



INSTITUTE FOR

Sexuality Education & Enlightenment

In-Person Workshops

Distance Learning/Webinars



In-Person Workshops

Advanced SAR

Instructors: Dr. Rosalyn Dischiavo

AASECT CEs: 12

ISEE CEs: 12

The process of assessing our attitudes about various sexual activities is an ongoing one. The Advanced SAR is intended for those who have already attended a Sexual Attitude Reassessment class. ASAR covers rarer types of sexual behavior as well as more extreme types of power exchange or sensation play, and will offer models for self-examination, self-assessment, and value discrimination.

Registration: \$300. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 12 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification

Alternative LoveStyles: Working with Non-Monogamous Clients

Instructors: Dr. Rosalyn Dischiavo; Dr. Liam Snowdon (Captain); Ayla Battistoni

AASECT CEs: 6

ISEE CEs: 6

CTNASW CECs: 6

Non-monogamous people make up a significant minority population in the United States. Polyamory, swinging and other types of consensual non-monogamy are fairly common, but the counseling and medical professions have not caught up yet and continue to treat anything but monogamous relationships as intimacy problems or health risks. What are the myths and facts about conscious non-monogamous relationships? How can health professionals and clinicians work with these clients as opposed to against them? This course will explore various types of consensual arrangements and discuss practical issues, evaluation methods and counseling styles. Resources and strategies for working with non-monogamous individuals and partners will be demonstrated.

*Diversity in sexual expression as well as dynamics of interpersonal relationships are required topics for AASECT certification.



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Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

Are You a Boy or a Girl? Supporting & Celebrating Gender-variant Kids

Instructor: Dr. Liam Snowdon (Captain)

AASECT CEs: 3

ISEE CEs: 3

This online course outlines foundational information and language relevant to transgender and gender variant children's experiences. Students will examine their own perspectives on gender and their own genders.

Using information directly from clinicians, parents, and children, the class will cover:

- How to support parents of gender variant kids
- Transition options and timing
- Child development and gender expression
- Medial and Legal issues
- Disclosure, safety and school support

Dr. Liam Snowdon has worked in the counseling field for 20 years, specializing in sexual orientation and gender issues, alcohol and drugs, mental health, disability, anxiety, depression, sexually transmitted infections and HIV/AIDS. His work has been with communities, families, couples, and individuals and folks in non-traditional arrangements. He specializes in supporting folks of all ages around gender, sexual orientation and sexual challenges.

Registration: \$90. This program meets the 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.

Beauty & Sexuality



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Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

How does body image and "spectatoring" impact our sex lives? This class will delve into cultural norms about body image and elucidate how view of our appearance can have a deep impact on our sexual satisfaction. Research on the phenomenon of body image and cognitive distractions will be discussed. We will explore the differences between beauty and glamour and practice various methods for shifting the paradigms for ourselves and/or our clients and students.

Registration: \$90. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Beyond 50 Shades: Safe, Sane and Consensual Real Life Kink

Instructors: Dr. Rosalyn Dischiavo; Dr. Liam Snowdon (Captain); Ayla Battistoni

ISEE CEs: 3

So what's the deal with this kinky stuff? Do "normal" people really do it? Is it like in the books? Is it like what we see on the internet? How do people begin to try some things? This class is open to anyone with a curiosity about sexual power exchange dynamics or sensation play. Whether you have always wanted to try it or just have a curiosity about the topic, this class is for you.

Ayla Battistoni, sex and relationships educator, will teach about what works best for partners or individuals who want to explore behaviors like bondage, domination/submission, or strong sensation. In this workshop you will demystify the practices, debunk some myths, and have fun discussing the many possibilities of kinky play.

Registration: \$50 per person, 2 people for \$90

Boundary Work: Sexual Boundary Skills for Clients and Students

Instructors: Dr. Liam Snowdon; Dr. Rosalyn Dischiavo; Ayla Battistoni

AASECT CEs: 3



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ISEE CEs: 3

This class will give educators and therapists exercises and tools for working with individuals and populations around issues of limit setting, conversations about needs, and the skills of yes, no and maybe.

Registration: \$90. This program meets the 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.

Childhood and Adolescent Sexual Development

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

CTNASW CECs: 3

CTAMFT CEUs: 3

This program has been approved by the Connecticut Association for Marriage & Family Therapy.

This course is great for clinicians, medical personnel and parents. Human sexual development reflects other aspects of development, and should not be ignored or trivialized with children and adolescents. Kids will say and ask the darndest things...how do we respond in an age-appropriate, sex-positive manner? Dr. Rosalyn Dischiavo is known for her dynamic and humorous style and makes this a fun as well as informative class.

*Sexual development is a required topic for AASECT certification.

Registration: \$90. This program meets the 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.

This program has been approved by the Connecticut Association for Marriage & Family Therapy.



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This program has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

Contraception, Then and Now
Instructor: Dr. Rosalyn Dischiavo
AASECT CEs: 3
ISEE CEs: 3

The ancients used everything from crocodile dung to horn condoms to prevent conception. Today we are a bit more sophisticated, and yet there are still controversies in the field of contraception. This class will explore the history of contraception, take a bit of a historical walk through the birth control movements from the 18th-20th centuries, and then discuss the latest birth control methods and attitudes. This is an amusing and informative workshop that meets specific requirements necessary for AASECT and ISEE certification.

Registration: \$90. This program meets the 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.

Couples' Massage as Sensate Focus
Instructors: Kristen Chamberlin, MS, LMT; Kellie Ryan, LMT
ISEE CEs: 3

How can conscious, sensual touch bring life back into a faltering relationship? How can it not? This course will teach basic tools for exquisite presence and skillful touch. These are the same techniques used by the best massage therapists, and can be equally powerful and accessible tool for couples or partners wishing to grow their connection with each other.

NOTE: This course does not require or encourage psychotherapists to touch clients, nor does it encourage massage therapists to become sex educators; instead, it promotes borrowing across disciplines, while maintaining comfortable scopes of practice. Students will expand their knowledge base and what they can offer their clients.



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Registration: \$90.

Deep Release Dance Movement
Instructor: Kellie Ryan, LMT
ISEE CEs: 3

We learn much better when we can move. This class offers students an embodied experience of movement to deeply move core concepts of release into the body system. All abilities welcome. NO dance experience necessary.

Deep Release is a Movement/ Dance class that invokes an energy outlet for an academic surrounding. It focuses on the pleasure of outward expression that is inspired by inspired music. We will dance, and look at the different questions we can ask ourselves to go deeper in to the body, out of the mind and into a blissful state of self-expression and discovery.

