

FUNCTIONAL SEX THERAPY

**GROUND BREAKING,
PRACTICAL & EFFECTIVE TREATMENT
OF SEXUAL DYSFUNCTIONS**

INCLUDING:

**PREMATURE EJACULATION
COITAL ORGASMIC DISORDER
VAGINISMUS / DYSPAREUNIA
SEXUAL DESIRE DISORDERS
ERECTILE DISORDER
DELAYED EJACULATION**

TRAINING WORKSHOPS FOR PROFESSIONALS

Training provided by

Francois de Carufel, PhD.

Psychologist, Sex Therapist, Founder of Functional Sex Therapy

Stuart Brody, PhD DSc CPsychol FBPSS.

Professor of Psychology, Sex Therapist, Sex Researcher

Sarah Calvert PgDip, UKCP COSRT.

Psychotherapist, Psychosexual & Relationship Therapist

LONDON 2018 - 2019

WHAT ARE THE OBJECTIVES OF THE TRAINING?

The training provides clinicians with clinical tools to carry out concrete, effective and time-efficient sex therapy interventions. The training is essential for all clinicians who want to become more competent and effective in their treatment of sexual problems within their practice.

FOR HOW LONG HAS THE TRAINING BEEN OFFERED?

The training has been offered for over 15 years, but almost exclusively in French (in France, Belgium, Canada, Reunion Island, and New Caledonia). Functional Sex Therapy has become widely used in France and Belgium.

FOR WHOM IS THE TRAINING INTENDED?

The training is intended for psychologists, sexologists, general practitioner physicians, gynaecologists, psychiatrists, physiotherapists, counsellors, psychotherapists, social workers, nurses, midwives, sex educators and other health professionals. It is also open to graduate students in disciplines related to the fields of health and mental health.

HOW IS THE TRAINING STRUCTURED?

The program consists of two four-day sessions, separated by six months. This enables participants to start to integrate the initial four days of training into their practice before returning for the second tranche. The training is conducted in the form of interactive seminars and includes theoretical content, detailed description of treatments, practical information on how to provide Functional Sex Therapy, including physical exercises along with how to teach these exercises to patients, case studies, clinical role-playing, and the presentation of clinical research supporting the Functional Sex Therapy Model.

HOW DOES IT DIFFER FROM TRADITIONAL SEX THERAPY?

Functional Sex Therapy treatments are based on the model of sexual functionality developed by Dr François de Carufel. This model offers a clear understanding of the biological, personal, relational and social components involved in adequate sexual functioning. It includes both cognitive and corporeal methods of managing sexual excitement and enhancing emotional and physical connection.

The training provides clear guidelines and effective tools to assess and treat the full spectrum of sexual dysfunctions including: premature ejaculation, coital orgasmic disorder, vaginismus / dyspareunia, sexual desire disorders, erectile disorder, delayed ejaculation.

Functional Sex Therapy treatments are structured, and training provides a detailed approach demonstrating to clinicians how they can integrate this way of working into their individual practices, session by session. The assessments are comprehensive and encompass the diverse sexological and non-sexological factors involved in the genesis of sexual disorders. At the end of the training, the clinician is equipped with efficient Functional Sex Therapy techniques. These techniques are different from the techniques taught in traditional psychosexual and relationship therapy, psychotherapy and medical training programmes.

The Cochrane review of psychosocial interventions for treating premature ejaculation reported that Functional Sex Therapy was the best empirically supported psychological treatment of premature ejaculation and fully met the criteria of evidence based medicine.

WHAT TYPE OF TRAINING IS PROVIDED?

The training provided is twofold. First, the theoretical portion of the training is geared toward acquiring knowledge of the fundamentals of Functional Sex Therapy. Second, the practical portion aims to develop the clinical skills necessary for establishing a diagnosis, planning treatment, and delivering therapy.

Part of the clinical work focuses on changing the way patients think and move their bodies during sexual activities. These ways of thinking – associated with the inadequate use of sexual body movement – influence the course of sexual tension and have a major influence on the origin and maintenance of various female and male sexual dysfunctions.

WHO PROVIDES THE TRAINING?

Dr Francois de Carufel:

Dr. de Carufel taught for over ten years in the Department of Sexology at the Université du Québec à Montréal, and now teaches in the Faculty of Psychology at the Université de Louvain in Belgium. He was chief editor of the journal *Réalités en Gynécologie-Obstétrique/Sexologie* published in Paris, and is currently clinical director of the Functional Sex Therapy Unit at the Waterloo Hospital in Belgium. Dr de Carufel is the author of "Premature Ejaculation: Theory, Evaluation and Therapeutic Treatment" (Routledge, 2016) which describes in detail the Functional Sex Therapy treatment of premature ejaculation. He is currently writing "Sexual Functionality" which will present the model of sexual functionality underlying Functional Sex Therapy.

