

# 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 Webinar Schedule (Times listed in Pacific)

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

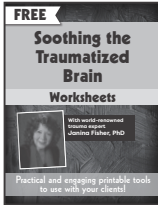
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

# 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.

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

NEW SCIENCE & STRATEGIES TO  
TRANSFORM COUPLES' SEX LIVES

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NEW SCIENCE & STRATEGIES TO  
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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*

**"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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## 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.

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## Meet Your Speaker

**Emily Nagoski, Ph.D.,P**, 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.

### Target Audience:


Psychologists • Social Workers • Counselors • Marriage & Family Therapists  
Sex Educators and Therapists • Addiction Professionals • Physicians • Nurses


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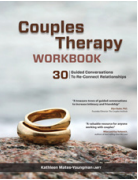
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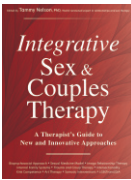
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### Recommended Reading:



PUB083085

**Couples Therapy Workbook**  
*30 Guided Conversations to Re-Connect Relationships*  
Kathleen Mates-Youngman, M.A., LMFT  
~~\$24.99~~ **\$19.99\***



PUB086145

**Integrative Sex & Couples Therapy**  
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Dr. Tammy Nelson, Ph.D.  
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