



The Center for Sexuality

Sex Therapy Training

DATE: **May 5, 2023** Essentials I

with Dr. Jennifer Konzen

Licensed Marriage and Family Therapist

Certified Sex Therapist

How does this course relate to the scope of practice for LCSWs, LPCs or MFTs:

Though every clinician has training in Human Sexuality and Sex Therapy, there is a need for continuing education training in this important area. For many strong, stable couples, the sexual relationship can be full of pain, frustration, disappointment, and sadness. This training provides assessment and intervention tools for therapists to help couples reach a new experience of intimacy.

Course Outline:

1. Anatomy and Physiology of the Sexual Response Cycle
 - a. Male and Female Sexual Anatomy
 - b. Sexual Response Cycle
 - c. Sexual Development through the LifeCycle
2. Sexual Development Through the Lifespan
 - a. Sexual Self-schema
 - b. Body Image, Aging, and Sexuality
3. The Character of a Sex Therapist (incl. attitudes, values, and beliefs)
 - a. Beliefs and Values
 - b. Therapist Comfort Levels
4. Assessment
 - a. PLISSIT
 - b. DEC-R
 - c. Myths and Expectations

Objectives of this Course:

- 1) Participants will be able to identify four details of male and female anatomy and physiology
- 2) Participants will be able to integrate three areas of sexual development throughout the lifespan into assessment treatment
- 3) Participants will be able to differentiate four overall assessment skills for individuals and couples.

Andersen, B., & Cyranowski, J. (1994). Women's sexual self-schema. *Journal of Personality and Social Psychology*, 67, 1079-1100. doi:10.1037/0022-3514.67.6.1079

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Basson, R. (2000). The female sexual response: A different model. *Journal of Sex & Marital Therapy*, 26, 51-65

Hyde, J., & DeLamater, J. (2008). *Understanding human sexuality*. New York, NY: McGraw-Hill.

Prager, K. (1995). *The psychology of intimacy*. New York, NY: Guilford Press.

Weeks, G., Gambescia, N. & Hertlein, K. (2016). *A clinicians guide to systemic sex therapy* (2nd ed.). New York, NY: Routledge.