

# What to Do about Couples and Sex:

## A Sex Therapy Update in the Treatment of Couples



Using current research about developmental changes and the psychophysiology of sexual functioning, this conference will address adult sexual health,

changes over the life cycle, and the treatment of sexual problems. Treatment approaches will consider women's sexual health and sexual problems, men's sexual health and sexual problems and treatment of both within the framework of couple therapy.

### Conference Objectives

- The participant will be able to identify new understandings of sexual response cycle.
- The participant will be able to identify new research findings related to women's and men's sexual response.
- The participant will be able to identify sexual problems related to desire, arousal, orgasm, and problems with intimacy both within and outside the DSM IV-TR.
- The participant will gain knowledge in current treatment techniques for women's and men's sexual problems.
- The participant will gain knowledge about treatment for trauma/neglect and sexual problems.
- The participant will acquire information about managing ethical dilemmas and managing boundaries in sex therapy.



**2010 Annual Conference • February 26-27, 2010**

**Millennium Hotel Durham**

## NCAMFT

North Carolina Association for  
Marriage and Family Therapy  
P O Box 98073  
Raleigh, NC 27624

**Conference Information  
Enclosed**

# Pre-Conference Institutes 2010

## **100 Supervision Refresher Course**

*(note: this is a 5-hour class ending at 3:00 p.m. and requires a separate fee on the registration form)*

*Karen Caldwell, PhD, LMFT, AAMFT Approved Supervisor  
G. Tim Smith, MS, LMFT, AAMFT Approved Supervisor*

This course will cover a review of the supervision literature from the past five years; ethical principles and dilemmas that frequently arise in supervision; the development of supervision contracts; discussion of cultural, gender, and socioeconomic issues in therapy and supervision; and a review of the responsibilities for supervision mentoring. This course has been pre-approved by AAMFT to meet the requirement of mandatory continuing education for approved supervisors. Required Reading: Approved Supervisor Designation Standards and Responsibilities Handbook Available from AAMFT on-line at: [http://www.aamft.org/membership/Supervision/Approved%20Supervisor\\_handbook.pdf](http://www.aamft.org/membership/Supervision/Approved%20Supervisor_handbook.pdf)

## **101 Integrating Energy Psychology into Couples and Family Therapy**

*Katlin Hecox, LMFT*

Integrating Energy Psychology into couples and family therapy is designed to help the practitioner identify how energy-based practices can be applied to systems work, and to review skills, strategies and the ethics of such application. The works of Satir and Rogers will be reviewed as well as current research as to the application of energy-based treatments for stress management, trauma treatment, addictions treatment and interfacing with other healing modalities. Energy-based techniques and skills will be introduced as well as professional associations to develop further expertise in Energy Based Therapies. Self-care strategies using energy based principles will be presented.

## **102 Multiculturalism in Practice**

*Michelle Cawn, MA, LMFT, CEAP*

This workshop will review current development theories in the field of multiculturalism and have open discussion regarding practice implications. Dangers in cultural isolation and stereotyping from a systems perspective will be explored. The overall goal of this workshop is to allow for open dialogue to explore Multicultural Competencies in the MFT field and to increase understanding from the therapist, individual and family system.

## **103 Compassion Fatigue in Marriage and Family Therapists**

*Martha Teater, MA, LMFT*

Witnessing the suffering of traumatized individualized and families can have a negative impact and take quite a toll on therapists. This secondary trauma or vicarious traumatization can harden even the most empathetic therapist and they may lose their energy and enthusiasm. They tend to lose their empathy, their sense of purpose, and may even feel inadequate to meet the needs of those they serve. This workshop will provide participants a self-assessment tool to gauge their own level of compassion fatigue. This program is interactive, and appropriate AV materials will be utilized to enhance presentation. It is designed for all direct service providers and administrators.

## **104 The Ethical Constraints of Working with Rural Populations**

*Jennifer Hodgson, PhD, LMFT  
Melissa Lewis*

Providing mental health services to the members of a rural community can be complicated. You may be the only choice for a provider of mental health care in an area where anonymity is almost impossible. You may be called on to offer services to your community's minister, postal carrier, teacher, etc. Drawing healthy boundaries around our professional and personal lives becomes an exercise in compassion and self preservation. This workshop will help clinicians think about the ethical considerations needed when providing therapeutic services in rural communities and will present several models for useful ethical decisions when working and living in rural contexts.

## **105 Diagnosis and Treatment of Low Libido Women**

*Laurie Watson, LMFT, LPC*

This workshop will emphasize the need to include a sexual functioning assessment for every individual and couple. Participants will learn the normal female sexual arousal cycle, discern how problems begin, how to teach a woman to reach orgasm step by step and how to examine issues leading to painful intercourse. Case studies and audience participation will be utilized during this seminar.

