

FUNCTIONAL SEX THERAPY

TRAINING WORKSHOPS

Training provided by

François de Carufel, PhD

Psychologist, Sex Therapist, Founder of Functional Sex Therapy

Stuart Brody, PhD, DSc, CPsychol, FBPSS

Professor of Psychology, Sex Therapist, Sex Researcher



LONDON 2017-2018

What are the objectives of the training?

The training provides clinicians with the requisite clinical tools to carry out concrete, effective and time-efficient sex therapy interventions. The training is essential for all practitioners who want to become more competent when dealing with the sexual problems of their patients.

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 five months. 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, exercises, case studies, clinical role-playing, and presentation of research supporting Functional Sex Therapy. Because of the small group interactive aspect, registration is limited to a maximum of 50 participants.

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 sexual desire disorders, premature ejaculation, coital anorgasmia, erectile dysfunction, vaginismus, dyspareunia, and delayed ejaculation.

Functional Sex Therapy treatments are structured, and training provides a detailed approach for working with clients. 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 which are different from the ones used in common psychotherapies, couple therapies, and traditional sex therapy.

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 course of various female and male sexual dysfunctions.

Who provides the training?

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.

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 185 publications in scholarly journals, and is a highly cited researcher. Drs. Brody and de Carufel are writing "Coital Anorgasmia" which presents the Functional Sex Therapy approach to that issue.

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

TRAINING SCHEDULE

Session 1: 30 November - 3 December, 2017

Session 2: 19-22 April, 2018

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

VENUE: London (St. Giles, 154 Southampton Row, London WC1B 5JX)

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.

INFORMATION:

www.Functional-Sex-Therapy.com

info@functional-sex-therapy.com

CONTENT

Session 1

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

Session 2

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

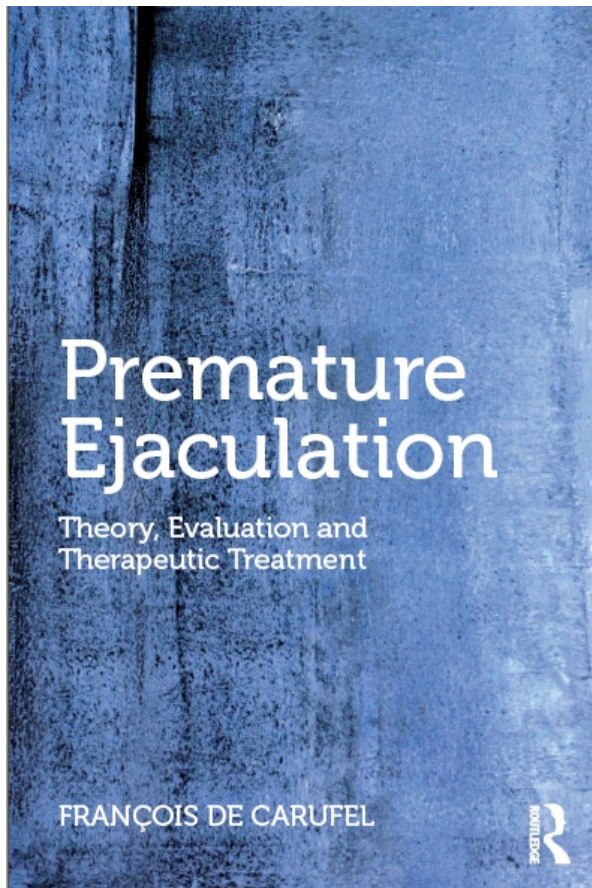
Day 7

- 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
 - Seduction disorder
 - Difficult cases
 - Supervision

NEW PUBLICATION



Premature Ejaculation presents a unique and innovative therapeutic program for the successful treatment of premature ejaculation. This descriptive and well-structured program is fundamentally different from traditional sex therapy and contemporary sexual medicine. Centred on the management of sexual excitement, it enables couples to prolong the length of intercourse without having to interrupt their lovemaking or resort to medication.

Combining theory and practical instruction, François de Carufel's book promotes a better understanding of premature ejaculation. It offers a new perspective on the causes of this dysfunction and provides practitioners and therapists with concrete ways to assist men and women in improving their sex life.

Premature Ejaculation will be of interest and value to health professionals and graduate students in all fields dealing with sexual difficulties, including psychology, social work, medicine, physical therapy, nursing and counselling.

Praise for Dr François de Carufel's new book "Premature Ejaculation: Theory, Evaluation and Therapeutic Treatment" (Routledge, 2016)

"The author is congratulated for successfully delivering his well-established sexual management program for men with ejaculatory problems into this book. The integrated techniques are clearly described and should provide a valuable and accessible resource that can bring about meaningful change in this common and often challenging clinical situation for a man and his partner".

-Professor Kevan Wylie, MD FRCP FRCPsych FRCOG FECSM
Honorary Professor, University of Sheffield, UK
President of the World Association for Sexual Health.

"At a time when we sometimes blindly turn to pharmacologic strategies for sexual problems, it is heartening to come across a thoughtful, evidence-based sexological approach to a common male sexual complaint. Dr. de Carufel's concise yet comprehensive treatment guidance for men with premature ejaculation is a welcome addition to the clinical sexology toolbox".

-Professor Marta Meana, PhD
Department of Psychology, University of Nevada, Las Vegas, USA
Past President of the Society for Sex Therapy and Research

"This book provides a description of a unique approach to the treatment of premature ejaculation, which focuses on the management of sexual excitement rather than on the control of the ejaculatory process. The detailed description of this approach may be helpful to many clinicians".

-Professor Robert Taylor Segraves, MD PhD
Professor of Psychiatry, Case Western Reserve University, Cleveland, USA
Editor-in-chief of the Journal of Sex and Marital Therapy

"This book is essential because it teaches men that their body is like a musical instrument on which they can play pleasurable melodies in harmony with their partner. To be read, meditated upon and applied!"

-Professor Mireille Bonierbale, MD
Director of the Department of Sexology, University of Marseille, France
Editor-in-chief of the European Journal of Sexology and Sexual Health