

Sex Therapy for the General Therapist, Part 1: The Changing Face of Heterosexual Sex

Who we are as sexual beings carries profound personal and interpersonal meaning for each of us. Like it or not, our sexual self-image significantly impacts our broader sense of identity, as well as how we give and receive love in our most cherished relationships. Research consistently demonstrates that for most people, sexual satisfaction is a critical component of relationship and life satisfaction. For many people, love-making is the most intimate aspect of their lives. Yet without specific focus on sexuality, general therapy tends not to alleviate sexual concerns. As therapists, we have little training in these issues, making it difficult to assist our clients with their intimacy struggles. In this talk, we will address the changing face of heterosexual sex that we and our clients are all experiencing – and gain an understanding of the “new normal.”

This talk stands alone but is Part One of a two-part series on sex therapy for the general therapist. It is recommended that this lecture be completed first in that series, thus offering a context for the treatment approaches addressed in Part Two.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify critical impact of sexuality on experience of romantic intimacy
2. Identify aspects of normative sexual behavior that have traditionally been considered unusual
3. Summarize the impact of human primal brain biology on sexual experience
4. Explain common sexual challenges impacting long-term relationships today
5. Identify ways the aging process impacts people's sexual experience

Seminar Schedule

Typically begins at 11:00 PM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

11AM EST Begin

Importance of Addressing Sex in Therapy
What's Normal? – What Your Clients Find Exciting
Cultural Variables to Consider
Integrating Sexual Discussion into Your Therapy Dialogue

12:30 AM Break (15 min)

Impact of Gender on Sexuality
Brain Biology and Sex
Aging and Sexuality
Pornography Use and Impact

2:15 PM Ends

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Dr. Marianne Brandon is a clinical psychologist and Diplomate in sex therapy. She writes the popular Psychology Today blog “The Future of Intimacy.” She is author of *Monogamy: The Untold Story*, *Unlocking the Sexy in Surrender: Using the Neuroscience of Power to Recharge Your Sex Life*, and co-author of *Reclaiming Desire: 4 Keys to Finding Your Lost Libido*. She co-hosted a talk radio show, is a past book review editor for the American Association of Sex Educators, Counselors, and Therapists, past board member of The International Society for the Study of Women's Sexual Health, and regularly writes and lectures for professional and lay audiences. She has served twice as a panel member for FDA hearings evaluating medications relevant to female sexual function. Her areas of expertise include the conceptualizing human sexuality and sexual dysfunction from an evolutionary perspective. You can learn more about her work at www.drbrandon.net, join her on twitter @DrBrandon, and on facebook / DrMarianneBrandon. Dr Brandon is in private practice in Sarasota, Florida.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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