## **106 Children Who are Exposed To Too Much**

*Lee "Bob" Smith, MS, LMFT  
Teri Herman, MA, QP  
Jane Vermette, MSW*

This workshop will explore the consequences of exposure to violence for children. The impact on individual children depends on the number of risks or protective factors present. The consequences of exposure to violence are felt far into the future, not only by the children and youth who are exposed, but by society at large. Studies have shown that exposed children are at increased risk of developing violence-condoning attitudes, internalizing problems such as depression and anxiety, and externalizing problems such as aggressiveness and antisocial behavior. This workshop will explore this issue and offer ways to begin to address it in an effort to begin the healing and reduction of violence in the families we see.

## **107 The Role of Differentiation of Self in the Process of Forgiveness: Implications for Couple and Family Therapy**

*E. Wayne Hill, PhD, LMFT*

This workshop will explore the role of differentiation in facilitating forgiveness in the context of couple and family relationships. Differentiation is defined from the Bowen perspective as the ability to connect with others without being emotionally reactive to the ebb and flow inherent in all significant relationships. Forgiveness is described as the releasing of an emotional injury via a complex psychological and relational process that is less an act of will than a discovery of a possibility through understanding and empathy. A rationale for viewing and facilitating differentiation and forgiveness in a contextual (family of origin), historical, and relational attachment paradigm is offered. Clinical cases will illustrate the dynamics of differentiation and forgiveness.

## 108 Providing MFT Care to Returning Veterans and Their Families

Jerry D. Powell, D. Min, LPC, LMFT, NCC

Returning veterans from the War on Global Terrorism often come back as different people than when they left. Families may no longer know each other. This workshop will help clinicians understand the differences between post combat readjustment, PTSD and mild traumatic brain injury and how different approaches can be used to treat couples and families. Participants will better understand unique assessment tools available for combat vets and how to integrate these instruments into therapy. Through video-taped interviews of clients and couples, handouts, resources from the Department of Defense and group discussion, the MFT participants will be able to engage this unique and growing population.

# Conference Schedule

## Thursday, February 25, 2010

### Pre-Conference Institutes

*(extra fee applies – check registration form for details)*

- 8:00 – 9:00 a.m. **Pre-Conference Registration**
- 9:00 – 12:00 noon **Morning Sessions**
- 100 **Supervision Refresher Course**  
*(Note: This is a 5 hour class ending at 3:00 p.m. and is a separate fee on the registration form)*
- 101 **Integrating Energy Psychology into Couples and Family Therapy**
- 102 **Multiculturalism in Practice**
- 103 **Compassion Fatigue in Marriage and Family Therapists**
- 104 **The Ethical Constraints of Working with Rural Populations**
- 12:00 – 1:00 p.m. **Lunch on Your Own**
- 1:00 – 4:00 p.m. **Afternoon Sessions**
- 105 **Diagnosis and Treatment of Low Libido Women**
- 106 **Children Who Are Exposed To Too Much!**
- 107 **The Role of Differentiation of Self in the Process of Forgiveness: Implications for Couple and Family Therapy**
- 108 **Providing MFT Care to Returning Veterans and Their Families**
- 4:00 – 6:00 p.m. **Early Conference Registration**

## Friday, February 26, 2010

### Women's Sexual Health, Sexual Problems, and Treatment Approaches

- 7:30 – 8:30 a.m. **Registration and Continental Breakfast**
- 8:30 – 10:00 a.m. **Women and Psychophysiology of Sexual Functioning: Not Your High School Sex Ed Course**
- 10:00 – 10:15 a.m. **Break**
- 10:15 – 11:45 a.m. **Women's Sexual Problems**
- 11:45 – 1:30 p.m. **Awards Luncheon**
- 1:30 – 3:00 p.m. **Treating Women's Sexual Problems in the Couple Therapy**
- 3:00 – 3:15 p.m. **Break and Poster Session**
- 3:15 – 4:45 p.m. **Special Topics in Treatment of Women's Sexual Problems**

## Saturday February 27, 2010

### Men's Sexual Health, Sexual Problems, and Treatment Approaches

- 7:30 – 8:30 a.m. **Registration and Continental Breakfast**
- 8:30 – 10:00 a.m. **Men and Psychophysiology of Sexual Functioning: Not Your High School Sex Ed Course**
- 10:00 – 10:15 a.m. **Break**
- 10:15 – 11:45 a.m. **Men's Sexual Problems**
- 11:45 – 1:30 p.m. **Membership Meeting**
- 12:30 – 1:30 p.m. **Mentoring Session for Students with Sallie Foley**
- 1:30 – 3:00 p.m. **Treating Men's Sexual Problems in the Couple Therapy**
- 3:00 – 3:15 p.m. **Break**
- 3:15 – 4:45 p.m. **Special Topics in Treatment of Men's Sexual Problems**

# Miscellaneous Information

## Hotel Information

All events will be held at the Millennium Hotel Durham, Durham, NC. The Millennium has a block of rooms available for attendees at the rate of \$99.00 single/double. **Room reservations must be made by January 25, 2010 by calling reservations at 1-800-633-5379. Please indicate to the clerk that you are with the North Carolina Association for Marriage and Family Therapy conference.** After this date rates and availability cannot be guaranteed.

