



Romantic Chemistry and Its Discontents:

Assessing and Treating Lost Attraction in Couples

Suzanne Iasenza, Ph.D., CST (Certified Sex Therapist)

9:00am to 4:30pm EST, Saturday, March 16, 2024

INTERACTIVE PROGRAM ON ZOOM

One of the most perplexing clinical moments for patients and therapists is a declaration of an absence of sexual attraction by one or both partners. Unlike sexual desire which can wax and wane over time, sexual attraction is often experienced as fixed and unchangeable. What is a therapist to do? How do we best understand the vicissitudes of sexual attraction over the lifespan of couples including the absence of attraction from the beginning of relationships to its decline over time? How can therapists co-create safe therapeutic space to promote change in one of the most elusive of human experiences?

Utilizing an integration of psychodynamic, systems, and cognitive behavioral approaches, Dr. Iasenza will discuss assessment and treatment techniques that help identify and transform factors bearing on lost sexual attraction in couples. She will focus on relevant intrapsychic, interpersonal, developmental, and environmental factors that contribute to this emotionally challenging problem. Drawing on her extensive experience as both a couple and sex therapist, she will use multiple clinical vignettes to demonstrate these techniques.

Suzanne Iasenza, Ph.D., CST (Certified Sex Therapist), is on the faculties of the Adelphi University Derner Institute's Postgraduate Program in Psychoanalysis, and the Institute for Contemporary Psychotherapy (ICP), where she is Co-Founder of the Sex Therapy Training Program (STP). She also teaches at the Ackerman Institute for the Family, the Westchester Center for the Study of Psychoanalysis and Psychotherapy, and the Family Institute of Westchester. She maintains a private practice in psychotherapy and sex therapy in New York. Her latest book, *Transforming Sexual Narratives: A Relational Approach to Sex Therapy*, was published by Routledge.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program the participants will be able to:

1. Describe the differences between sexual attraction and sexual desire.
2. Discuss how to assess the sources of lost sexual attraction.
3. Describe how to conduct a culturally sensitive relational sexual history.
4. Describe how to work with a couple in order to identify and then to help them transform the interpersonal and cultural narratives affecting their experience of sexual attraction.
5. Elucidate clinical techniques to treat the loss of sexual attraction in couples.
6. Discuss countertransference reactions to working with couples struggling with lost sexual attraction.

REFERENCES:

Brotto, L.A. & Basson, R. (2014). Group mindfulness-based therapy significantly improves sexual desire in women. *Behaviour Research and Therapy*, 57, 43-54.

Frederick, D.A., Lever, J., Gillespie, B.J., & Garcia, J.R. (2017). What Keeps Passion Alive? Sexual Satisfaction Is Associated With Sexual Communication, Mood Setting, Sexual Variety, Oral Sex, Orgasm, and Sex Frequency in a National U.S. Study. *J Sex Research*, 54(2), 186-201.

lasenza, S. (2020). *Transforming sexual narratives: A relational approach to sex therapy*. New York: Routledge.

Scheinkman, M., lasenza, S., Ludwig, K., Cronin, T., Lemor, S., & Papp, P. (2022). Sexual intimacy and aging: An integrative framework to promote intimacy resilience in couple therapy. *Family Process*, 61, 456-475.

Schmiedeberg, C. & Schroder, J. (2016). Does Sexual Satisfaction Change with Relationship Duration? *Archives of Sexual Behavior*, 45, 99-107.

Stulhoffer, A., Hinchliff, S., Jurin, T., Hald, G.M., & Traeen, B. (2018). Successful Aging and Changes in Sexual Interest and Enjoyment Among Older European Men and Women. *J Sexual Medicine*, 15, 1393-1402.

PARTICIPANTS:

This program is open to all PCFINE Members and other interested mental health professionals and students. It is intended for those with a beginner, intermediate, or advanced level of knowledge and experience.

CANCELLATION POLICY:

Full refund if notice of cancellation received by March 9, 2024.

CONTINUING EDUCATION:

PCFINE is approved by the American Psychological Association to sponsor continuing education for psychologists. PCFINE maintains responsibility for the program and its contents. This program fulfills the requirement for 6 hours of CE credit. Social Workers and Licensed Mental Health Counselors may call (781) 433-0906 or e-mail pcfine1934@gmail.com for CE information. Application for professional continuing education (CE) credits from the New England Association for Family and Systemic Therapy and AASECT have been submitted.

No partial credit given. You must arrive within 10 minutes of the start time and stay until 10 minutes of the end time to receive continuing education credit.

PCFINE is committed to accessibility and non-discrimination and will conduct all activities in strict conformity with the American Psychological Association's Ethical Principles for Psychologists. If you believe that a violation of ethics has occurred during this program, or if you have concerns about accessibility for people with disabilities, or any other complaints or questions, please contact Justin Newmark, Ph.D.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenter, workshop content, research, grants, or other funding that could reasonably be construed as a conflict of interest.

REGISTRATION:

Last day for registration is Thursday, March 14, 2024.

FEES: PCFINE Members: Early bird registration until 2/16/2024 \$160; After 2/16/2024 \$190

Non-members: Early bird registration until 2/16/2024 \$190; After 2/16/2024 \$220

Grad Students: \$50 ***Equity Rate:** \$50

*The Equity Registration rate is intended for participants who identify as belonging to racial or ethnic groups with historical barriers to access, and/or participants who primarily work with low-income individuals or those who have also endured historical barriers to access.

Agreement to Maintain Confidentiality of Clinical Information and Restrictions to Copying Workshop Content

By attending this workshop, you agree to the following: I understand that I may hear clinical material in this course that must be kept strictly confidential and not discussed or disseminated in any form outside of the course. I agree that I will not record, take photos, or store digital content from the course other than those materials which have already been provided by the presenter and PCFINE. I understand that I need to view the on-line program in a private place where it cannot be overheard or observed by others who are not registered for the course.

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