Kellie Ryan leads movement within a meditation. Awareness of joy that comes out of feeling connected to our bodies' wisdom is what inspires her to lead for ISEE.

Registration: \$90.

The Deep Yes: The Lost Art of True Receiving
Instructor: Dr. Rosalyn Dischiavo
AASECT CEs: 6
ISEE CEs: 6

Our culture appears to emphasize the concept of Yes, but in fact embodies the idea of No far more frequently. We imagine ourselves to be indulgent, but in fact we take very little in to nurture ourselves. How does this impact our eating, our friendships, our relationships, our sexual lives, our happiness?

This workshop will explore the NO in our culture and how it impacts every aspect of our lives. Participants will be re-introduced to their senses and will practice methods for receiving. Professionals will learn methods for working with clients and students.

The Deep Yes is helpful for anyone who wants to learn more about how to take in the love and the good things around them.

Registration: \$150. This program meets the requirements of the American



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Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Drunks and Gurus: Tantric Principles in 12-Step Programs

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 6

ISEE CEs: 6

Tantra is a set of philosophies and practices outlined by eastern mystics many centuries ago. It is a sister-science to yoga and Ayurveda. Tantric principles can be seen in the 12-Step philosophies and practices, and knowing these may be helpful for people in recovery or clinicians working with clients dealing with addictions.

In particular, Tantric principles may be helpful for dealing with sexual issues in recovery, as the philosophy is non-dualistic and non-judgmental. Tantric practices can also be used in conjunction with existing 12-Step practices such as meditation (step 11), taking a daily inventory (step 10), or letting go of control (step 3).

This workshop will be both didactic and experiential. Participants can bring meditation pillows or yoga mats if desired. (No strenuous movement is required).
*Substance abuse and sexuality is a required topic for AASECT certification as a sex counselor or sex therapist.

Dr. Dischiavo was a certified and then licensed substance abuse counselor for many years. She has been studying Tantra for several years, and has completed a 3-year Tantra Teacher Training program with Dr. Rudy Ballantine, author of *Radical Healing* and *Yoga and Psychotherapy*. Please see the founder page for more information about Dr. Dischiavo.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Erotic Ecology

Instructor: Kristen Chamberlin, MS, LMT

AASECT CEs: 6



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ISEE CEs: 6

This course is based on the belief that eroticizing our lives and world is central to any sustained ecological movement worthy of our attention. Together we'll explore the meaning of 'erotic' along with tantric insights into our erotic and ecological nature. Moving from theory into practice, we'll weave an embodied understanding of the nature of our eroticism and of the eroticism in nature, ultimately leading us to a world of 'lishmah': play and sensuality for its own sake. Participants will come away with tools that will shift their understanding of client stories and offer guidelines for holistic change.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Erotophobia

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Erotophobia is a fear of sex that can be manifested as negative feelings or negative attitudes about various aspects of sex. It is a cultural phenomenon, and inescapable in our society. This class will discuss research about erotophobia, various ways that it can present in clients or students, cultural representations of erotophobia, and ways that a sexuality professional can remain sex-positive in the light of cultural attitudes.

Registration: \$90. This program meets the 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.

The Ethics of Touch

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3



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What is the current debate in the sexuality field about touch and its impact on a person seeking help? What are sex therapists and educators to say about movies such as "The Sessions"? How do professionals respond when asked for a referral to a surrogate? This class will seek to uncover the deeper attitudes and values of proponents as well as opponents of hands-on therapies, and will create a forum for discussion about these issues.

Registration: \$90. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

**Expanding the Practice of Sex Therapy:
An Integrative Model for Exploring Desire and Intimacy**

Instructor: Dr. Gina Ogden, LMFT (guest speaker)

AASECT CEs: 6

ISEE CEs: 6

Health, wellbeing, and intimate relationships are profoundly affected by sexual issues, yet most health professionals lack training and supervision to help their students, clients, and patients negotiate sexual choices in safety and pleasure. This training for health professionals brings an expanded consciousness to the practice of sex therapy. Structured on a spiritual template, it offers an innovative model for exploring a wide range of clients' sexual stories and provides opportunities for case consultation about desire, gender roles, sexual orientation, pleasure, dysfunction, aging, abuse, affairs, polyamory, and more. The weekend is structured to encourage personal awareness along with clinical questions and networking opportunities. As a result of this training participants will be able to:

- Describe an expanded view of sexual intimacy that includes physical sensation, emotional passion, cognitive discernment, and spiritual longings for connection with self, partner, and the universe
- Articulate distinctions between sex with a goal of performance, and relational sex that focuses on pleasure
- Identify cultural messages that create a gender gap in sexual attitudes
- Discuss beliefs and stereotypes surrounding sexuality and age
- Address hot-button issues such as masturbation, sexual orientation and affairs
- Address strategies to relieve the destructive effects of sexual abuse and control

This training is appropriate for physicians, nurses, social workers, family therapists, sexuality therapists, school counselors, and anyone working with students or clients



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for whom sexual issues may affect health, empowerment or safety. Recommended reading: Ogden, *The Heart and Soul of Sex*, *The Return of Desire*, and *Women Who Love Sex*.

Gina Ogden, PhD, LMFT, is a sex therapist, researcher, and supervisor who leads workshops internationally. She conducted the only nationwide survey on sexuality and spirituality (ISIS); her latest books are: *Women Who Love Sex*, *The Heart and Soul of Sex*, and *The Return of Desire*. www.GinaOgden.com

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

From Ho to Holy: the Sexworker as Spiritual Guide

Instructor: Christina Sophie

AASECT CEs: 3

ISEE CEs: 3

In this class we will explore the history of religious prostitution as an introduction to the topic of its modern appearance. We will investigate modern sacred sexwork, the language, norms, and shifting self-presentations of adult industry workers since the advent of the Web. The Internet has exploded cottage industry, and sexwork is no exception.

While there may have always been prostitutes who see their work through a spiritual lens, now websites shine a light deep into the psyches of these service providers who see their work as not simply honorable, but holy. We will discuss of how these types of offerings fit into the continuum of sex education, both in the light and in the shadow of cultural legitimacy. Therapists will be given insight into their clients' utilization of these services and we will touch on the legal, practical and ethical issues involved. This class is not limited to professionals, it can be enjoyable and informative for anyone with an interest in the topic.

Registration: \$90. This program meets the 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.



