

## 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 Central)

**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.

Visit our FAQ page at  
[www.pesi.com/faq](http://www.pesi.com/faq) or contact  
us at [www.pesi.com/info](http://www.pesi.com/info)

## 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 • Physicians • Nurses



## Group Training Solutions Made Easy!

- **ONLINE** or in-person
- **Customizable**
- **Easy remote access**
- **From 5 to 5000**
- **CE hours available**

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000

# SEX, DESIRE & ATTACHMENT

with EMILY NAGOSKI, PH.D.

**NEW SCIENCE & STRATEGIES TO  
TRANSFORM COUPLES' SEX LIVES**

**LIVE Interactive Webcast**  
**Monday, November 2, 2020**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW:**  
[pesi.com/webcast/83921](http://pesi.com/webcast/83921)

**Join us online, for this live training!**

# SEX, DESIRE & ATTACHMENT

with EMILY NAGOSKI, PH.D.

**NEW SCIENCE & STRATEGIES TO  
TRANSFORM COUPLES' SEX LIVES**



**Emily Nagoski, Ph.D.**

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

**"Emily Nagoski is a breath of fresh air in the  
sex and relationship field."**

– Susan Johnson, Ed.D.,  
*Developer of Emotionally Focused Therapy (EFT)*

**LIVE Interactive Webcast**  
**Monday, November 2, 2020**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

**REGISTER NOW:**  
[pesi.com/webcast/83921](http://pesi.com/webcast/83921)

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.

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!

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.



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. Substitutions are permitted at any time.

Digital Seminar or DVD: 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. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at czelasko@pesi.com or call 715-855-8194.



Online Learning Made Easy!

Join us on November 2, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It’s easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

It’s easy and convenient!

Register now! pesi.com/webcast/83921

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each

• Watch and participate in real time

• One CE Certificate is included

• BONUS! Receive free on-demand access for 3 months with registration!

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/83921.

Addiction Counselors - AK, AL, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NJ, NM, NV, OK, OR, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV

Counselors - AK, AL, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, ND, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

Marriage and Family Therapists - AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WY

Nurses - All States

Psychologists - AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

Physicians - All States

Social Workers - AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WY

For specific credit approvals and details, visit pesi.com/webcast/83921.

To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.25 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.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

This program is Approved by the National Association of Social Workers (Approval #886759332-3165) for 6.0 Social Work continuing education contact hours.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

REGISTRATION FORM

SEX, DESIRE & ATTACHMENT WITH EMILY NAGOSKI, PH.D.
NEW SCIENCE & STRATEGIES TO TRANSFORM COUPLES’ SEX LIVES

SAVE TIME! Express Register Online: pesi.com/webcast/83921

1 Please complete entire form if sending by mail please print legibly



\*Email address \*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name Profession

Billing Address Home Work

Company Name (if work address):

City County State Zip

\*Cell Ph ( ) Work Ph ( )
\*Required for event updates

2 Pick Your Training (make copy for your records)

Live Interactive Webcast
November 2, 2020 PWZ83920

\$219.99 tuition\*

8am Central time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

FREE BONUS:
Replay On-demand Access for 90 Days Afterwards

Digital Seminar POS055920
\$219.99\*\*

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

DVD RNV055920
\$219.99\*\*\*

Includes:

Self-study CE Certificate

Lifetime Access

Downloadable Manual

3 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to PESI, Inc.

Purchase order enclosed (Fed ID # 26-3896894)

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card #

Card Exp. CVV#:

Signature

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

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

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/webcast/83921

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesi.com/privacy for more information.

Total
Shipping - \$6.95 (DVD only)
Subtotal
Tax
TOTAL

\* For webcasts, add applicable tax in HI, NM
\*\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.
\*\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.