

SENSATE FOCUS

SEX THERAPY AND SEXUAL MEDICINE:

The alchemy of touch, mindfulness, & somatic techniques

SENSATE FOCUS: DETAILS

Location: Asheville, North Carolina (*Exact location TBD*)

Date: Saturday, April 6, 2019, 9am – 4pm
Registration at 8:30am

Fees: **\$199 Professional Registration**
\$149 Student/Retiree Registration
Proof of full-time student status must be submitted

Credits: **6 AASECT CEU Credits**
6 AMA Category I CME Credits pending
*Provided by Fosnight Foundation (Aleece Fosnight),
AASECT CE Provider #17-514-W*

Register Online Today!

www.aleecefosnight.com/sensate-focus/ or contact
Aleece Fosnight directly at aleece.fosnight@gmail.com

SENSATE FOCUS: DESCRIPTION

Sensate Focus Touching is a highly useful adjunct to sex therapy for both mental health and allied health professionals to address sexual desire as well as a spate of sexual distresses and dysfunctions. Sensate Focus touching was developed by Masters & Johnson on the basis of their research and experience. It serves to foster mindful connection to self and partner as well as diminish anxiety through repeated touching experiences. In a structured hierarchy of touching experiences, clients learn to turn off their internal chatter and tune into their body, managing their mind's negative messages, building comfort and accumulating sexual tension. This is Sensate Focus, a simple but elegant and effective strategy. It is helpful for identifying and managing blocks to sexual feeling and expression, and for promoting healthy adaptations to the biopsychosocial challenges following cancer and other illness. Too often these challenges lead to sexual alienation, and to ongoing but unnecessary sexual dysfunctions. In this highly practical workshop participants will learn updates regarding best practices, be introduced to the underpinnings of Sensate Focus in Somatic Psychotherapy and Mindfulness Practice. They will be offered the opportunity to learn to apply Sensate Focus suggestions to diverse populations. This includes people with varied sexual concerns, those who have experienced sexual trauma, and those affected by chronic illness and disability. The program includes case consultation as well as video demonstrations of Sensate Focus positions and instructions.

Presenters



Linda Weiner, MSW, LCSW is the Co-Director of the Institute for Sexual & Relationship Therapy & Training, providing therapy, supervision, and workshops for the past 30 years. Ms. Weiner is a Diplomate in Clinical Social Work, a Certified Diplomate in Sexology and is certified by AASECT as a Sex Therapist, Supervisor, and CE provider. She has co-authored numerous articles, chapters, and books on the history and application of Sensate Focus techniques, including the recently published *Sensate Focus in Sex Therapy: An Illustrated Manual*.



Constance Avery-Clark, PhD is the Co-Director of the Institute for Sexual & Relationship Therapy & Training, an AASECT-Certified Diplomate of Sex Therapy and an AASECT CE Provider, and a Certified Diplomate in Sexology through the American Board of Sexology. Dr. Avery-Clark has doctoral degrees in Clinical Psychology and in Psychology–Jungian Studies. She has authored and co-authored numerous articles, a book chapter and, most recently, a book on the history and application of Sensate Focus techniques entitled *Sensate Focus in Sex Therapy: An Illustrated Manual*. She has been a practicing Licensed Psychologist in Boca Raton, Florida, for 29 years.

Audience: Physicians, physician assistants, advanced practice providers, nurses, sex therapists, sex educators, sex counselors, researchers, behavioral health providers, social workers, psychologists, counselors, therapists and any other interested sexual health providers.