Gender Identity: An Introduction
Instructor: Dr. Liam Snowden (Captain)
AASECT CEs: 3
ISEE CEs: 3

Sexual revolutions abound in our culture, yet one of our most life-changing experiences can still be the "unpacking" of our gender identity- and what it means to be a man or a woman. How do we decide who gets to fit in these socially created boxes?

Join us for an analysis of our culture's current position on gender identity, & and discover the liberation possible for all of us when we move beyond the gender box. Transgender, genderqueer and intersex identities and experiences will be discussed.

Registration: \$90. This program meets the 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.

Gourmet Sex for the Fast Food Lover
Instructor: Kristen Chamberlin, MS, LMT
AASECT CEs: 3
ISEE CEs: 3

Through no fault of our own, most of us are 'fast food lovers'. We partake in what's easy, known and accessible. We've bought what we've been sold by our culture. But does it nourish us deeply? This course holds that all sex is healthy, but not equal. Through discussion and low-risk exercises, participants will be offered a map to allow a better understanding of the range of sexual expression available to us as human beings, and ways for moving between these forms of expression with greater consciousness and choice.

Registration: \$90. This program meets the 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.

A History of Sexology



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Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Is history boring? No way! Learn about the Nazi burning of the first Sexology Institute in Germany, the sexual revolution in Russia in the 1920's, Professor Kinsey and his struggles, and see video of William Masters of the Masters and Johnson team. This course is helpful to those seeking an AASECT certification, as it is a required educational topic for sex educators, counselors and therapists.

* The history of sexology is a required topic for AASECT certification.

Registration: \$90. This program meets the 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.

A History of Sexuality in America

Instructor: Dr. Kelley Wolfe

AASECT CEs: 3

ISEE CEs: 3

In this class, participants: examine the history of sexual issues in the United States, review the impact of sexual changes on American culture, discuss the progress that has been made in our culture concerning sexual issues, and identify the socio-cultural struggles that have led to changes in our culture's view of sexuality. Kelley Wolfe, MS, PhD was a lecturer at UNC Asheville for over 15 years, where she taught Health and Sexuality, Women's Health, Complimentary and Alternative Medicine, Health and Wellness, and Peer Education. She currently advocates for a variety of sexuality-related issues in & around North Carolina.

Registration: \$90. This program meets the 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.

Homework: Embodied Exercises for Couples

Instructor: Christina Sophie



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AASECT CEs: 3

ISEE CEs: 3

How can we encourage clients or workshop students to be fully present in their bodies so that they can enjoy the full extent of their experience and pleasure? This course will outline practical homework exercises that therapists and counselors can give to clients. Non-sexual versions of the exercises will be practiced or demonstrated in class. These exercises will include gaze work, perceptions of giving and receiving, and non-verbal intimacy. Class will also involve discussion about how each exercise can be varied for more intensity when partners are alone.

Registration: \$90. This program meets the 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.

The Hot Mess: Problem Sexual Behaviors

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 6

ISEE CEs: 6

CTNASW CECs: 6

CTAMFT CEUs: 3

This program, offered by two sexologists with backgrounds in social work and family therapy, will give a broad overview of 2 categories of problem behavior: a) compulsive sexual behavior and b) prescription and illicit drugs and sexuality. Issues with each will be discussed including “sex addiction” as a diagnosis, compulsive behavior, sex drive variability, common relationships between sex and drug use, sex in recovery and various methods of treatment or interventions to use with clients.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.



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This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Introduction to Tantra

Instructor: Christina Sophie

AASECT CEs: 6

ISEE CEs: 6

"What is Tantra, and can it help me?"

Marathons, Multi-orgasmic Men, Ancient Eastern Sex Secrets, Sting and Trudie... at some point every sex educator will be asked the question "What is Tantra?" Tantra is a sacred tradition that is alive and well in the West, and sits at the heart of Hinduism and other Eastern religions. As the ideas and practices of Tantra have migrated Westward, it has been filtered through the attitudes, preoccupations, and spiritual biases of the Western mind, spawning divergent streams of thought that have gained a good deal of cultural traction.

In this interactive class you will be introduced to Tantric Hatha Yoga and meditation, gain awareness of the therapeutic potential of the sacred sexuality movement, understand the development of neo-Tantra, and come away with an overview of the basic philosophies and practices of Hindu Tantra.

Dr. Dischiavo has been studying Tantra for several years, and has completed a 3-year Tantra Teacher Training program with Dr. Rudy Ballantine, author of *Radical Healing* and *Yoga and Psychotherapy*. Please see the founder page for more information about Dr. Dischiavo.

*Socio-cultural factors in values and behavior is a required topic for AASECT certification.

Registration: \$150; 2 people for \$275. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

It Hurts: Conceptualizing and Treating Chronic Pelvic Pain

Instructor: Wendy Haggerty, LMFT, and Michelle Thibeault, PT



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AASECT CEs: 3

ISEE CEs: 3

Women with chronic pelvic pain often suffer in silence. Obtaining a diagnosis and finding adequate treatment is tricky due in part that many doctors are not well informed about the host of causes of pelvic pain. Learn how a team approach is helpful for clients, addressing both the physical and emotional/psychological components.

This half-day workshop is for treatment providers (therapists and others) and is taught by a sex therapist and a physical therapist. It will address the myriad of causes and ways to arrive at diagnosis. The way in which patients perceive and handle pain vary from person to person so a variety of treatment options will be discussed and demonstrated.

Michelle Thibeault, PT, is founder and owner of Diversified Physical Therapy in Meriden, CT. She has a unique specialty in the field of physical therapy and treating pelvic floor problems in women and men. Michelle is a sex counselor and an energy medicine practitioner, incorporating a variety of healing modalities.

Registration: \$90. This program meets the 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.

The Joy of Intimacy: Communication and Relationship Skills

Instructor: Kristen Chamberlin; Ayla Battistoni

AASECT CEs: 6

ISEE CEs: 6

What is intimacy? How does it affect our lives? Is it inviting or terrifying? In this full day class, we will have open discussions and embodied exercises to clarify what it means to have intimacy with ourselves and others. We will distinguish the differences between sexual expression and intimacy. We will explore the history that we hold in our minds and bodies about who we are and the obstacles of identity that block intimacy in our lives. By facilitating experiences that involve non sexual interaction, we will still get to a deeper understanding of what challenges us and what excites us about feeling connected to ourselves and others.

