

SEX & TRAUMA WORKSHOP

Helping Clients Move Beyond
Trauma & Reclaim Their Sexuality

6 CES*



TRAINING DESCRIPTION

Traumatic experiences, especially sexuality-based traumas, can have a lasting effect on survivors. The effects of trauma are seen in many areas of life – healing often has entailed looking at safety, nervous system regulation, and unpacking the deeply profound emotional impacts that clients experience in their day-to-day lives. In particular, trauma of any kind changes our clients' sense of self, boundaries, and ability to be vulnerable in all relationships, and particularly sexual relationships. Trauma healing must look not only at the completion and integration of traumatic experiences, but moving further into helping clients actively regain their sexual voices and identities. This training is focused specifically on helping clients focus on healing the sexual parts of themselves and learn to not only regain their "no", but their true authentic YES.

In this training, clinicians will develop a deep understanding of trauma, the important role the body plays in the sexual healing process, and learn psychological, emotional, relational, and somatic tools to helping trauma clients reclaim their sexuality beyond their trauma.

TOPICS COVERED

- Trauma-informed sex therapy
- Trauma & Desire, Arousal, Orgasm, & Pain Difficulties
- Dissociation & sex
- Safely connecting to the body during sex
- Boundaries & triggers
- Reclaiming and discovering pleasure after trauma

PRE-REQUISITES

Foundational understanding of trauma

DETAILS

- dates: see alluracentre.com/trainings
- handouts provided
- AASECT CE Credits available** (please see website for details)

COST

\$247 CAD

*student pricing available