For many years, Dr. de Carufel has given invited scientific presentations and training seminars at venues including the, Association for Advancement of Behavior Therapy, European Society for Sexual Medicine, and World Association for Sexual Health.

francois.decarufel@uclouvain.be

Dr Stuart Brody:

Dr. Brody is visiting professor at Charles University in Prague, having previously been Professor of Psychology at the University of the West of Scotland. He also conducted research at the Universities of Tübingen and Trier (Germany) and worked as a clinician in New York City. He is a Chartered Psychologist and a Fellow of the British Psychological Society. He has both a PhD in Clinical Psychology as well as a higher doctorate DSc in Psychology conferred by the Academy of Sciences of the Czech Republic. Dr. Brody is author of *Sex at Risk* (Transaction, 1997) and 190 publications in scholarly journals, and is a highly cited sex researcher. He currently provides sex therapy and sex psychology training and supervision for professionals, direct client consultations, and assessments for courts and police.

www.DrStuartBrody.com

Sarah Calvert UKCP & COSRT:

Sarah is both an accredited Psychotherapist and a Psychosexual and Relationship therapist with a wide-ranging and in-depth clinical experience. She has substantial experience of working in NHS settings, both within primary care and hospital settings; most recently within the Psychosexual department at 56 Dean Street (Chelsea & Westminster Hospital). She is also a speaker on mental health issues within the corporate sector, has made contributions to the media on the impact of pornography and virtual reality pornography and is involved in running psychosexual training for professionals. Sarah's private practice is based in central and south east London.

www.sarahcalvert.co.uk

CONTENT

SESSION 1 & 2

DAY 1

1.1 Theoretical fundamentals

- History of Functional Sex Therapy
- Concept of sexual functionality
- Biological dimension of sexual functionality:
anatomical structures and physiological processes
- Personal dimension of sexual functionality:
gender identity, sexual orientation, sexual directivity

1.2 Assessment

- Functional Sex Therapy assessment

1.3 First session with the client

- First interview techniques
- Developing the therapeutic alliance.

1.4 Treatment

- Structure of therapeutic sessions
- Premature ejaculation

DAY 2

2.1 Theoretical fundamentals

- Personal dimensions of sexual functionality:
sexual preferences

2.2 Assessment

- History taking

2.3 Research supporting the theory and practice of Functional Sex Therapy

- The Cochrane review on Premature Ejaculation

2.4 Treatment

- Premature ejaculation (continued)

DAY 3

3.1 Theoretical fundamentals

- Personal dimensions of sexual functionality:
managing sexual tension (physiological and
emotional aspects)

3.2 Assessment

- Clinical impressions

3.3 Research supporting the theory and practice of Functional Sex Therapy

- Studies on women's orgasm

3.4 Treatment

- Premature ejaculation (continued)

DAY 4

4.1 Theoretical fundamentals

- Personal dimensions of sexual functionality:
managing sexual tension (behavioural and
cognitive aspects)

4.2 Assessment

- Functional Sex Therapy analysis of body
movement: time, space, intensity

4.3 Research supporting the theory and practice of Functional Sex Therapy

- Studies on women's orgasm (continued)

4.4 Treatment

- Coital orgasmic disorder

DAY 5

5.1 Theoretical fundamentals

- Causality in sexology
- Femininity and masculinity

5.2 Assessment

- Functional Sex Therapy interpretation of body movement (gait, posture, gesture)

5.3 Research supporting the theory and practice of Functional Sex Therapy

- Studies on autonomic nervous system, body fat, exercise, and pelvic musculature

5.4 Treatment

- Coital orgasmic disorder (continued)

DAY 6

6.1 Theoretical fundamentals

- Relational dimension of sexual functionality: the couple's sexual harmony

6.2 Assessment

- Evaluation of sensuality

6.3 Research supporting the theory and practice of Functional Sex Therapy

- Studies on masturbation and intercourse

6.4 Treatment

- Coital orgasmic disorder (end)
- Vaginismus and dyspareunia

DAY 7

7.1 Theoretical fundamentals

- Personal dimension of sexual functionality: sexual desire

7.2 Assessment

- Peri-sexological assessment

7.3 Research supporting the theory and practice of Functional Sex Therapy

- Studies on sexual behaviours and their associations with dimensions of satisfaction (intimate relationship, mental health, sexuality)

7.4 Treatment

- Sexual desire disorders (female and male)
- Erectile disorders
- Delayed ejaculation

DAY 8

8.1 Theoretical fundamentals

- Social dimension of sexual functionality: sexual adaptation and transgression/deviance

8.2 Sexological learning

- Corporeal exercises (breathing, movement, touch)
- Information (management of sexual excitement)

8.3 Treatment

- Complementary therapeutic interventions
- Difficult cases
- Supervision

TRAINING SCHEDULE

SESSION 1: 13TH – 16TH SEPTEMBER 2018

SESSION 2: 28TH – 31ST MARCH, 2019

TIME

10:00 - 17:00 (with a one hour lunch break)

VENUE

Ibis Styles Southwark
43-47 Southwark Bridge Road
SE1 9HH

FEES

£695 (per session) if payment is received at least two months before the session.

£795 (per session) if payment is received less than two months before the session.

REGISTRATION

Send us an e-mail at: info@functional-sex-therapy.com to request a registration form.

After we receive your completed form, we will send you a confirmation and supplementary information about the workshop and the ways to make your payment..

INFORMATION

www.Functional-Sex-Therapy.com

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