We will practice presencing skills, and respecting people within their boundaries. This class will be an experience into being seen for the fullness of who we are and how intimacy is essential in moving forward through the complexities of sexual



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relationship.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Male Sexual Dysfunction

Instructor: Paul Nelson, CCMA

AASECT CEs: 6

ISEE CEs: 6

Male sexual dysfunction is a challenge for many men and their partners, yet many professionals are unfamiliar with current treatment and coping strategies. In this class, students will learn about male sexual dysfunction, as well as how it affects men and their relationships. There will be an overview of most common complaints, and a detailed look at male anatomy, functions, and pathologies. We will look at dangerous or questionable treatments, and we will also explore current and emerging medical or therapeutic treatments and coping methods for patients and their partners.

Paul R. Nelson, CCMA, is president of the Erectile Dysfunction Foundation, Inc., and launched FrankTalk.org, an online community for men with SD. Currently, he works as sexuality educator at the New York Andropause Center and blogs for Betty Dodson, the Men's Health Network, and "Men's Health Matters". Paul has been interviewed by The New York Times, NPR's "Talk of the Nation," and ABC News with Diane Sawyer, and consults for the BBC and National Geographic Channel program "How Sex Works."

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Masturbation: What Self-Pleasure Teaches Us

Instructor: Dr. Rosalyn Dischiavo, Dr. Liam Snowdon

AASECT CEs: 3

ISEE CEs: 3



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Self-pleasure is a very important part of our overall sexual health. It impacts relationships, stress levels, self-esteem and sexual competence. This class will delve into the many methods of masturbation, sexual aids, benefits of masturbation, attitudes about it and ways to introduce the topic to clients or students. It will also provide information about practitioners in the field who are working specifically with clients and students around these issues.

Registration: \$90. This program meets the 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.

The Medicalization of Female Sexuality

Instructor: Dr. Anita Hoffer

AASECT CEs: 6

ISEE CEs: 6

"Medicalization of female sexuality" refers to a trend in our society whereby non-medical problems become defined and treated as medical problems, usually in terms of illnesses or disorders. The result is a system which offers women, as well as the doctors who care for them, biomedical treatments in preference to other possible sexuality or holistic therapies. In turn, this often leads to a model of sexual normalcy which creates market demand for solutions, such as products, pills, procedures and potions. This quest for female sexual normalcy can do personal and psychological harm by distorting the way we conceptualize health and well-being. The troubling trend toward creating diseases and the focus on the quick fix can distract us from recognizing that conscious reframing of the meaning of sexual satisfaction throughout the life cycle is a gradual but rich, ongoing opportunity for personal growth.

In this workshop, Dr. Anita Hoffer will take a balanced approach to understanding this dilemma and will explore this phenomenon, using excerpts from the provocative and hilarious documentary *Orgasm, Inc.* to shed light on the basic question of whether common sexual ailments should be interpreted and treated as aspects or fluctuations of normal female sexuality, or as the symptoms of widespread medical conditions that are treatable with some sort of biomedical intervention.



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Meditation as Embodiment Practice

Instructor: Christina Sophie

AASECT CEs: 3

ISEE CEs: 3

Presence is a foundational ethic for the practice of Holistic Sex Education and meditation is a primary practice for developing presence. As ancient teachings on meditation have filtered through layers of historical and cultural bias, meditation can seem complicated and intimidating, or even impractical for all but the most spiritually inclined. Yet meditation is a personal care practice that is as easy (and as necessary) as drinking water. Research shows that meditation is beneficial to the practitioner and the practitioner's environment. In this class we will explore and practice meditation in ways pleasurable and accessible to both beginner and expert. While we will discuss ways that simple meditation can support clients, students and professional practice, this class is not limited to professionals and is entirely appropriate for any person in search of a meaningful, non-dogmatic introduction to meditation.

Registration: \$90. This program meets the 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.

Methods, Skills and Frameworks for Holistic Sex Education with Clients or Students: An Exploration of a New Approach

Instructors: Dr. Rosalyn Dischiavo; Kellie Ryan, LMT; Kristen Chamberlin, MS, LMT.

AASECT CEs: 6

ISEE CEs: 6

This day-long workshop will explore ideas and possible methods for working with clients or creating workshops/educational experiences from a holistic viewpoint. How can we literally incorporate learning with the use of dance, authentic



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movement, poetry, music, personal sharing or other methods? How can we include a spiritual assessment of someone's sexuality as part of how to educate or aid in healing? How can we translate these ideas into methods and skills for a very powerful, transformational experience for those we serve?

Through movement and other holistic exercises, panel discussions and a series of fascinating brainstorming sessions, presenters and participants will explore these ideas in depth together as we begin to define a new field.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

The New Monogamy: Redefining The Relationship After Infidelity

Instructor: Dr. Tammy Nelson, PhD, LPC

AASECT CEs: 6

ISEE CEs: 6

Everyone has their own concept of what "monogamy" means-and most people assume their partners and spouses are on the same page, without ever discussing exactly what the monogamy agreement means to them. What happens when this implicit agreement is broken?

Tammy Nelson works with couples to regain trust, romance, and intimacy after infidelity by creating a new monogamy contract- an explicit relationship agreement created after the affair that allows each partner to openly, honestly, and safely share their desires, expectations, and limitations. This agreement does not create an open marriage, but rather, an open conversation wherein each partner can have a say in setting ground rules for the relationship.

Tammy Nelson, PhD, LPC is a licensed psychotherapist and author with over 20 years' experience working with individuals and couples. She holds a PhD in Sexology from the American Academy of Clinical Sexologists, and an MS Degree in Art Therapy and Psychology. She is a Licensed Professional Counselor, a Certified Sexologist, and a Licensed Alcohol and Drug Counselor. Tammy is the founder and Director of the Center for Healing in Connecticut, a holistic psychotherapy center. Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is



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approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Orientation as a Living Entity: A New and Tantric Look at LGBPA (Lesbian, Gay, Bisexual, Pansexual, Asexual)

Instructors: Dr. Rosalyn Dischiavo; Christina Sophie; Dr. Liam Snowdon (Captain)

AASECT CEs: 6

ISEE CEs: 6

The debate about orientation and choice is not new, and it is still very active in the world today. What is also true is that behavior and orientation do not always fit into neat boxes. The principles of Tantra can be used to explore the phenomenon of orientation in new terms, creating a more holistic view of sexual orientation. Participants will obtain a new paradigm for discerning issues related to orientation, whether for themselves, for students, or for clients.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Positively Green: Understanding Jealousy and Envy

Instructor: Dr. Rosalyn Dischiavo; Ayla Battistoni

AASECT CEs: 3

ISEE CEs: 3

This half-day workshop is for individuals or partners. Jealousy and envy are important challenges for us as human beings. Understanding our relationship to these emotions and communicating them clearly is key to a successful dynamic between partners. How can we understand jealousy and envy in a positive light? How can these emotions become landmarks for us to see our needs? Join us in this half-day workshop to uncover and discover these two least studied emotions.

