

**Duration :2 Hours**

# Workshop on Couple Sex Therapy

**Target group: Mental Health Professionals, Counsellors & PG Trainees**

**Dr. Manjula. V**

**Assistant Professor,  
Christ (Deemed to be) University.  
Bengaluru.**



ORGANISED BY  
**NODAL OFFICE**

CHRIST (Deemed to be University)  
Thiruvananthapuram, Kerala

**SEPTEMBER 25, 2021**  
**Saturday**  
**05.00PM-07.00 PM /IST**

## Who Is it useful for?

Mental health professionals as well as trainees with preliminary understanding of normal sexual functioning, types of male female sexual dysfunctions and commonly used sex therapy techniques such as sensate focus. The workshop would be useful especially for those who seek to learn couple interventions for sexual dysfunctions using systemic principles. Preliminary understanding on the basic principles of couple therapy is desirable

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**This is an Initiative by Nodal Office , CHRIST (Deemed to be University).**

**Duration : 2 Hours**

# Dr. Manjula. V

Dr. Manjula. V is an Assistant Professor at Christ (Deemed to be) University, Bengaluru. She is a NIMHANS trained Clinical Psychologist with her doctoral research on Couple Sex therapy.

## **Workshop duration: 2.5 hours.**

Workshop pedagogy will include, a power point presentation, case vignettes, group discussions, role play or demonstration of techniques.

## **What does it cover?**

Significant relationship difficulties are experienced by couples with sexual dysfunction in either one of the partners. Addressing the sexual dysfunction using medical model or individual psychopathology model not only overlooks the distress in the couple relationship but fails to address all the relevant areas of concern to the couple. This workshop will facilitate the participants to obtain a systemic perspective on the sexual dysfunction and address both sexual dysfunction and relationship distress in an integrated fashion.

## **The emphasis will be on**

- Sensitisation to the interrelationship of sexual intimacy and couple relationship through discussion of case vignettes.
- Evaluation of the above mentioned variables in therapy.
- Therapy processes and challenges involved in addressing sexual dysfunctions in the context of couple therapy.

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