

Integrating Sex & Sexuality in Your EFT Couples' Work

Featuring:

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Sept. 29, 2018 | 9:30 am - 5:30 pm
Pasadena, California

ABOUT OUR PROGRAM: Have you experienced the dilemma of helping couples achieve greater emotional connection through EFT, and yet found that this does not always translate directly into greater sexual desire, contact, pleasure and flexibility between the partners?

This workshop will present a frame for understanding that dilemma, and offer approaches for more fully integrating sexual concerns into our EFT work, with the goal of helping couples take new risks with each other so that they can share a more vibrant sexual connection. This workshop will include: how to decipher the map of a couple's sexual cycle; understanding sexual responses and freezes within an attachment frame; interventions that help create a secure base of "safe touch"; and how to get our own natural therapist blocks to processing sexuality material out of the way.

ABOUT CE CREDIT: Participants may earn 6 CE credits for attending the entire program. Partial credits will not be offered. LACEFT is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. LACEFT is also an approved provider of continuing education by the California Association of Marriage and Family Therapists (CAMFT) for LMFTs, LCSWs, and LPCs. LACEFT maintains responsibility for this program and its content.

Attendees will be able to:

- Describe good process and relevant content for taking a thorough sexual history.
- Analyze a couple's sexual relationship distress from an attachment frame, and outline a couple's negative sexual cycle.
- Identify two or more models of sexual engagement and response, including the Dual Control Model of Sexuality.
- Outline interventions to help couples restart "safe touch," including Sensate Focus and other mindful touch interventions.
- List markers within the clinical process that indicate good timing to introduce touch exercises.
- Outline an approach to introduce and process with a couple their sexual touch exercises for maximum effectiveness.
- Demonstrate increased self-awareness of possible blocks to their own comfort and flexibility in processing sexual content in couples therapy.

COSTS

LACEFT Members: \$125+
Non-LACEFT Members: \$145+
Students: \$60+

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