Registration: \$50 per person, 2 people for \$90. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.



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Power, Ritual, and Sex: Spiritual Aspects of BDSM
Instructor: Christina Sophie; Dr. Liam Snowdon (Captain)
AASECT CEs: 3
ISEE CEs: 3

Sexual power exchange is a common practice, but some use it for more than fun or closeness to a partner. This workshop explores the spiritual aspects that many practitioners of power-play receive from kink, from role play to energy exchange.

Registration: \$90. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

The Practice of Creation: Creating a Holistic Sex Education Exercise or Client Intervention
Prerequisite: Methods, Skills and Frameworks for Holistic Sex Education™ with Clients or Students: An Exploration of a New Approach.
Instructors: Dr. Rosalyn Dischiavo; Kellie Ryan, LMT; Kristen Chamberlin, MS, LMT.
AASECT CEs: 6
ISEE CEs: 6

Using ideas explored in the Methods, Skills and Frameworks class, ISEE faculty will work with participants directly to help craft holistic client interventions or educational exercises for specific cases or populations/audiences, using the Principles of Holistic Sex Education™.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Principles of Holistic Sex Education
Instructor: Dr. Rosalyn Dischiavo
AASECT CEs: 3



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ISEE CEs: 3

Whether we are educating a client in session, a participant in a workshop or a patient on the examining table, the way that we envision human sexuality is crucial to effectiveness. A sex-positive approach is key, but it is not a large enough framework. What does it mean to include the whole person in our paradigm? How can we incorporate body, mind, emotions and spirit into our assessments, our interventions, our suggestions with clients and those that we educate? This session presented by the Founder of ISEEE will introduce the founding principles of Holistic Sex Education, raise questions about how we can shift into a new paradigm, and examine the birth of this new field.

Registration: \$90. This program meets the 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.

Radical Embrace: Healing Negative Body Image

Instructor: Kristen Chamberlin

ISEE CEs: 3

Becoming a conscious lover means learning what influences our behavior, so that we may have greater freedom to choose how and with whom we want to love. This course looks at the devastating impact western culture has on 'body image' and the notion of the 'good lover'. In contrast, when we learn to Radically Embrace the absolute beauty and miracle of human life in its many forms, shapes and sizes, it is both a 'cultural corrective' and profoundly healing for us all. Through interactive experiences, discussion, and self-expression, we'll learn ways that can be used with clients or students for freeing themselves from negative body-images, opening the way to expanded freedom of expression and deeper pleasure.

Registration: \$90.

Raising a Sex-positive Kid in a Sex-Negative Nation

Instructor: Dr. Kelley Wolfe

ISEE CEs: 6

AASECT CEs: 6



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We all want our children to grow up to be healthy. Healthy and positive sexuality is an important component of overall health and well-being. When we think about talking to children about sex and sexuality, many think about puberty talks, and about teaching children to protect themselves from unwanted pregnancy and disease. What we should be talking about is fostering a healthy attitude around self image, self esteem, and humanity. We also want to teach our children about respect, empathy, love, family, and diversity. Helping our child develop into a sexually healthy adult requires us to have an open door, a non-judgmental attitude, and a lifetime of conversation. And it starts at birth.

Kelley Wolfe, MS, PhD was a lecturer at UNC Asheville for over 15 years, where she taught Health and Sexuality, Women's Health, Complimentary and Alternative Medicine, Health and Wellness, and Peer Education. She currently advocates for a variety of sexuality-related issues in & around North Carolina.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification

Reclaiming Source: Body Enrichment Class

Instructor: Kellie Ryan, LMT

ISEE CEs: 3

Be wide open to tapping back into the resources of your strength and human beauty. Remembering who we are in our moving bodies calls us into a deeper appreciation for who we are as erotic beings. Facilitated Dance and Meditation are used here as a means to access our joy and pleasure in our bodies. We can realign with our truest self by using breath and focusing on the sensations in our body when we feel the music move within us. This class is designed to get you moving through our humanity and back into our spirit. No dance experience necessary.

Registration: \$90.

Safer Sex and STIs

Instructor: Joleen Nevers, M.A.Ed

AASECT CEs: 3

ISEE CEs: 3

An overview of various sexually transmitted infections and a discussion of each



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condition with regard to attitudes, incidence and prevalence, and potential secondary health-risks involved.

Registration: \$90. This program meets the 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.

SAR: Sexual Attitude Reassessment

Instructors: Dr. Liam Snowdon (Captain), Dr. Rosalyn Dischiavo, Joleen Nevers, M.A.Ed.

AASECT CEs: 18

ISEE CEs: 18

CTNASW CECs: 18

CTAMFT CEUs: 18

Negative feelings about sex can interfere tremendously with relationships and personal happiness. This course has been developed and is based on the ideas of SAR (Sexual Attitudes Reassessment), a method first developed in the 1970's. The idea of SAR is to introduce participants to a broad range of human sexual behavior and to create greater comfort and ease when dealing with sexual issues.

SAR is a great tool for clinicians, educators, clergy and medical personnel, but it is also a wonderful experience for individuals or partners. It is a personalized event that takes participants through a journey of understanding the erotophobia in our society, the unnecessary angst that we have over sex, and next steps to comfort and wellness with our whole bodies.

SAR is highly recommended as a precursor to any other ISEEE course, as it prepares participants for a deeper level of discussion for subsequent classes.

*A SAR course, such as this one, is a requirement for AASECT certification.

Registration: \$450. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 18 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved by the Connecticut Association for Marriage & Family Therapy.



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This program has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

Sacred Sexuality

Instructor: Kristen Chamberlin, MS, LMT

AASECT CEs: 6

Regardless of culture or language, the moment of orgasm is most commonly marked by the words 'Oh God'. Some would say it's because our bodies know the truth about the relationship between the sacred and the sexual, yet we live in a culture in which these two energies are split. We're taught that love is good but sex is shameful. This split expresses itself in our bodies, and in our sexual relationships, often making it difficult to attain an enduring, loving relationship that is simultaneously sexually alive and growing.

