How do you help couples in low-sex and sexless relationships? This workshop will uncover where lack of desire originates and how to treat desire discrepancy using contemporary interventions and treatment models. Through real case studies, we’ll focus on three areas that are often at the root of low- or no-sex marriages—pleasure resistance, avoidance, and rejection—and the most effective strategies to help couples achieve sexual empathy and long-term erotic recovery. You’ll discover:

- Techniques to work with couples around desire vs. arousal and performance vs. pleasure
- How to create individualized models for treatment using integrative sex and couples therapy when treating sexual dysfunction
- Clinical strategies for healing arousal dysfunction, renewing and rekindling desire, and integrating a trauma model into your work
- How to address the three areas of pleasure disorder, and why they often involve issues around betrayal, trust, identity, and self-esteem

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Learning Objectives:

1. Apply techniques to work with couples around desire vs. arousal and performance vs. pleasure.
2. Assess the ins and outs of helping couples create monogamy agreements and other interventions for renewing low- and no-desire relationships.
3. Distinguish how attachment-based vs. individuation-based approaches compare when treating sexual dysfunction in couples.
4. Use clinical strategies for healing arousal dysfunction, renewing and rekindling desire, and integrating a trauma model into your work.
5. Determine how to address the three areas of pleasure disorder, and why they often involve issues around betrayal, trust, identity, and self-esteem.

Outline:

- Intro
- Lack of desire in sexless and low-sex couples
- How to treat desire discrepancy
- Desire v arousal
- Performance v pleasure
- Monogamy vs agreement
- Dyads
- Sexual empathy – case study
- Erotic recovery
- Interventions for low and no desire relationships
- Attachment vs individuation - case study
- Clinical strategy for arousal dysfunction, renew and rekindle desire
- Healing trauma and betrayal, trust, identity, self esteem
- Q&A

Reference:


Gewirtz-Meydan, Ateret & Finzi-Dottan, Ricky, Sexual Satisfaction Among Couples: The Role of Attachment Orientation and Sexual Motives The Journal of Sex Research Vol. 0 , Iss. 0,0