

## Advanced Training in Sex Therapy

The Goodfellow Unit in conjunction with Sex Therapy New Zealand (STNZ) is pleased to offer this professional development opportunity.

### Course Aims:

- To prepare participants to effectively and comfortably deal with all issues of sexuality and intimacy.
- To comprehensively prepare participants to effectively treat all sexual dysfunctions.
- To provide participants with evidence based best practice in the field of sex therapy.

### Course Outline & Structure:

- 3 x 3 day modules over a period of 9 months (applicants must be available for all modules)

### Module 1:

Attachment and adult sexuality; differentiation, the neuroscience of human relationships; the nature of love and desire; models of relationships; affairs, models of sex therapy; working with couples; therapeutic relationship, transference, counter transference and erotic transference.

### Module 2:

Sexual orientation, gender & the notion of fluid sexualities; the adult sexual sequelae of childhood sexual abuse; sex therapy with survivors of sexual abuse and trauma; destructive expressions of sexuality: working with out of control sexual behaviours, compulsivity, atypical sexual behaviours and sex and the internet.

### Module 3:

The impact of aging on sexuality; dementia and intimacy; sexuality in residential care; the effects of illness, chronic pain, health problems and medication on sexuality; disability and sexuality.

- Modules include role plays to develop practical skills in applying theory and group exercises to allow trainees to explore their own issues of sexuality.
- Pre and post-module reading material and lists will be provided.
- Applicants must be prepared to spend 4 hours study time per week.
- Assignments to be completed after modules 1 and 2 to integrate learning.
- Submission of an audio tape of working with a client dealing with issues of sexuality.
- Completion of fifty hours of sex therapy supervised by a member of STNZ or other approved supervisor at your own cost. (Assistance in obtaining clients via STNZ is offered if necessary).

### **Course Dates:**

Module 1: Mon 1st, Tues 2<sup>nd</sup> and Wed 3rd August 2011

Module 2: Mon 31<sup>st</sup> October, Tues 1<sup>st</sup> and Wed 2nd November 2011

Module 3: Mon 27<sup>th</sup>, Tues 28th and Wed 29<sup>th</sup> February 2012

### **Course Facilitator:**

Dr Allyson Waite, Registered Clinical Psychologist & Co-director Sex Therapy New Zealand

### **Pre-requisites for the advanced training include:**

- Completion of Foundation Course
- Comprehensive training in psychology/psychotherapy/counseling
- Membership of a related professional association e.g. NZPS, NZCCP, NZAP, NZAC, NZACC

### **Sex Therapy New Zealand (STNZ)**

STNZ is a national network of sex therapists offering specialist sex therapy. Participants undertaking the Advanced Training may be eligible to contract to STNZ as a trainee and receive referrals for sex therapy. Participants who satisfactorily complete the advanced training and who meet the contracting requirements are eligible to apply as a full contracting therapist with STNZ subject to regional demand. For further details on the process of applying to contract to STNZ, please contact Allyson Waite on 021 060 4992 or [allywaite@xtra.co.nz](mailto:allywaite@xtra.co.nz).

**For further details on costs, payment options and registration, please contact Cecile Pilkington, Administrator, Goodfellow Unit: [c.pilkington@auckland.ac.nz](mailto:c.pilkington@auckland.ac.nz) or 09 923 6161**

**For further details on possibilities for undertaking the Advanced Training as part of a broader academic qualification, please contact Dr Peter Huggard, Director, Goodfellow Unit: [p.huggard@auckland.ac.nz](mailto:p.huggard@auckland.ac.nz) or 09 3737599 x 84500**