

Couples Therapy Meets Sex Therapy

Toward an Integrated Approach

SUSAN JOHNSON AND SUZANNE IASENZA

You can't help couples really achieve more intimacy without exploring the sexual dimension of their relationship. But generally, clinicians who focus on attachment tend to pay less attention to sexuality, and vice versa. This workshop will focus on a dialogue between two clinicians with contrasting approaches as they offer their perspective on effective ways to address the pressures that can reduce sexual fulfillment in contemporary relationships. You'll explore the increasing prevalence of nontraditional couples who practice kink, polyamory, and open relationships. Discover how to develop a more integrated couples approach by:

- Integrating sexuality issues into Emotionally Focused Couples therapy
- Identifying attachment issues that can significantly impact a couple's sexuality
- Helping couples develop a sexual life with or without sexual desire

Suzanne Iasenza, PhD, is faculty at the Institute for Contemporary Psychotherapy and teaches at the Ackerman Institute for the Family. Her latest book is Transforming Sexual Narratives: A Relational Approach to Sex Therapy. Susan Johnson, EdD, is the developer of Emotionally Focused Therapy. Her latest book is Attachment Theory in Practice.

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Learning Objectives:

1. Determine how to integrate sexuality issues into EFT couple therapy.
2. Evaluate attachment issues that can impact a couple's sexuality.
3. Determine how to help couples develop a sexual life with or without sexual desire

Outline:

1. Explore how to integrate sexuality issues into EFT couple therapy.
 - a. Discussion of how to increase couple communication and connection as safe context to integrate sexuality issues.
2. Identify attachment issues that can impact a couple's sexuality
 - a. Presentation about how to conduct a relational sexual history including identification of attachment wounds associated with adult sexuality.
3. Describe how to help couples develop a sexual life with or without sexual desire
 - a. Discussion of expansive models of sexual response that do not require sexual desire as a necessary component.

Reference List

Book:

Iasenza, S. (2020). *Transforming Sexual Narratives: A Relational Approach to Sex Therapy*. New York: Routledge.

Johnson, S. (2019). [*Attachment Theory in Practice — Emotionally Focused Therapy \(EFT\) with Individuals, Couples and Families*](#). New York, NY: Guilford Press.

Articles:

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