

Outline

Integrate Sex Therapy into Your Practice

Confront sex myths  
Couples vs. sex therapy  
Target the core issue of sexuality  
The paradoxical role of sex in relationships  
Sexual satisfaction: What does that mean?  
Which clients should you treat?  
Make the right referral

Assessment of Sexual Issues: Step-by-Step

The assessment model  
Conduct a sexual history with your clients  
Sexual secrets: When is it harmful to share?  
Help clients create a sexual narrative  
The six-month, good faith commitment  
Develop a sex-therapy specific treatment plan  
Case study: Assessment with Jeb & Maria

Core Therapeutic Strategies: Guidelines to Follow with All Clients in Sex Therapy

Your role as the therapist  
Give your clients "permission" to be sexual  
Relational styles, sexual styles & why they're usually different (and should be)  
Model of change: Personal responsibility, intimate team  
Synchronous vs. asynchronous sex  
Help your clients re-think sex: The 5 dimensions of touch  
Combat unrealistic expectations  
Psychosexual skill exercises  
Relapse prevention plans: They're not optional!

Sexual Dysfunctions: Interventions for Common Sexual Problems

Primary vs secondary sexual dysfunction  
Common causes of sexual problems  
The challenges of pharmaceutical interventions

Common Sexual Issues for Women

Female Sexual Interest Arousal Disorder  
Non-orgasmic response  
Sexual pain: Treat it like a pain disorder

Common Sexual Issues for Men

Premature ejaculation  
Erectile dysfunction  
Inhibited sexual desire  
Ejaculatory inhibition

Extra-Marital Affairs (EMAs): Help Your Clients Recover Sexually & Emotionally

Fact or Fiction?: Myths about causes of EMAs  
The common types & treatment implications  
Why the traditional EMA therapy model doesn't work  
Help your clients make genuine meaning  
How to use therapeutic letter writing for EMAs  
Assist with sexual recovery  
The decision to stay together: The role of the therapist

Considerations for the relapse prevention plan  
Case study: Male, high-opportunity affair  
Case study: Female, comparison affair

Non-Traditional Couples: Confidently Address Sexual Issues of Unique Clinical Populations

Gay & Lesbian Couples

Differing preferences for intercourse  
Considerations for unique sexual & relational styles

Non-Monogamous Couples

Types of non-monogamy  
Help clients determine what they value about being a couple  
Guide clients in choosing their style  
Assist with boundary-setting

Other Tricky Situations: Navigate the Complexities of Sex Therapy

Sexual Trauma: Assist Your Clients with Reclaiming Their Sexuality

Child sexual abuse, rape, & incest  
Help clients move from anxious victims to proud survivors  
The mistakes we make as clinicians  
Strategies for flashbacks during sex

Fatally Flawed Marriages: Help Clients Make Wise Decisions About Their Relationship

Address hidden agendas  
Confront negative reasons to marry  
Issues of core incompatibility  
When couples decide to divorce

Sex Past 60: Address Issues of Sexuality & Aging

The myths & the good news  
The key to sexual health  
Help clients adapt to a new normal

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SEXUAL ISSUES in Therapy

Clinical Strategies to Restore Desire, Increase Satisfaction & Empower Clients in the Bedroom & Beyond



