

# Working with sexual and psychosexual problems in heterosexual older people

Training workshop, London, 21 April 2018

## Workshop topics include:

Health differences between various sexual behaviours

What changes and what does not with ageing

Ageing and couple dynamics

Medications, nutrition, and the nervous systems

Emotional first aid and unblocking sexual feeling

Quick fixes

More serious fixes (interventions)

How far can treatment go?

Case examples (ours and yours)

## Training provided by



**Sean Haldane**, PhD, CPsychol  
Neuropsychologist, Psychotherapist, former head of Psychology  
for Older People and Neuropsychology: NHS East London



**Stuart Brody**, PhD, DSc, CPsychol, FBPSS  
Professor of Psychology, Psychologist, Sex Researcher

**What are the objectives of the training?**

The training provides clinicians with the requisite clinical tools to implement effective and time-efficient interventions that are optimal for older heterosexual clients.

**For whom is the training intended?**

The training is intended for psychologists, sexologists, geriatricians, general practitioner physicians, gynaecologists, psychiatrists, physiotherapists, counsellors, psychotherapists, social workers, nurses, midwives, sex educators and other health professionals. It is also open to graduate students in disciplines related to the fields of health and mental health.

**How does it differ from traditional sex therapy and conventional approaches to older clients?**

At the end of the training, the clinician is equipped with efficient techniques which are different from those used in common psychotherapies, couple therapies, and traditional sex therapy. Conventional approaches draw heavily on theories and assertions that can be traced back to Masters and Johnson. Recent empirical evidence indicates that many of their assertions and theories are not consistent with best evidence and best evidence-based treatment. For example, the Cochrane review of psychosocial interventions for treating premature ejaculation reported that Functional Sex Therapy was the best empirically supported psychological treatment of premature ejaculation and fully met the criteria of evidence based medicine. In contrast, the claims of high success rates put forward by Masters and Johnson have failed to be replicated. The workshop includes a summary of the most important clinically relevant research in other behaviourally and non-behaviourally (including medication and nutrition) based treatment approaches. The workshop also includes sections on how a busy clinician (such as a GP) can recommend a series of “quick fixes” (requiring less than 10 minutes per session).

**What type of training is provided?**

The training includes several components, including theory, empirical research that guides practice, techniques to develop the clinical skills necessary for establishing a diagnosis, planning treatment, and delivering brief therapy. The techniques include changing not only the way patients think and relate to their partners, but also how they move their bodies during sexual activities. Time and sexual tension management have a major influence on the origin and course of various female and male sexual dysfunctions. Physiological issues and interventions are also discussed. Registration is limited to a maximum of 40 persons.

### **Who provides the training?**

Dr. Haldane was born in England in 1943, obtained a First Class Honours degree in English at Oxford in 1965, then moved to North America where he studied psychotherapy and learned Wilhelm Reich's methods of working with sexual problems in body-oriented psychotherapy, from Reich's pupil Dr Myron Sharaf. He obtained his PhD in psychology at Saybrook University, San Francisco in 1977, and completed the North American licensing examinations (EPPP) in psychology in 1984. He worked in Canada as a psychotherapist, and as a clinical psychologist / neuropsychologist in various public health services. In 1994 he returned to England to work as a Consultant Neuropsychologist in the NHS, setting up memory clinics in Birmingham and in East London, and working privately as an expert witness in civil and criminal court cases. He retired from full time NHS work in 2012 as a Consultant Clinical Psychologist and Head of Psychology for Older People and Neuropsychology at East London Foundation Trust. He now has a private practice based in London. He is the author of *Emotional First Aid* (1984) and *Couple Dynamics* (1985), both of which teach self-help psychotherapy, through exercises and explorations to be worked on independently by individuals or couples. In *Pulsation: from Wilhelm Reich to Neurodynamic Psychotherapy* (2014), he proposes an approach in which the clinician (medical or psychological) is a guide while the individual or couple work in a structured way on their own or together. (See [www.neuropsychology.sh](http://www.neuropsychology.sh)).

Dr. Brody is visiting professor at Charles University in Prague, having previously been Professor of Psychology at the University of the West of Scotland. He also conducted research at the Universities of Tübingen and Trier (Germany) and worked as a clinician in New York City. He began his sex therapy training in 1978 with Dr. Robert Sollod (a protégé of Helen Singer Kaplan). He is a Chartered Psychologist and a Fellow of the British Psychological Society. He has a PhD in Clinical Psychology as well as a higher doctorate DSc in Psychology conferred by the Academy of Sciences of the Czech Republic. Dr. Brody is author of *Sex at Risk* (Transaction, 1997) and over 190 publications in scholarly journals, and is a highly cited researcher. His research on sexual behaviour ranges from fMRI brain imaging and cardiovascular issues to age effects and sexual and non-sexual factors associated with greater sexual satisfaction and orgasm. He has given invited presentations at venues including the Royal Society of Medicine, European Society for Sexual Medicine, Institute of Psychosexual Medicine, and many universities. He provides consultations in person or worldwide by Skype, FaceTime, and Zoom (see [www.drstuartbrody.com](http://www.drstuartbrody.com)), and co-leads training workshops in Functional Sex Therapy (see [www.functional-sex-therapy.com](http://www.functional-sex-therapy.com)).

**TIME:** 10:00 - 17:00 (with a one hour lunch break); 21 April 2018

**VENUE:** Central London (TBA)

### **FEES:**

£195 if payment is received at least two months before the session

£245 if payment is received less than two months before the session

### **REGISTRATION:**

Either complete the attached pre-registration form, or e-mail us at: [stuartbrody@hotmail.com](mailto:stuartbrody@hotmail.com) to request a form in doc format. After we receive your completed form, we will send you a confirmation and details of how to make payment.

Registration is limited to a maximum of 40 persons.

### **INFORMATION:**

[stuartbrody@hotmail.com](mailto:stuartbrody@hotmail.com)