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

Strategies to Enhance Sexual Desire

Help clients identify their most pleasurepositive 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"

Delve into the precise nature & role of trust in an erotic connection

Explore initiation style & communication

Excavate myths about gender roles & sexual "shoulds"

Address other sexual myths

Sexual Desire in Long-Term Relationships

Predictors of a strong, lasting sexual

"Show up to the party" metaphor The foundation of a strong sexual connection Address difficult feelings & space between

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.

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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.



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Emily Nagoski, Ph.D.

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

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

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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.

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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 You Sex Life, has been hailed as a groundbreaking exploration of the science of sexuality. Sex therapist, lan 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.



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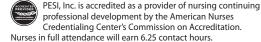
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