

THE COUPLES CENTER AT UAMS PRESENTS:
**ESSENTIALS OF
SEX THERAPY**
BY CHELSEA WAKEFIELD PH.D., LCSW, AASECT



During this eight-week course, Dr. Chelsea Wakefield will teach the essentials necessary to offer real help to clients struggling with sexual issues. 8 Social Work Contact Hours.

In addition to a roadmap of treatment, she will offer a toolkit of handouts and worksheets she has developed over the years that you can use immediately in your practice.

OFFERED IN TWO FORMATS:

*ONLINE: FRIDAYS
APRIL 15TH THRU JUNE 3RD
FROM 8:00 A.M. TO 9 A.M.
There will be 15 minutes offered after each 1
hour didactic for Q & A and case consultations.

*IN PERSON: SATURDAYS
APRIL 23RD AND MAY 7TH
FROM 9:30 A.M. TO 2 P.M.
(1/2 hour for lunch)

***ALL ONLINE TEACHING SESSIONS WILL BE RECORDED FOR REVIEWING OR VIEWING AT YOUR CONVENIENCE.

WHAT THE COURSE WILL COVER:

- The necessary personal work required to be an effective sex therapist.
- Ways of opening inquiries that create a safe space for people to talk about their intimate concerns.
- Assessment/Sexual History – what to ask, what to listen for, and why it matters.
- Case Conceptualization – Listening beyond the words; thinking multi-dimensionally.
- Individualized treatment – assessing and working at the right level towards client-centered goals.
- Helping clients develop and self-define as unique sexual beings.
- Helpful interventions for specific sexual dysfunctions and partner dissatisfactions.
- Working with the profound ideas found in Betty Martin’s “Wheel of Consent”.
- Helping partners to talk to each other – the Initiator/Inquirer exercise.



THE COST OF THE COURSE IS \$197