

Outline

Assessment of Sexual Health Issues

- The impact of the Internet on sexuality
- Sexuality's impact on presenting issues
- Self-assessment strategies for clinician bias
- Treat sex like a behavior—not a disease
- Allow the client to explore ambivalence
- Is sex a cause or symptom?
- Holistic perspective to evaluating sexuality
- Principle-based model of sexual health
- Assessment tool: Sexual sensation seeking scale
- Sex addiction
- Limitations of research & potential risks

Sexting: Assist Teens & Adults with the Safe Use of Technology

- Sex, technology & changing social values
- Legal ramifications of teen sexting
- Sexting's impact on body image
- Mitigate effects of bullying, harassment & exploitation
- Educate teens about safety & responsibility
- Help teens choose a "cyber buddy"
- Harm-reduction strategies for sexting

Case studies: Teen sexting & adult sexting

Pornography: Help Clients Achieve Healthy Use of Pornography

- Resolve moral/religious conflicts about porn use
- Assess ideals of sexual property within relationships
- Assist couples in negotiating boundaries around pornography use
- Minimize attention & focus on problems
- Help clients take proactive steps to make values-consistent decisions easier

Strategies for healthy porn use

Case Studies: Healthy & unhealthy porn use

Casual Sex: Strategies to Help Clients Balance Values & Sexual Activity

- Casual sex & it's implications for depression
- Shame, stigma & female sexuality
- Help clients evaluate their values
- Determine the benefits of casual sex for the client
- Help clients determine if casual sex is right for them
- Shame reduction strategies

Case studies: Casual sex, shame & values

Consensual Nonmonogamy: Navigate the Complexities of Non-Traditional Relationships

- Types of open relationships
- The impact of nonmonogamy on families, children & mental health
- Issues to Address in Therapy
 - Is nonmonogamy right for the relationship?
 - Create boundaries
 - Time sharing
 - Communication
 - Jealousy triggers

Case studies: Stressors on non-monogamous relationships; polyamorous and swinging relationships

Sexual Orientations: Confidently Address Sexual Issues of Unique Clinical Populations

- Gender vs sexuality
- The blurring line between heterosexuality & homosexuality
- How is orientation determined?
- What does the term mean to your client?
- Understand the function of the term for the client
- Assist clients with understanding orientation as part of their healthy sexuality

Support transgender kids & teens in therapy

Case studies: Transgender teens; sexual fluidity

BDSM & Kink: Nonjudgmentally Discuss Personal Sexual Issues with Clients

- Paraphilic disorders vs paraphilia
- Common misconceptions
- Ask, "What does BDSM/Kink mean to you?"
- Separate trauma from BDSM in therapy
- Address unwanted fantasies & fetishes
- Educate clients about healthy sexuality
- Help clients negotiate boundaries & consent

Case studies: What's the real problem here?

PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

Objectives

1. Integrate clinical harm-reduction strategies in session in order to reduce the client risk associated with sexting.
2. Utilize clinical interventions to resolve moral and religious conflicts about pornography use in clients to improve clinical outcomes.
3. Develop an increase in clients' sexual integrity and self-control through shame-reduction treatment interventions.
4. Distinguish between healthy sexual diversity and sexual symptoms of emotional disturbance related to PTSD, anxiety, depression and personality disorders.
5. Apply a nonjudgmental diagnostic framework towards a client's sexual interests and behaviors.
6. Implement techniques for helping clients and their families understand and contextualize their sexuality in order to reduce sexuality-related fear and shame.

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Featuring David Ley, PhD, international sex therapy expert and author

Modern Sexual Issues in Clinical Practice

What Every Clinician Needs to Know

Sexual satisfaction is one of the best predictors for people reporting life satisfaction. Are you asking about sex in therapy?

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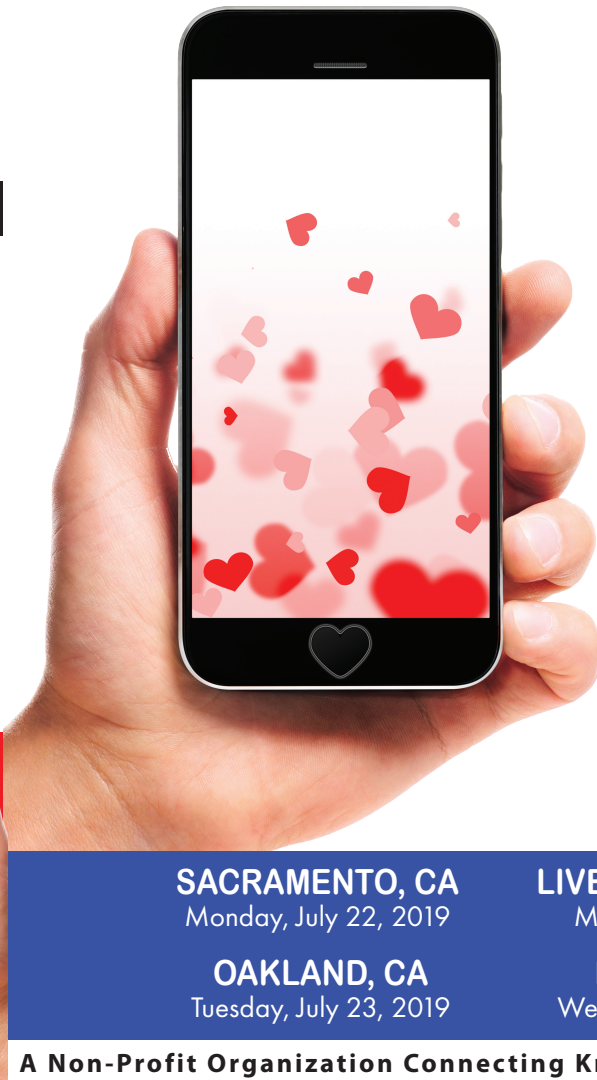
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Modern Sexual Issues in Clinical Practice

