

You Don't Have to be a Sex Therapist to Talk about Sex

The integration of couples' therapy and sex therapy is no easy task. Couples therapy is a deepening process for both couples and individuals. Sex therapy at its core is a cognitive-behavior therapy. Many couples' therapists are taught little about sex therapy. They often learn that repairing the attachment wound and creating reconnection will solve the sexual problem. Through this presentation, we will explore an overview of the integration of couples and sex therapy. Many components of knowledge are necessary to explore this topic, such as psychodynamic theory, relational and medical issues. An understanding of the importance of sexual knowledge in order to educate our clients about healthy, positive sexual attitudes is crucial. A summary of basic skills will be presented, including Sensate Focus. Most importantly, we will look at our own attitudes about addressing sexuality and discuss ways to bring up the topic of sexuality with our individuals and couples.



With more than 30 years of experience, **Gail Guttman, LCSW-C** is a couples' therapist with a specialty in sex therapy. She has been twice recognized by *Washingtonian* magazine as a "Top Therapist" in sex and couples therapy. Gail is also an AASECT Certified Sex Therapist, Sex Therapy Supervisor and CE Provider, and a Certified Imago

Therapist and Clinical Consultant. She offers the unique opportunity for clients to address their sexual concerns within the context of their relationship. Gail's passion includes developing the theory and practice of integrating couples and sex therapy. She helps psychotherapists become more competent and confident in these areas. In her practice, she conducts ongoing consultation groups in which cases and theory are discussed, and an important support network for therapists is created. Gail conducts training workshops and seminars at professional associations and conferences and has been an ongoing presenter at the Integrative Sex Therapy Institute for the last several years.

Outline and Learning Objectives

I. Introduction

II. Sexual Messages

Learning Objectives: Describe the socio-cultural and familial factors affecting our ability to discuss sexuality with our clients

III. Systems Approach to Sex Therapy

A. Familial & Cultural Issues

Learning Objectives: Describe the familial, socio-cultural issues affecting a client's sexuality development and sexual self esteem

B. Medical Issues

Learning Objectives: List the medical systems to explore in sex therapy cases

C. Relationship Issues

Learning Objectives: Describe the relational paradigm and list different relational theories to utilize

Lunch

D. The Role of Anxiety

Learning Objectives: Demonstrate the role of anxiety in sexual dysfunction and explain the use of Cognitive Behavior Therapy in sex therapy

IV. Practice Skills in Couples & Sex Therapy:

Sensate Focus

A. Bringing up the subject of sexuality with clients:

Learning Objectives: Identify themes in individuals or couples which provide opportunities to explore sexuality issues

B. Learn Sensate Focus :

Describe three central concepts in Sensate Focus

V. Learnings

Schedule

Registration: 8:15 AM

Announcements: 9:00AM

Morning Presentation: 9:15-12:15 PM

Luncheon: 12:15-1:30 PM

Afternoon Presentation: 1:30-4:30 PM

Location

Martin's Crosswinds

7400 Greenway Center Drive
Greenbelt MD 20776
(301) 474-8500

Directions

From 495 exit 22A for Baltimore-Washington Parkway. Take the MD193E exit. Turn right onto MD 193/Greenbelt Road. Turn Right onto Hanover Parkway. Turn Right onto Greenway Center Drive.

6 CEU's

Approved by the Maryland Board of Professional Counselors and AASECT

Contact LCPCM

www.LCPCM.org

443-370-1255

Conference Registration

Registration deadline is April 4, 2019
Networking Luncheon Included

Conference Fees:

LCPCM Members: \$125
Non-Members: \$165
LGPC/Retired: \$75
Student: \$65 (not for LCPCs or LGPCs)

Walk-ins are registered on a first come first served basis as space allows after all those registered in advance sign-in. Late registrants and walk-ins will be charged an additional \$20 late service fee. Accommodations upon request.

Membership Fees:

LCPC \$105
LGPC/Retired \$85
Student \$25 (not for LCPCs or LGPCs)

If you join when you register, you are eligible for the membership rate.

*Registration & membership payment by credit card is available at www.lcpcm.org or complete the information below and mail with a check payable to LCPCM to:
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LICENSED CLINICAL PROFESSIONAL
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2019 LCPCM Spring Conference

**“You Don’t Have
To be a Sex Therapist To
Talk About Sex”**

Presented by:
Gail Guttman, LCSW-C

AASECT CE Provider,
AASECT Certified Sex Therapy Supervisor
Certified Imago Therapist and Consultant

**Friday
April 12, 2019
8:30AM - 4:30PM**

**Martin’s Crosswinds
Greenbelt MD**

6 CEU’s