

The Art and Science of Embodied Relational Pleasures (an ERST virtual training)

with Stella Resnick

Learning Objectives September 17-25, 2021:

1. Describe 2 ethical considerations specific to therapy with diverse sexual issues.
2. Describe the new research on a two-person psychology vs. a one-person psychology how this is particularly valuable in treating couples' and sexual concerns.
3. Identify key ways that sexual problems offer valuable opportunities for personal growth and self-development in couples' therapy.
4. Discuss the new emphasis on brain laterality and the evidence for the differences between the left brain and the right brain and how a focus on right brain implicit triggers can enhance effectiveness in couple's and sex therapy.
5. Discuss how the sensory-processing differences between naturally introverted and extroverted partners can affect their capacity to mesh relationally and sexually.
6. Utilize three possible ways to facilitate "corrective emotional experiences" in psychotherapy to repair past experiences that block current intimacies.
7. Describe the differences and similarities between hedonic pleasures and eudaemonic pleasures and research findings on hot spots in the brain that demonstrate that pleasurable experiences can lessen painful emotions and enhance courage and compassion, and broaden behavioral, and erotic repertoires.
8. Define "hedonic resilience" and describe how this neurological state induces subjective feelings of happiness and contentment.
9. Describe how implicit sense memories can appear as flashbulb images that can interfere with capacity to be present for the pleasures of intimacy.
10. Discuss recent research that describes the interplay between early attachment history and adult sexual concerns.
11. Describe 2 differences between an embodied-relational approach to couples and sex therapy and a symptom-reduction approach.
12. Utilize present-centered embodied relational processing and breath work to explore and enhance client capacity for emotional and sexual intimacy.
13. Discuss research in neuroscience that is relevant to relational and sexual healing.

14. Identify the basis of limiting relationship and sexual patterns in the neurobiological attachment history and psychosexual development of an individual.
15. Describe how early childhood history of subtle sex-negative cues from parents can have a lasting negative impact on adult sexuality.
16. Describe research evidence that details significant factors during psychotherapy that support and encourage change.
17. Define “therapeutic presence” and evidence that therapists embodying this quality provide the quality of empathy that has been shown to lead to healing and lasting positive change in psychotherapy.
18. Discuss sociological and psychobiological evidence that demonstrates that LGBTQ individuals are part of the natural biodiversity of human sexuality.
19. Utilize nonverbal body-based methods during therapy to enable clients to become aware of bodily tensions and feelings of shame that impair ability to trust intimacy and enjoy sexual feelings.
20. Apply personal methods of stress-awareness and self-regulation that support a therapist’s clinical intuition and expertise and ability to down-regulate a couple’s conflict during a session.
21. Identify nonverbal micro-communications that pass between partners in couples’ therapy that can sabotage success in therapy.

PRESENTER: Stella Resnick, Ph.D.