Learning Objectives:

1. Develop specific questions that get to the heart of what’s really going on in bed—and in each person’s head—during sex.
2. Teach clients a new vocabulary to describe their level of arousal, and help them stop expecting themselves to function sexually when they’re not really aroused.
3. Recommend techniques to clients to improve the erotic climate in a relationship, such as doing simple mindfulness practices in bed together.
4. Articulate how to help clients feel more confident communicating their sexual needs and feelings.
5. Assess your own level of comfort with being an “accidental sex therapist” when individuals and couples unexpectedly bring up sexual problems during the course of therapy.