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May 27, 2020

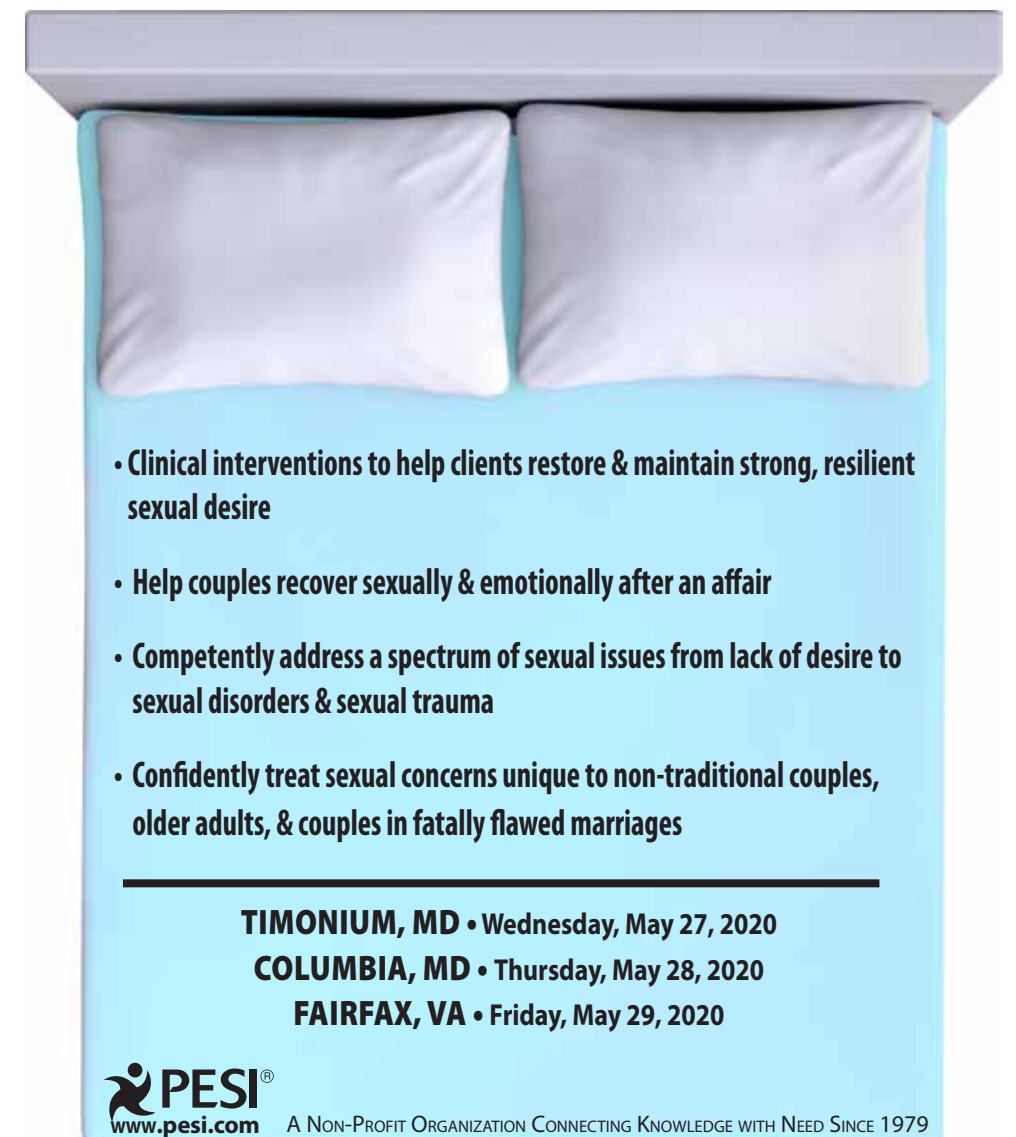
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SEXUAL ISSUES in Therapy

Clinical Strategies to Restore Desire, Increase Satisfaction & Empower Clients in the Bedroom & Beyond

Featuring: Barry W. McCarthy, PhD, ABPP,  
renowned international sexuality expert and author



- Clinical interventions to help clients restore & maintain strong, resilient sexual desire
- Help couples recover sexually & emotionally after an affair
- Competently address a spectrum of sexual issues from lack of desire to sexual disorders & sexual trauma
- Confidently treat sexual concerns unique to non-traditional couples, older adults, & couples in fatally flawed marriages

TIMONIUM, MD • Wednesday, May 27, 2020

COLUMBIA, MD • Thursday, May 28, 2020

FAIRFAX, VA • Friday, May 29, 2020



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Objectives

1. Conduct a self-assessment to determine whether treating clients with sexual issues is appropriate based on your scope of practice, values & beliefs.
2. Complete a thorough sexual history assessment with clients to inform the clinician's choice of treatment interventions.
3. Analyze the efficacy of various medical & pharmaceutical interventions for sexual dysfunctions such as sexual pain or ejaculatory inhibition.
4. Adapt clinical treatment interventions and strategies to appropriately address sexual issues of non-traditional couples, individuals with a history of sexual trauma & older adults.
5. Integrate strategies in-session to aid clients with sexual and emotional recovery from affairs.
6. Prescribe psychosexual skill exercises to promote desire, pleasure, eroticism & sexual satisfaction in clients.



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# SEXUAL ISSUES in Therapy

Two principles have always been known as true in couples therapy. First, the key to sexual desire is secure bond and intimacy, and second, if you take care of the problems in the relationship, the sex problems will take care of themselves. But you have a couple on your caseload who is testing your skills. You’ve helped them rekindle the love and the intimacy in their relationship (or so you thought), but they keep coming back, because their sex lives are still not satisfying to either of them, or worse--they still aren’t having sex at all. As a result, your clients are frustrated and ashamed, and you’re overwhelmed because you have no idea what your next steps are to help them achieve sexual satisfaction.

Unfortunately, if your current couples treatment models are based on any of the assumptions above, you’re making mistakes as a clinician. In good couples therapy, we focus so much on rekindling intimacy that clients end up de-eroticizing their partners—and killing their sex drives. **The truth is, fixing relationship issues will not fix sexual problems.** Sexual problems must be targeted directly.

**You can transform your work with couples by integrating sex therapy into your practice!**

Join Barry W. McCarthy, PdD, ABPP, as he walks you step-by-step through some of the most challenging sexual issues you’ll face as a clinician. Barry will provide **clear, session-by-session treatment models** to address issues such as lack of desire, sexual trauma, sexual dysfunction and affairs, as well as tools to adapt those models to the treatment of sexual issues unique to non-traditional couples and older adults.