Learning to heal this split is about finding a new relationship between our heads, our hearts, and our souls. This class will be a low-risk opportunity to learn about sacred sexuality and what it offers in the way of personal growth, expanded consciousness, healing and the building of one's capacity for pleasure.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Sex and Disability

Instructor: Joleen Nevers, M.A.Ed; Ayla Battistoni

AASECT CEs: 6

ISEE CEs: 6

CTNASW CECs: 6

CTAMFT CEUs: 6

This session will educate participants on various challenges with sex and disabilities. Some clients may present with different disabilities that may not always be apparent to providers or educators. Through discussions, a panel of those with personal experience with the subject, and interactive activities we will provide strategies and coping mechanisms for participants to utilize with clients. Through



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this session we will assist participants in empowering their clients with their sexuality and reclaiming it.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Sex & Drugs: Issues in Sexuality and Substance Use

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 6

ISEE CEs: 6

CTNASW CECs: 6

It is often said that sex and drugs don't mix, but what may be truer is that sex and drug expertise rarely do. Rosalyn Dischiavo's doctoral work involved sexuality issues in substance abusing women. She found that the only well-researched sexual issues for substance users and abusers involved sexual abuse. What other issues are involved when both drugs (prescription and illicit) and sex are on the table?

This course will give an overview of the overlapping issues in sex and drug use, including 1) conflicting and collaborative treatment philosophies, 2) common misconceptions of sexuality experts, 3) common misconceptions of substance abuse experts, 4) helpful approaches and 5) common sex/drug interactions.

Registration: \$300. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education



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This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Sexological Anatomy and Physiology

Instructors: Dr. Rosalyn Dischiavo; Joleen Nevers, M.A.Ed.

AASECT CEs: 3

ISEE CEs: 3

This course will cover the basics of sexual/reproductive anatomy and physiology, including anatomy of arousal. Instructors use information about the body to demystify our sexual response. Holistic teaching methods help participants to formulate and answer practical questions about arousal and communication of wants and needs.

*Sexual anatomy and physiology is a required topic for AASECT certification.

Registration: \$90. This program meets the 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.

Sexual Coercion: An Overview of the Impacts, a Discussion of Strategies

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 6

ISEE CEs: 6

The types of non-consensual sex are many, and discussion about them is essential for any therapist or sex-educator. Sex therapists may come across any number of sexual abuse issues with clients from sexual assault to sex-trafficking to childhood sexual trauma. Sex educators must be sensitive to the potential survivors of trauma in their various audiences and must know how to handle situations that can arise in a presentation, workshop or course. This class will overview various types of sexual trauma from harassment to sexual assault to financial sexual exploitation. Participants will explore issues that may arise from these, receive resources for dealing with them, and discuss strategies for therapy and teaching.

Note: this is an overview course that does not deal exhaustively with therapeutic



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methods for working with sexual trauma in a psychotherapy or counseling setting. It is meant as a jumping off place for understanding the broad nature of sexual coercion and its possible impacts.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Sexual Development of Kids with ASD (Autism Spectrum Disorders)

Instructors: Dr. Kelley Wolfe

AASECT CEs: 3

ISEE CEs: 3

We are all sexual beings and children and teens on the autism spectrum are no exception. Parents and professionals who work with children with Autism Spectrum Disorder (ASD) face challenges when talking to kids about sex. Children with ASD face unique challenges because they are often unaware of social cues and peer expectations and their sensory issues make forming bonding, intimate relationships challenging. However, it is imperative we talk to ASD children and teens about sexuality and appropriate sexual behavior. Providing positive sex education will promote respect and dignity for each child, help develop positive attitudes around how the child with ASD views his or her body, help child see that sexuality is a healthy loving expression of oneself, and help the child make responsible, safe decisions around sexual issues.

Kelley Wolfe, MS, PhD was a lecturer at UNC Asheville for over 15 years, where she taught Health and Sexuality, Women's Health, Complimentary and Alternative Medicine, Health and Wellness, and Peer Education. She currently advocates for a variety of sexuality-related issues in & around North Carolina.

Registration: \$90. This program meets the 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.

Sexual Power Exchange: Understanding BDSM and Kink

Instructors: Christina Sophie; Dr. Liam Snowdon (Captain); Ayla Battistoni



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AASECT CEs: 3

ISEE CEs: 3

CTNASW CECs: 3

CTAMFT CEUs: 3

Sexual power exchange has been greatly misrepresented by the media as well as greatly misunderstood by psychological professionals. Many people explore role playing, domination and submission and other aspects of power exchange in a healthy, consensual manner. Yet most of us have never been taught to tell the difference between playful sexual lifestyles and abuse or violence. This course will reveal and explain many of the most common power exchange behaviors so that participants can have a better grasp on how to evaluate the health of a relationship or an individual within the bounds of these behaviors.

*Diversity in sexual expression as well as dynamics of interpersonal relationships are required topics for AASECT certification.

Registration: \$90. This program meets the 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.

This program has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Sexuality & Research

Instructor: Dr. Michael Sand

AASECT CEs: 3

ISEE CEs: 3

During this session, students will learn about ethical concerns in conducting research in general, and in sexuality research in particular. Dr. Sand will also discuss principles of research and the scientific method, including types of study design, issues of recruitment & consent, analysis plans, and more. Examples of research in human sexuality will be presented for discussion; case



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studies drawn from the current literature will be presented and discussed, allowing participants to put critical appraisal skills into practice.

Participants will leave the session with a greater understanding of the research process as well as more informed consumers of research in the field of sexuality.

Registration: \$90. This program meets the 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.

Sexuality & Trauma: Healing the Body Through Somatic Experiencing (formerly titled The Animal Body)

Instructor: Kristen Chamberlin, MS, LMT

AASECT CEs: 6

ISEE CEs: 6

Our culture tends to confuse the erotic and the sexual. In so doing, we cut ourselves off from pleasure in all aspects of our lives. In this workshop, we will explore how to re-embodiment our lives using techniques and concepts from Yoga, Himalayan Tantra and Somatic Experiencing®. Through learning these ideas for yourselves, you will naturally enhance and improve your ability to aid your clients in their erotic and sexual journeys.

