

Wednesday, Nov 7, 2018

9:00 am – 12:00 pm Session: Group Therapy With Mature Clients with Pamela Finnerty, PhD

This workshop will address sexual trauma issues which can arise in mature women and men and how these issues can be addressed in ongoing individual and couples groups.

Millions of people are turning 55 every year, and are entering territory replete with misinformation and negative assumptions about the role of sex in the lives of older people. Healing and growth not only do not end with the passing of youth, they can and often do increase with the changes that occur with age. This applies in particular in the sexual and relational realm.

Maturation can expand the capacity to embrace the gifts and the challenges of who we are. Increased maturity can both motivate and facilitate the process of healing sexual trauma.

Living in a time of unprecedented vulnerability and loss, mature people are highly motivated to embrace that which increases the life force and the joy in living. Working through sexual trauma ultimately increases the capacity for intimacy, as well as love and acceptance of self. Increased self-regulation and compassion can develop with maturity, and for some people the container of a therapy group can facilitate the process of facing and healing long-held trauma.



Dr. Pamela Finnerty has been a therapist in private practice specializing in relationship, sex and couples therapy for over 30 years. Sexuality and aging have been areas of specialization since her earliest training in the 1970's at the height of explosive shift in paradigms of women's sexual freedom. She is a certified gerontologist and was a full-time professor of Counseling and Research Professor of Psychiatry at the George Washington University. In this later chapter of her long career, she is writing and teaching about the importance of sexual vibrancy and aliveness to

the health and well-being of women and men as they grow older.

Behavioral Learning Objectives:

- Participants will learn how long held trauma can arise in mature individuals and couples and how to address these concerns.
- Participants will explore their own beliefs, attitudes and fears about aging and sex, and how they might affect their work with clients.

- Participants will learn about the principles, practices and healing mechanisms of group therapy, including couples group therapy and how these may be applied to relationship and trauma issues in a group setting.
- Participants will discuss the relational paradigm and partner relationships and how to work with this stress therapeutically in a group setting.

Meets Requirements for**:

AASECT Core Knowledge Areas Sex Ed: B, E, G, H, I, J, K, M

AASECT Core Knowledge Areas Sex Therapy: A, B, C, E

ISTE Certified Sex and Couples Therapist knowledge categories: Category 1

**This course meets the educational requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 3 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification. Completion of this program does not ensure or guarantee AASECT certification. For further information please contact info@assect.org or go to www.AASECT.org. AASECT CEs are accepted and approved by NASW and APA in most states. Please contact your local certifying organization for detailed information.

9:00 to 9:30 Mature Sexuality

Group Therapy helps members heal trauma and reach maturity

9:30 to 10:15 Demonstration group / Workshop component

Discussion and debriefing of demo

10:30 to 10:45 Break

11:00 to 11:30 Q & A

Trauma

Sex

Mature group therapy

11:30 to 12:00 Wrap up and Take Away

SYLLABUS

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