Attend “Sexual Issues in Therapy,” and learn how to give couples a broader sexual repertoire, because if it’s intercourse or nothing, nothing WILL win. You’ll walk away with the skills you need to confidently address sexual issues with your clients, help your clients rekindle their desire, overcome the biggest challenges of sex therapy and, most importantly, offer your clients a clear path to sexual fulfillment.

**Register today to revolutionize your work with couples with sex therapy!**

## Speaker

**BARRY W. MCCARTHY, PhD, ABPP**, is a board certified clinical psychologist (ABPP), certified marital and sex therapist, and a tenured professor of psychology at American University. His clinical expertise focused on integrating sex therapy strategies and techniques into individual and couples therapy, assessment and treatment of the most common male and female sexual problems, and a special expertise in the treatment of sexual desire disorders.

Dr. McCarthy earned his BA from Loyola University and his MA and PhD from Southern Illinois University. His professional memberships include the American Psychological Association, American Association of Marriage and Family Therapy, Society for Sex Therapy and Research, and the Association for Behavioral and Cognitive Therapies. He is a Diplomate in sex therapy, earning this from the American Association of Sex Educators, Counselors, and Therapists.

As a leading expert in this field, Dr. McCarthy has presented over 350 workshops around the world, and his extensive list of publications includes over 100 professional articles, 26 book chapters, and co-authorship of 14 books, including *Sex Made Simple*, *Enduring Desire*, *Discovering Your Couple Sexual Style*, *Men’s Sexual Health*, *Coping with Erectile Dysfunction*, *Getting It Right the First Time*, and *Coping with Premature Ejaculation*.

Speaker Disclosure

Financial: Barry W. McCarthy receives royalties as an author for Taylor and Francis publishers and New Harbinger Publishers. He receives a speaking honorarium from PESI, Inc.

Non-financial: Barry W. McCarthy has no relevant non-financial relationship to disclose.



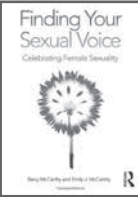
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### ***Finding Your Sexual Voice*** *Celebrating Female Sexuality*

By Barry McCarthy, PhD, ABPP & Emily McCarthy

This accessible and powerful book is pro-female, pro-couple, and pro-sexuality, and will be valuable reading for female clients and others looking to build strong, resilient desire and to embrace female sexuality. It will also be of use to couples who are dealing with sexual dissatisfaction, as well as all mental health professionals involved in the fields of marriage, couple, and sex therapy.



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

By Barry McCarthy, PhD, ABPP

*Sex Made Simple* is a comprehensive guide to healing sexual issues and dysfunction, with dozens of strategies, techniques and methods to promote healthy sexuality for couples and individuals.

### ***Rekindling Desire***, 2nd Edition

By Barry McCarthy, PhD, ABPP & Emily McCarthy

For over a decade *Rekindling Desire* has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by respected therapist Barry McCarthy, who brings decades of knowledge and the expertise that comes from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples’ sexual frustrations.

**Target Audience:** Counselors • Social Workers • Psychologists • Marriage & Family Therapists • Sex Educators  
Sex Therapists • Addiction Counselors • Ministers and Pastoral Counselors • Nurses • Other Behavioral Health Professionals

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

**Addiction 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.

**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.

**District of Columbia (DC) Counselors:** CE credit is available. This course consists of 7.5 continuing education clock hours for DC Counselors. The District of Columbia Municipal Regulations for Professional Counseling (5.6612.3) confirm acceptance of continuing education programs relevant to counseling by organizations that have been approved by a counseling board in another state. PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours.

**Maryland Counselors:** CE credit is available. This course is approved for 6.0 clock hours of continuing education instruction for Maryland Counselors. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board. 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.

**New York Counselors:** CE credit is available. PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Virginia Counselors:** CE credit is available. This course is approved for 6.0 clock hours of continuing competency instruction for Virginia Counselors. The Virginia Board of Counseling recognizes continuing competency activities in the behavioral health field offered by organizations that are approved by NAADAC (18VAC115-20-105). 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.

**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.

**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.

**Psychologists:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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**Kentucky Psychologists:** CE credit is available. PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

**Maryland Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for Maryland Psychologists.

Pursuant to COMAR 10.36.02, the Maryland Board of Examiners of Psychologists accepts continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This program is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Virginia Psychologists:** CE credit is available. This course consists of 6.25 continuing education credit hours for Virginia Psychologists.

The Virginia Board of Psychology (5.18VAC125-20-122) confirms acceptance of programs by any continuing education provider approved by a psychological association or psychology board in another state or jurisdiction. PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content.

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

**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.

**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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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: **[www.pesi.com/coord](http://www.pesi.com/coord)** for availability and job description, first come, first serve.

- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). **Advance online registration required.**

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