Kristen Chamberlin is a somatic therapist in Northampton, MA. She has studied yoga and Tantra for many years and is in her last year of study for certification as a practitioner of Somatic Experiencing. Please see the faculty page for more.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Sexuality, Women, & Disordered Eating

Instructors: Dr. Kelley Wolfe

AASECT CEs: 3

ISEE CEs: 3



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This class looks at the association between sexuality and eating disorders in women. Participants will explore the associations between sexuality and disordered eating, and will learn exercise that will help women re-connect with their physical body, and learn exercises that will help women re-connect with their physical body and their sexuality.

Kelley Wolfe, MS, PhD was a lecturer at UNC Asheville for over 15 years, where she taught Health and Sexuality, Women's Health, Complimentary and Alternative Medicine, Health and Wellness, and Peer Education. She currently advocates for a variety of sexuality-related issues in & around North Carolina.

Registration: \$90. This program meets the 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.

Silver Sex: Sex in Later Life
Instructors: Dr. Anita Hoffer; Ayla Battistoni
AASECT CEs: 6
ISEE CEs: 6
CTNASW CECs: 6
CTAMFT CEUs: 6

What challenges come to our sex lives as we age? How is sex different at age 50? 60? 75? 85? Despite cultural messages to the contrary, many people can have active and satisfying sex well into our later years. Come to this wonderful course and discussion led by one of the collaborators on the first Silver SAR™.

Anita Hoffer is one of the co-creators of the Silver SAR™, a program that helps people to reassess attitudes about sexuality in older people. Ayla Battistoni is a sex educator and relationships expert. For more information please see the faculty page.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved for 6 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education



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This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Stewards of Children

Instructors: Dr. Kelley Wolfe

AASECT CEs: 3

ISEE CEs: 3

Stewards of Children is a 3-hour prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

Kelley Wolfe, MS, PhD was a lecturer at UNC Asheville for over 15 years, where she taught Health and Sexuality, Women's Health, Complimentary and Alternative Medicine, Health and Wellness, and Peer Education. She currently advocates for a variety of sexuality-related issues in & around North Carolina.

Registration: \$90. This program meets the 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.

A Systems Approach to Sex Therapy

Instructors: Dr. Rosalyn Dischiavo; Wendy Haggerty, LMFT

AASECT CEs: 12

ISEE CEs: 12

CTNASW CECs: 12

This course is for practitioners of any type of psychotherapy, and for students who wish to know more about effective methods of sex therapy. This 2-day workshop will include information on contextual family therapy tools and concepts, The PLISSIT model and its connections to other systems, Cognitive Behavior Therapy and the Systemic Sex Therapy Model. Students will also be introduced to the Holistic Model of Sex Education and how it can be integrated into sessions with clients.



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Didactic information is combined with discussion and multiple exercises which will include practice of some of the tools covered.

Registration: \$300. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 12 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

This program has been approved for 12 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

Unraveling the Enigmas of Male Sexuality

Instructors: Dr. Anita Hoffer; Paul Nelson, CCMA

AASECT CEs: 6

ISEE CEs: 6

This in-depth workshop will cover selected research on male sexuality as well as aspects of male anatomy and physiology including healthy male sexual functioning, fertility regulation, and the controversy about circumcision, among others. Dysfunctions including concerns about erectile function, especially after prostate cancer, and therapeutic options will also be discussed. Psychological and cultural factors that impact male sexual function will also be addressed in this interactive and informative workshop.

Registration: \$150. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 6 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification

Unveiled Essence: Body Enrichment Class

Instructors: Kellie Ryan, LMT

ISEE CEs: 6

Gently come back to the love behind the walls of life and conditioning. Dance, shake, vibrate and radiate what is truly you. Using moving meditations music and dance as a way to let the unfolding of you begin. In this 3-hour course, we explore the sensations of the body's wisdom and the art of finding our innate joy through



moving our bodies authentically. No dance experience necessary. All ability levels welcome.

Registration: \$90

Distance Learning/Webinars

Alternative LoveStyles: Working with Non-Monogamous Clients Webinar

Instructors: Dr. Rosalyn Dischiavo; Dr. Liam Snowdon (Captain); Ayla Battistoni

AASECT CEs: 3

ISEE CEs: 3

CTNASW CECs: 3

CTAMFT CEUs: 3

Non-monogamous people make up a significant minority population in the United States. Polyamory, swinging and other types of consensual non-monogamy are fairly common, but the counseling and medical professions have not caught up yet and continue to treat anything but monogamous relationships as intimacy problems or health risks. What are the myths and facts about conscious non-monogamous relationships? How can health professionals and clinicians work with these clients as opposed to against them? This course will explore various types of consensual arrangements and discuss practical issues, evaluation methods and counseling styles. Resources and strategies for working with non-monogamous individuals and partners will be demonstrated.

*Diversity in sexual expression as well as dynamics of interpersonal relationships are required topics for AASECT certification.

Registration: \$75. This program meets the 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.



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This program has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.

This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Are You a Boy or a Girl?: Supporting & Celebrating Gender-variant Children Webinar

Instructor: Dr. Liam Snowdon

AASECT CEs: 3

ISEE CEs: 3

This online course outlines foundational information and language relevant to transgender and gender variant children's experiences. Students will examine their own perspectives on gender and their own genders.

Using information directly from clinicians, parents, and children, the class will cover:

- How to support parents of gender variant kids
- Transition options and timing
- Child development and gender expression
- Medial and Legal issues
- Disclosure, safety and school support

Dr. Liam Snowdon has worked in the counseling field for 20 years, specializing in sexual orientation and gender issues, alcohol and drugs, mental health, disability, anxiety, depression, sexually transmitted infections and HIV/AIDS. His work has been with communities, families, couples, and individuals and folks in non-traditional arrangements. He specializes in supporting folks of all ages around gender, sexual orientation and sexual challenges.

Registration: \$75. This program meets the 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.



Are They Learning What You Think They Are? Using Goals & Objectives to Create Measurable Change (Webinar)

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Goals for a workshop are extremely important. What are our hopes, dreams and limitations for this workshop or class? This webinar will teach participants how to create AASECT-compatible, achievable goals and measurable objectives that lead to better evaluations and better learning outcomes.

Registration: \$25. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 1 CE credit. This CE credit may be applied toward AASECT certification and renewal of certification.

Childhood and Adolescent Sexual Development Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

CTNASW CECs: 3

CTAMFT CEUS: 3

This course is great for clinicians, medical personnel and parents. Human sexual development reflects other aspects of development, and should not be ignored or trivialized with children and adolescents. Kids will say and ask the darndest things...how do we respond in an age-appropriate, sex-positive manner? Dr. Rosalyn Dischiavo, is known for her dynamic and humorous style and makes this a fun as well as informative class.

