

## Outline

### Making A Safe Therapy Environment for Your Client

- Create structure for therapy
- Transparency, control, and pace of treatment
- A contract for communication and confidentiality
- Maintaining boundaries
- Effective use of homework assignments

### Childhood Sexual Abuse & PTSD

- The right way to obtain a relational sexual history with your client
- Boundary transgressions (sexual & emotional)
- Triggers, flashbacks, and recovery needs
- Sources of shame connected to abuse
- Create an effective inquiry on childhood abuse
- Abuse as relates to adult sexuality

### Dealing with Sexual Shame

- Deciphering shame and guilt reactions
- Overcoming the challenge of childhood self-blame and false beliefs
- Sexual shame and identity development
- Impact of shame on sexual desire, arousal, and orgasm
- Managing shame during adult sexual relating

### Create a Collaborative Treatment Plan with Client

- Goal setting including behavioral guideposts
- Use of bibliotherapy and videotherapy for psychoeducation
- Exercises to create safety and connection
- Work through avoidance and aversion
- Sexual willingness as the pathway to sexual desire
- Safe containers for sexual behavioral homework

### Support Client Sexual Resilience

- Utilize an expansive sexual menu
- Mindful touch exercises to maintain calmness
- Coping strategies for difficult sexual experiences
- Enhancing sexual connection practices

### Live Webinar Schedule

*(Times listed in Eastern)*

- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 4:00** Program ends

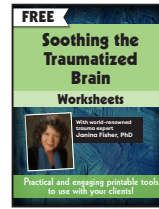
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

## Learner Objectives

1. Create a safe therapeutic environment for survivors of childhood sexual abuse.
2. Evaluate the effects of childhood sexual abuse on adult intimacy and sexuality.
3. Conduct a relational sexual history to identify known and unknown trauma.
4. Assess for boundary transgressions in childhood experience.
5. Prepare a treatment plan to address emotional and sexual impact of childhood sexual abuse.
6. Apply clinical techniques that help individuals and couples experience sexual healing.

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Join us online, for this live training!

# The Sexual Fallout from Trauma and PTSD

Restoring Healthy Sex for Survivors of Childhood Sexual Abuse

Featuring Psychologist & Sex Therapist Suzanne Iasenza, PhD

- Effectively assess for childhood sexual abuse
- Learn Dr. Iasenza's three-step approach to treatment
- Help couples co-create sexual healing and connection

# The Sexual Fallout from Trauma and PTSD

Restoring Healthy Sex for Survivors of Childhood Sexual Abuse

Live Interactive Webinar  
Friday, June 18, 2021

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# The Sexual Fallout from Trauma and PTSD

## Restoring Healthy Sex for Survivors of Childhood Sexual Abuse

Imagine a client entering therapy saying she has no desire for sex and hasn't had sex for the past 5 years of married life. Her husband is losing patience. They are beginning to fight and she is concerned that this is going to ruin her marriage. The therapist suggests getting a baby sitter more often, scheduling date nights, improving couple communication - but nothing seems to help.

### You feel stuck... your client feels frustrated and hopeless. What to do next?

Perhaps the sexual problem in the present relates to sexual trauma from the past?

How do you start exploring that possibility?

And what are the dos and don'ts to help survivors and their partners address the emotional and sexual impact of childhood abuse?

Join renowned sex therapist **Suzanne lasenza, PhD**, and learn how to assess childhood sexual trauma. Learn the signs you should be looking for and specifically what questions to ask — and what to avoid.

Once identified, how should treatment proceed? In this interactive live webinar Dr. lasenza will share with you the approach she's honed over many years helping individuals overcome deeply embedded sexual difficulties resulting from traumatic experiences.

### You'll be given a three-step approach that includes:

- How to conduct a relational sexual history to assess for childhood sexual abuse.
- Helping the clients (and partner) understand and manage the impact of trauma on their sex life.
- Provide behavioral interventions that help the couple co-create sexual healing.

In this **LIVE INTERACTIVE** webinar, you'll learn clinical techniques that help individuals and couples experience sexual healing. Case material will demonstrate an integration of couple systems and cognitive-behavioral approaches.

Don't miss this chance to learn from a master sex therapist and help clients live more fulfilling lives.

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## Meet Your Speaker

**Suzanne lasenza, PhD**, is on the faculties of the Institute for Contemporary Psychotherapy (ICP) in NYC and the Ackerman Institute for the Family. She maintains a private practice in psychotherapy and sex therapy in New York. Her latest book, *Transforming Sexual Narratives: A Relational Approach to Sex Therapy* was published by Routledge (2020).

### Speaker Disclosures:

Financial: Suzanne lasenza is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Suzanne lasenza is a member of the American Psychological Association; and the Association of Sex Educators, Counselors and Therapists.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Psychologists, Social Workers, Marriage and Family Therapists, Addiction Counselors, Nurses, and Physicians.**

For specific credit approvals and details, visit [pesi.com/webcast/85039](http://pesi.com/webcast/85039)

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## DVD (Option 3)

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### DVD Experience:

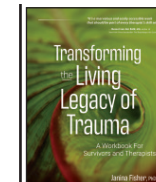
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## Recommended Reading:



**Integrative Sex & Couples Therapy**  
A Therapist's Guide to New and Innovative Approaches  
Dr. Tammy Nelson, Ph.D.  
~~\$34.99~~ **\$24.99\***

PUB086145



**Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists**  
Janina Fisher, Ph.D.  
~~\$29.99~~ **\$22.99\***

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\*Discount Included with purchase of the Webinar

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