to effectively help clients understand that their concerns over sexual normalcy are just that – normal. Some topics may lend themselves to comfortable clinical conversations – sex typically is not one of them, but you can do more and make improvements that signal to your client your willingness and knowledge to listen and guide them.

Don't miss this rare training by a renowned expert in sex education designed for behavioral health clinicians like yourself. You'll not regret how you spent the day – and your clients will thank you.

Register today!

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

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee.

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Kay Friske at kfriske@pesi.com or call 715-855-6362.

Speaker



Emily Nagoski, Ph.D., has been a sex educator for 20 years and is the former inaugural director of Wellness Education at Smith College. Her New York Times best-selling book, Come As You Are: The Surprising New Science That Will Transform Your Sex Life, has been hailed as a groundbreaking exploration of the science of sexuality. Sex therapist, Ian Kerner called it a "master class in the science of sex" and relationship researcher John Gottman said it is "an absolutely necessary guide for all couples." She has also written three guides for Ian Kerner's GoodInBed.com, including the "Guide to Female Orgasm," and her own blog, The Dirty Normal.

Dr. Nagoski has a Ph.D. in health behavior with a doctoral concentration in human sexuality from Indiana University, and a master's degree in counseling, with a clinical internship at the Kinsey Institute Sexual Health Clinic. She has taught graduate and undergraduate classes in human sexuality, relationships and communication, stress management, and sex education.

Speaker Disclosure: Financial: Emily Nagoski is in private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Emily Nagoski has no relevant non-financial relationship to disclose.



John Gottman, Ph.D. on Dr. Nagoski's book: "This is the best book I have ever read about sexual desire and why some couples just stop having sex, and what they can do about it. Come As You Are is an absolutely necessary guide." —John Gottman, Ph.D. author of The Seven Principles for Making Marriage Work

Live Video Webcast Details

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Sex, Desire & Attachment with Emily Nagoski, Ph.D.

New Science & Strategies to Transform Couples' Sex Lives

HOW TO REGISTER

Registration form with sections: ONLINE, PHONE, FAX, MAIL, and Questions. Includes fields for contact information, employer details, and seminar preferences.

Webcast Information section: Webcast starts at 8 am Eastern time. March 24, 2020. \$219.99 includes downloadable manual (plus applicable tax in HI & NM).

Indicate method of payment section: ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy). Includes fields for card number, expiration, and signature.

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

Register Now: pesi.com/webcast/82814

CAN'T ATTEND THE WEBCAST? Section: Sex, Desire & Attachment with Emily Nagoski, Ph.D. Includes pricing for Online Digital Seminar and Seminar on DVD, plus shipping and tax information.