*Sexual development is a required topic for AASECT certification.

Registration: \$75. This program meets the 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.

This program has been approved for 3 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for Social Work Licensure renewal.



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This program has been approved by the Connecticut Association for Marriage & Family Therapy.

Contraception, Then & Now (Webinar)

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

The ancients used everything from crocodile dung to horn condoms to prevent conception. Today we are a bit more sophisticated, and yet there are still controversies in the field of contraception. This class will explore the history of contraception, take a bit of a historical walk through the birth control movements from the 18th-20th centuries, and then discuss the latest birth control methods and attitudes. This is an amusing and informative workshop that meets specific requirements necessary for AASECT and ISEE certification.

Registration: \$75. This program meets the 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.

Create an Amazing Workshop: Elements of a Powerful Experience- Parts I & II

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Effective workshops don't happen merely because of the charisma of the educator or the relevance of the material. A well-executed educational experience includes interesting content, timing skills, attention to flow and integration of goals, objectives and outcomes. These webinars will discuss multiple behind the scenes elements that take a learning experience from merely good or informative, to truly excellent.

Registration: \$40 each or \$75 for both parts. Each program in this series meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 1.5 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.



INSTITUTE FOR

Sexuality Education & Enlightenment

Erotophobia Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 1.5

ISEE CEs: 1.5

Erotophobia is a fear of sex that can be manifested as negative feelings or negative attitudes about various aspects of sex. It is a cultural phenomenon, and inescapable in our society. This class will discuss research about erotophobia, various ways that it can present in clients or students, cultural representations of erotophobia, and ways that a sexuality professional can remain sex-positive in the light of cultural attitudes.

Registration: \$50. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 1.5 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Gender Identity: An Introduction Webinar

Instructor: Dr. Liam Snowdon

AASECT CEs: 3

ISEE CEs: 3

Sexual revolutions abound in our culture, yet one of our most life-changing experiences can still be the "unpacking" of our gender identity- and what it means to be a man or a woman. How do we decide who gets to fit in these socially created boxes?

Join us for an analysis of our culture's current position on gender identity, & and discover the liberation possible for all of us when we move beyond the gender box. Transgender, genderqueer and intersex identities and experiences will be discussed.

Dr. Liam Snowdon has worked in the counseling field for 20 years, specializing in sexual orientation and gender issues, alcohol and drugs, mental health, disability, anxiety, depression, sexually transmitted infections and HIV/AIDS. His work has been with communities, families, couples, and individuals and folks in non-traditional arrangements. He specializes in supporting folks of all ages around gender, sexual orientation and sexual challenges.



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Registration: \$75. This program meets the 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.

History of Sexology Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

This online course is helpful to those seeking an AASECT certification, as it is a required educational topic for sex educators, counselors and therapists. Is history boring? No way! Learn about the Nazi burning of the first Sexology Institute in Germany, the sexual revolution in Russia in the 1920's, Professor Kinsey and his struggles, and see video of William Masters of the Masters and Johnson team.

* The history of sexology is a required topic for AASECT certification.

Registration: \$75. This program meets the 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.

HPV & the HPV Vaccine: What Everyone Should Know Webinar

Instructor: Dr. Betsy Cairo

AASECT CEs: 1.5

ISEE CEs: 1.5

Join Dr. Betsy Cairo to learn the truth about HPV & the much-touted HPV vaccine. Why is one of the main developers of this vaccine now renouncing it? What are the problems with this vaccine?

Dr. Cairo will provide basic information about HPV, or *human papillomavirus*, including types & transmission & will speak about the current controversy surrounding the HPV vaccine, including:

- delivery methods
- reported side effects
- efficacy
- problems



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This program is appropriate for anyone who would like to know more about the HPV vaccine. It also offers continuing education for professionals.

Registration: \$40. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 1.5 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Let Me Introduce Myself: Fabulous Introductions & Working Agreements Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Introductions may seem very basic, but they are far more important than we may realize, particularly when teaching about sex. What can you learn from a person's introduction? What are different ways to introduce yourself, or to introduce your students to each other, to maximize learning, create good will, and foster community? This webinar will teach introductions and also how to create working agreements, which are used as guidelines for the interactions in the class or workshop.

Registration: \$25. This individual program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 1 CE credit. This CE credit may be applied toward AASECT certification and renewal of certification.

Principles of Holistic Sex Education Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Whether we are educating a client in session, a participant in a workshop or a patient on the examining table, the way that we envision human sexuality is crucial to effectiveness. A sex-positive approach is key, but it is not a large enough framework. What does it mean to include the whole person in our paradigm? How can we incorporate body, mind, emotions and spirit into our assessments, our interventions, our suggestions with clients and those that we educate? This session presented by the founder of ISEE will introduce the founding principles of Holistic



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Sex Education, raise questions about how we can shift into a new paradigm, and examine the birth of this new field.

Registration: \$50. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 2 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

Sex Research: Methods and Issues

Instructor: Dr. Rosalyn Dischiavo; Joleen Nevers, M.A.Ed.; Dr. Liam Snowdon (Captain)

AASECT CEs: 14

ISEE Credits: 14

This course is done at home as distance learning. The student will: 1) Complete a written literature review on a sexuality-specific topic chosen by the student and approved by the instructor. 2) Become familiar with peer-reviewed journals in the field of sexuality. 3) Become familiar with general methods, issues and ethics in sex research and discuss them with the instructor.

This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 14 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification.

STIs Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

An overview of various sexually transmitted infections and a discussion of each condition with regard to attitudes, incidence and prevalence, and potential secondary health-risks involved.

Registration: \$75. This program meets the 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.



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You Don't Know What You Don't Know: What is a Needs Assessment & How Can You Use It to Create Good Outcomes? Webinar

Instructor: Dr. Rosalyn Dischiavo

AASECT CEs: 3

ISEE CEs: 3

Have you ever started to teach something and realized that your audience already knew most of what you had outlined? Maybe you have started a class and had to go back to basics that you didn't realize you needed to cover.

A great learning experience for both educator and student is based in knowing what the participants want to know, what you think they need to know, and finding out what they already know. Needs assessments, formal and informal, achieve this goal. This webinar will give samples of written needs assessments, offer resources for free online tools, and teach how to do a quick verbal needs assessment for any length workshop or class.

Registration: \$25. This program meets the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 1 CE credit. This CE credit may be applied toward AASECT certification and renewal of certification.