What Every Clinician Needs to Know

Sexual satisfaction is one of the best predictors for people reporting life satisfaction. Are you asking about sex in therapy?



- Confidently address sexual health issues such as pornography, nonmonogamy & sexting in therapy
- Nonjudgmentally evaluate & improve sexual health based on principles—not your clients' sexual interests
- Empower clients to claim their sexuality & disown shame

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Modern Sexual Issues in Clinical Practice
What Every Clinician Needs to Know

Many clients feel intense shame, guilt and moral conflict over sexual interests that are considered “abnormal.” Sexual concerns can have a drastic impact on a person’s mood, thoughts and overall mental health. Clinicians who don’t address sexuality in therapy are missing a critical component that would help their clients live happier lives and have healthier relationships.

Improve your clients’ overall mental health and life satisfaction by integrating sexual health interventions into your practice!

Join Dr. David Ley, PhD, as he walks you through the navigation of some of the most complex sexual issues that you’ll face as a clinician. You’ll walk away with the skills you need to address all of the issues below in therapy—and more!

- Appropriately assess the healthiness of your clients’ sexual interests
- Guide clients as they explore their ambivalence regarding issues such as pornography, casual sex and nonmonogamy
- Confidently assist clients who are unsure of their sexual orientation
- Help clients who have become socially isolated because of shame and fear regarding their sexual interests
- Strategies to help teens who are being bullied or harassed because of sexting

Register today to learn to effectively navigate issues of sexuality in your practice!

Speaker
DAVID LEY, PhD, is a licensed psychologist and internationally-recognized expert on issues related to sexuality, pornography and mental health. He has served as an expert consultant for numerous media outlets, appearing with Anderson Cooper, Katie Couric, Dr. Phil, Tom Ashbrook and Dan Savage. He has also been interviewed in publications ranging from the LA Times to the London Telegraph, and he has published extensively in both the academic and pop realms of literature. His books, The Myth of Sex Addiction (2012) and Insatiable Wives (2009), were revolutionary explorations of sexual issues which blended a powerful client-centered narrative with a rich understanding of psychology, biology and sociology.

Dr. Ley has provided treatment around sexuality-related issues for over 20 years, ranging from treatment of sexual offenders to counseling alternative-sexuality couples and individuals. He has consulted with treatment programs around the world about addressing sexuality issues in their treatment. At the same time, he is executive director of a large behavioral health and substance abuse outpatient program and supervises treatment to thousands of patients every year. As a result, Dr. Ley is able to bring a broad, practical approach to help mental health clinicians effectively address sexuality-related issues.

Speaker Disclosure:
Financial: David Ley is executive director for New Mexico Solutions. He receives a speaking honorarium from PESI, Inc.
Non-financial: David Ley is co-chair of the New Mexico Youth Provider Alliance/New Mexico Behavioral Health Provider Association.

Questions?
Call customer service at
800-844-8260

Target Audience:
Psychologists • Social Workers • Counselors • Marriage and Family Therapists
Sex Educators and Therapists • Addiction Professionals • Nurses

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

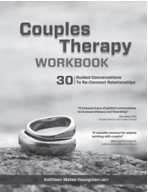
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LIVE SEMINAR & WEBCAST SCHEDULE
(Times Listed in Pacific)
7:30 a.m. Registration/Morning Coffee & Tea
8:00 a.m. Program begins
11:50 a.m.-1:00 p.m. Lunch (on your own)
4:00 p.m. Program ends
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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Couples Therapy Workbook:
30 Guided Conversations to Re-Connect Relationships

By Kathleen Mates-Youngman, M.A., LMFT

A series of scripted questions to promote meaningful couple conversations and build ongoing, connected communication. 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other – all presented in an easy-to-use mindful style.



Sex Made Simple:
Clinical Strategies for Sexual Issues in Therapy

By Barry McCarthy, Ph.D., ABPP

A comprehensive guide to healing sexual issues and dysfunction, with dozens of strategies, techniques and methods to promote healthy sexuality for couples and individuals. Including - tools for couples to maintain strong, resilient sexual desire, strategies to move past affairs, sexual trauma, variant arousal, and psychobiosocial model for assessment, treatment, and relapse prevention.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on July 22, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/71747

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepses@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS: PESI, Inc. is an approved provider by the CCAAPP-EI. Provider #: OS-03-036-1017. This activity meets the qualifications for 6.0 CEHs (continuing education hours).

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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- \$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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