## Book Sales

**General Book Sale** featuring professional books of general interest. **Used Book Sale** – all books will be sold for \$5.00 each and all proceeds will go to the Capital Campaign. If you are interested in donating books for this sale, please contact the NCAMFT office at **877-862-2638** or **cami@nc.rr.com**.

## Job Connection

If you are looking for employment, or know of a position that is available or will be in the near future, please e-mail your resume and/or position announcement or any questions to **cami@nc.rr.com**. All information will be visibly displayed at the conference. We are hoping that this opportunity will facilitate job connections among our members.

## Continuing Education Information

12 contact hours will be issued for the completion of February 26 & 27 with Sallie Foley, LMSW. **You must attend the entire conference to receive the full 12-hours. If you are unable to attend the entire conference, you will be awarded the hours you attend.** A possibility of 6 hours (3 per class) are available on Thursday, February 25, depending on your choice of courses.

## Refund Policy

All requests for refunds must be sent in writing, by **February 6, 2010**, and are subject to a \$30 cancellation fee. No refunds will be made after February 6, 2010, for any reason due to hotel meeting guarantees.

**For Additional Information please contact**  
NCAMFT • P O Box 98073 • Raleigh, NC 27624

Toll Free: **877-862-2638**  
or local **919-518-1919**  
E-mail: **cami@nc.rr.com**  
Web Site: **www.ncamft.org**

# Biography

**Sallie Foley**, LMSW is the director of *The Center for Sexual Health* at University of Michigan Health Systems and the director of the University of Michigan's Sexual Health Certificate Program for the center for sexual health and the Graduate School of Social Work. She is an AASECT certified sexuality educator, supervisor, and diplomate of sex therapy. She has been on faculty at the Graduate School of Social Work since 1981.

She has written chapters and articles about the treatment of sexual difficulties and co-authored the publicly acclaimed *Sex Matters for Women: A complete guide to taking care of your sexual self* (Guilford, 2002). Her most recent book, *Modern Love: A no-nonsense guide to a life of passion* (Sterling, 2006) was based on her column "Modern Love" in the nationally circulated AARP magazine. Her research interests include sexual health concerns and chronic illness and teaching health care providers about sexual health. She is on the editorial board of the *American Journal of Sexuality Education*.

**2010**  
**Annual Conference**  
**February 26-27, 2010**



*Strengthening family, couple, and individual health*

***Pre-Conference Institutes***  
***February 25, 2010***

**Millennium Hotel Durham**  
2800 Campus Walk Avenue  
Durham, North Carolina

# NCAMFT 2010 Conference Registration Form

Name (as you want it to appear on your badge - PLEASE PRINT)

Address/City/State/Zip

Work Phone

Fax

E-Mail

Special Accommodations/Dietary Needs

## Pre-Conference Institutes (Thursday, February 25)

Please indicate which session  
AM \_\_\_\_\_ PM \_\_\_\_\_

	Before 1/25	After 1/25	Your Payment
Supervision Refresher Course	\$110	\$120	\$ _____
NCAMFT/AAMFT Member	\$55 each	\$60 each	\$ _____
Non-Members	\$60 each	\$65 each	\$ _____
Student Member	\$25 each	\$30 each	\$ _____
Non-Member Student	\$30 each	\$35 each	\$ _____

## Conference Registration (Friday and Saturday, February 26 – 27)

	Before 1/25	After 1/25	Your Payment
NCAMFT/AAMFT Member	\$195	\$245	\$ _____
Non-Members	\$245	\$295	\$ _____
Student Member	\$90	\$100	\$ _____
Non-Member Student	\$110	\$120	\$ _____

## One Day Conference Registration

Please indicate which day  
Friday \_\_\_\_\_ Saturday \_\_\_\_\_

	Before 1/25	After 1/25	Your Payment
NCAMFT/AAMFT Member	\$100	\$140	\$ _____
Non-Members	\$125	\$165	\$ _____
Student Member	\$50	\$55	\$ _____
Non-Member Student	\$60	\$65	\$ _____

## Special Considerations

Sponsor-A-Student (send a student to the conference)	\$90	\$ _____
Capital Campaign Donation (may not be deductible)		\$ _____

**TOTAL PAID** \$ \_\_\_\_\_

**Pay by Credit Card:** (MasterCard or Visa)

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ 3-Digit security code \_\_\_\_\_

Billing Address (if different than above) \_\_\_\_\_

Make check payable  
to NCAMFT  
mail to:

P O Box 98073  
Raleigh, NC 27624  
919.844.8119 (fax)