

INTIMATE: A Workshop on Psychosexual Couples Therapy

Hello Friends,

Medisex Foundation, Bengaluru presents you an interesting, practical application-oriented workshop on Psychosexual Couples Therapy titled **INTIMATE**.

The aim of this workshop is to understand difficulties that individuals and couples experience regarding their sexuality. We will be going beyond the performance models of Masters and Johnson and Kaplan in understanding common clinical conditions such as sexual desire disorder, intimacy disorder, arousal disorder, vaginismus/dyspareunia, sexual aversion that men and women present in clinical practice. We will be looking at them from the intrapsychic, emotional, systemic and existential perspectives. This will enable them to identify who they truly are and what it means for their sexual selves, and help them achieve self-love and self-acceptance, and develop self- and relational intimacy. This will empower them to experience intimate sex.

Learning Objectives of INTIMATE:

- Deconstruct common beliefs that rule present day sexuality.
- Familiarize with David Schnarch's Quantum Model of Sexual Function and Dysfunction.
- Study what differentiation is, and how the lack of it impacts sexual relationships.
- Explore intrapsychic issues that disrupt sexual functioning.
- Get a clearer understanding of how patriarchy wounds the innate sexuality of men and women.
- Visualize sex as a larger construct comprising of complex dynamics involving psychological, emotional and systemic elements.
- Learn practical skills to interview individuals and couples with sexual problems.

Teaching Methodology at INTIMATE:

The sessions will be didactic and experiential. They will involve discussions, brainstorming, fish bowl activity, deconstruction,

INTIMATE

Workshop Schedule

Date: 5th – 6th January 2019
(Sat-Sun)

Time: 9:00 AM to 5:00 PM

Venue: Medisex Foundation,
Rajajinagar, Bengaluru

Facilitators: Vinod Chebbi,
Ramya Sastry

Fee: 2,500 (Professionals);
2,000 (Students with ID proof)

Seats: 30

Sign Up Deadline: 25th
December, 2018

To Apply, contact:

Chethan – (+91) 9901943679
Kavitha - (+91) 8494933888

Or write to us at:

medisexf@gmail.com

role-plays, and work group activity. There will be abundant case studies and anecdotes throughout the programme.

At the outset we would like to be clear that **INTIMATE** will **NOT** address:

- Medical disorders and treatments that have physical pathology
- Sex education
- Traditional sex therapy approaches descended from Masters and Johnson, Kaplan and such others.
- Treatment of sexual disorders with medication, surgery and other aids.

Workshop Fee:

Rs. 2500 (Rs. 2000 for students with ID proof) which includes snacks and beverages, and certificate of attendance.

Please note:

- You must possess a psychological bent of mind, willingness to listen compassionately and the desire to help people to be suitable for this workshop.
- We will conduct an interview with you to ensure that your participation will make a positive difference to the learning environment.
- Running this program smoothly will depend on how readily you can let go of your fears, doubts, and rigidities. This will allow new ideas and questions into your thought processes.
- If you are interested, please mail your CV to medisexf@gmail.com by **25th December 2018** and wait for our approval. *Please do not transfer the fee until you have received individual approval from us.*

For further details contact:

- Chethan Kadoor (+91) 9901943679
- Kavitha (+91) 8494933888

For details of the facilitators and workshop please visit: www.medisex.org

Dr Vinod Chebbi is formerly a family physician who developed a deep interest in sexuality and sexual dysfunction. These led him to the field of sexual medicine and later on, Couples Therapy. He has training from Drs. Ellyn Bader and Peter Pearson, based in Menlo Park, CA, Drs. John and Julie Gottman based in Seattle, Washington, and Dr. Susan Johnson, the originator of Emotionally Focused Couples Therapy. He is a sexuality, couples and psychotherapist, practicing for the last 22 years.

Ramya Sastry is a trained psychotherapist and couples therapist who has been practicing in Bengaluru for the last six years. She has a BS in psychology and anthropology from Northern Arizona University and is currently undergoing training in mindfulness-based relational depth psychotherapy at Karuna Institute (affiliated with the UKCP) in the United Kingdom.