Attachment, Sexuality and the Body:
An Integrated Approach to Comprehensive Couples and Sex Therapy

Psychology 898.4
Reg#: CE credit for Psychologists – Z0123
Reg#: MFT/LCSW Credit – Z0124
Reg #: Not for credit – Z0122

Workshop Syllabus

Instructor: Stella Resnick, PhD is a clinical psychologist, a couples’ therapist, and an AAECT-certified Sex Therapist and Clinical Supervisor. Her latest book is The Heart of Desire: Keys to the Pleasures of Love.

Date: Saturday, May 18, 2013

Time: 9am-4pm

Location: UCLA Extension Lindbrook Center, Room 201

Course Description:

Cutting-edge research reveals the deep interconnections between attachment and sexuality. Secure, anxious, avoidant, and ambivalent attachments become an individual's body-based roots of adult intimacy, affecting such issues as romantic attraction, comfort with closeness, emotional reactivity under stress, post-commitment libido, and whether or not sexual contact is motivated by feelings of love and pleasure, sought primarily for reassurance, or performed out of obligation. The studies point to the core role of non-verbal, body-based stress triggers that can limit loving feelings and sexual pleasure.

This one-day workshop provides a life-long developmental model for emotional and sexual intimacy along with a therapeutic approach to relationship and sexual issues that integrates cognitive-behavioral and somatic-experiential methodology.

The workshop draws the links between multidisciplinary research and the everyday love life of committed couples. A brief review and cross-referencing of relevant findings in attachment neuroscience, neuroplasticity, sexology, and the science of flourishing demonstrates the value of an integrative approach that includes talk therapy, mindful stress-regulation, personal and interpersonal body-attunement, and skills-development.
Course Description (continued):

This workshop takes a brief look at some of the intimacy issues that can impact relationship satisfaction—conflict, power struggles, a loss of sexual interest, or a desire for greater emotional closeness in one or both partners. Relevant studies are reviewed that cast a new and deeper light on these kinds of intimate exchanges, particularly the subtle facial micro-expressions and gestures that may trigger implicit memories and reflexive reactions between partners without either partner even perceiving that they were triggered. We examine the important role of romantic playfulness in maintaining sexual desire in committed partners, and what we can learn from the surprising results in studies on romantic love in long term couples.

Finally, participants will have an opportunity to experiment with several somatic-experiential methodologies like mindful awareness, breath and body attunement, taking an emotional inventory, and a variety of tools for becoming alert to, and to clearly identify underlying visceral and sensory experience. The emphasis in all these explorations will be on helping clients resolve old patterns and develop skills for enjoying a wide spectrum of loving pleasures in an intimate relationship.

Specific Learning Objectives:

Upon completion of this workshop, participants will be able to:

1. Integrate a cognitive-behavioral methodology with a somatic-experiential methodology for processing clients’ emotional and sexual issues.

2. Assess the basis of limiting relationship or sexual patterns in the attachment history of each individual.

3. Observe subtle facial, vocal, postural, and gestural cues by which clients reveal unacknowledged beliefs and feelings.

4. Identify nonverbal, implicit messages that pass between partners that can enhance or limit their feelings of intimacy.

5. Review the risk factors for the “emotional contagion” of anger and fear, or that foster empathy and closeness between partners.

6. Describe the roles of romantic playfulness and pleasure in the happiness and resilience of a relationship and assign effective homework exercises.
Peer Reviewed Research Citations:

Schore, A. N. (2001). The effects of a secure attachment relationship on right brain

Siegel, D. (2001). Memory: An overview, with emphasis on developmental,


Recommended Reading:

Statements About Information Presented in the Program:

Accuracy and Utility of the Information Presented:
The information provided in this seminar is completely accurate and highly useful for couples and sex therapists.

Limitations of Content:
The content can be effectively integrated in any responsible skilled therapists clinical approach.

Risks Associated with the Information Provided:
There are no risks associated with the information provided.

Relevancy to Practice:
The material is highly relevant to psychotherapy and sex therapy practice.

Assessment of Participant Learning and Program Evaluation Form:

An assessment of participant learning will be included as a question in the workshop evaluation form. Please take time to fill-out and return the form at the end of this workshop. Your feedback is valued and will help UCLA Extension plan future continuing education activities for mental health professionals.

Disclosure Statement:

UCLA Extension strives to ensure balance, independence, objectivity, and scientific rigor in all sponsored educational programs. All speakers/instructors participating in these programs have completed a disclosure statement indicating any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this continuing education program. The disclosure pertains to relationships with commercial entities including but not limited to pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the presentation topic.

The program coordinator and speaker(s) for this course disclosed having no conflict of interest.
Professional Continuing Education Information:

If you would like to receive verification documents for the following Professional Organizations/Agencies, please be sure to Sign-in and Sign-out on the forms provided by your instructor. Only enrollees who sign-in and sign out and provide a valid license/certification number for their respective organization/agency will be sent a verification document. Please allow three weeks from the date of the program for your documentation to be processed and sent.

Note: Variable credit for partial attendance cannot be awarded; full attendance is required.

Licensed Psychologists
Sign-in and sign-out on the form labeled Psychologists

Please be sure to include current license number on the sign-in/sign-out forms.

UCLA Extension is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA Extension maintains responsibility for this program and its content. This course offers 6.0 contact hours of continuing education credit for psychologists. The California Board of Psychology recognizes APA CE Sponsor credit as meeting the requirements for license renewal.

MFTs/LCSWs
Sign-in and sign-out on the form labeled MFTs/LCSWs

Please be sure to include current license number on the sign-in/sign-out forms.

This course meets the qualifications for 6.0 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

UCLA Extension Contact for this Course:

Regina Marinas; rmarinas@uclaextension.edu

Accommodations:

If you need any accommodations for a disability, please contact the UCLA Extension Services for Students with Disabilities at: (310) 825-7851 or via e-mail access@uclaextension.edu
Schedule for Program

6 contact hours

8:30 - 9:00 am  Check-in

9:00 – 10:30 am  Attachment Styles as Love Styles:
The Developmental Link between Attachment and Sexuality

10:30 – 10:45 am  Break

10:45 – 12:00 noon  The Body Speaks Where Words Fail:
Adult Love, Libido, and Implicit Programming

12:00 - 1:00 pm  Lunch Break

1:00 – 2:30 pm  Going Deeper and Getting in Touch:
Shuttling between a Cognitive and Somatic Focus in Therapy

2:30 - 2:45 pm  Break

2:45 – 4:00 pm  Affection, Desire, Pleasure, and Play as Daily Practices:
The Value of Experiential Tracking in Behavioral Change

- —15 minutes for final Q&A

Please silence all cell phones during the program.