

# SAR IN THE CITY

## 2016 PROGRAM OUTLINE & SCHEDULE

**Overall Purpose:** The purpose of this activity is to enable the learner to define for themselves those things they find appealing, disturbing, and confusing, and to develop an understanding of how this may affect the work that they do. A significant portion of the course will be reflection and group discussion on cultural awareness and attitudes. Participants will be asked to reflect and explore for themselves how their preconceived notions and prior experiences may affect their responses to clients and to process their response to new and different activities they have not been previously exposed to.

### General Objectives:

1. Define male and female sexuality and “normal sex” in order to explore our own preconceived notions as well as misconceptions prevalent in media and our environment.
2. Define the most common “dysfunctions” clinicians are likely to encounter with their patients. This session will familiarize clinicians with a variety of dysfunctions, dispel some of the myths associated with them, and help them elicit concerns from patients that may be difficult for patients to discuss.
3. Define masturbation practices and the wide range of activities and stimulation techniques people use for self-pleasure.
4. Explore familiarity and comfort level with the use of erotica/pornography.
5. Identify the wide range of sexual identities.
6. Identify more complex sexual relationships which fall outside the common monogamy based structure. This topic encompasses all sexual orientations and attractions.
7. Identify the realities of sex over 50
8. Identify challenges and resources for the physically and mentally disabled regarding sexuality and sex.
9. Identify the spectrum of individuals who work in the sex industry and focus on preconceived notions and judgments about this type of work.
10. Define BDSM and the enormous variety of practices which fall under this umbrella term.
11. Identify and define fetishes and paraphilia.
12. Explore changes in their awareness and attitudes and share how this might impact on their work.

**See below for specific schedule and content topics for each objective.**

**DAY I**

**APRIL 3**

**REGISTRATION**

**8:00-8:30 AM**

**OPENING, WELCOME, AND INTRODUCTIONS**

**8:30-9:00**

**I. FOUNDATION– PERCEPTION VS. REALITY**

**1.5 CEU**

**9:00-10:30**

This introductory session will discuss male and female sexuality and “normal sex” in order to explore our own preconceived notions, as well as misconceptions prevalent in media and our environment.

The following subjects will be covered:

- Perceived categories and spectrum
- Narrow parameters of acceptable expression
- Preconceived notions of interest levels
- Shame and sexuality
- Intimacy and security vs. freedom
- Complex fantasies, arousal, attractions
- Sexual pride vs guilt

Research Resources:

Bergner, D. – What do Women Want?

Folie, S. - Sex Matters

McCarthy, B. and E. - Male Sexual Awareness

Krondorfer, B. - Men’s Bodies, Men’s Gods

Tejarian, E. - Male to Male – Sexual Feeling Across the Boundaries of Identity

Kinsey et al. – Sexual Behavior in the Human Male/Human Female

Bradshaw, J. – Healing the Shame That Binds You

By conclusion of this session students will be able to:

1. Identify cultural misconceptions and prejudices.
2. Recognize and describe personal biases.

**BREAK**

**10:30-10:45**

**II. COMMON SEXUAL DYSFUNCTIONS**

**1 CEU**

**10:45-11:45**

This session will give an overview of the most common “dysfunctions” clinicians are likely to encounter with their patients. This session will familiarize clinicians with a variety of dysfunctions, dispel some of the myths associated with them, and help them elicit concerns from patients that may be difficult for patients to discuss.

The following subjects will be covered:

- Erectile and ejaculatory issues

- Orgasmic problems
- Desire and arousal disorders
- Pelvic pain disorders

Research Resources:

Goldstein, A. – Sexual Pain Disorders in Women  
 Kleinplatz, P. – New Directions in Sex Therapy  
 Wincze, J. and Carey, M. – Sexual Dysfunction  
 Wise, D. – A Headache in the Pelvis  
 Schultz, L. and Coutinho, M. - Out in the Open  
 Goldstein, A. – Reclaiming Desire: 4 Keys To Finding Your Lost Libido

By conclusion of this session students will be able to:

1. Identify common male and female sexual dysfunctions.

### III. AUTOERTICISM

1 CEU

11:45-12:45

This session will discuss masturbation practices and the wide range of activities and stimulation techniques people use for self-pleasure.

The following subjects will be covered:

- Review of most common masturbation techniques
- Variations: mutual masturbation, anal masturbation, toys and aids
- Tantric/mindful masturbation
- Social masturbation: masturbation clubs/circle jerks, flashing/public masturbation
- Alternative masturbation: auto-asphyxiation, electro-stimulation

Research Resources:

Dodson, B. – Sex for One  
 Niederwieser, S. – Do It Yourself  
 Christopher, S. - 101 Masturbation Techniques  
 Barbach, L. – For Yourself  
 Solot, D. – I love Female Orgasm

By conclusion of this session students will be able to:

1. Describe/discriminate between autoerotic behaviors.

### LUNCH

12:45- 1:45 PM

### IV. WHAT IS EROTICA/PORN?

1 CEU

1:45 – 2:45

This session will explore familiarity and comfort level with the use of erotica /pornography. We will discuss and assess preconceived notions, commonly held conceptions, and views on pornography.

The following subjects will be covered:

- Vanilla porn vs. alternative porn
- Therapeutic uses of porn
- Addiction issues

Research Resources:

*YourBrainOnPorn.com*

Morin, J. – The Erotic Mind

Agas, O. – A Billion Wicked Thoughts

Maltz, W. – The Porn Trap

By conclusion of this session students will be able to:

1. Identify preconceived notion and biases about pornography.

## **V. THE SPECTRUM OF SEXUALITY**

**2 CEU**

**2:45- 5:00**

This session will cover the wide range of sexual identities. (Will include one 15 min break.)

The following subjects will be covered:

- heterosexual, homosexual, bisexual, asexual, polysexual, pansexual, transvestites, transsexual, intersex, cisgendered
- Shortcomings of sexuality definitions and evolving sexualities
- Vague sexuality boundaries
- Self-determination of labelling

Research Resources:

Tejarian, E. - Male to Male: Sexual Feeling Across Boundaries of Identity

Savage, D. – It Gets Better: Coming Out, Overcoming Bullying and Creating a Life Worth Living

McCoy, R. – Late Bloomers: Awakening to Lesbianism After 40

Nagoshi, J. and C. - Gender and Sexual Identity: Transcending Feminist and Queer Theory

Bader, M. – Male Sexuality

McCarthy, B. and E. – Male Sexual Awareness

Brill, S. – The Transgendered Child: A Handbook for Families and Professionals

By conclusion of this session students will be able to:

1. Identify the wide range of sexual identities within our society.
2. Classify distinctions/commonalities within sexual identities.

**VI. NON-TRADITIONAL SEXUAL PARTNERING****1 CEU****9:00-10:15 AM**

This session will expose the student to more complex sexual relationships which fall outside the common monogamy based structure. This topic encompasses all sexual orientations and attractions. Students will not only be exposed to many of the practices, but they will gain an understanding of what attracts some people to alternative partnering by talking to participants.

The following subjects will be covered:

- Polyamory/pansexuality, swinging, open relationships, wife swapping
- Friends with benefits, 'down low' activity, affairs, online sex, hookup sites
- Sex clubs/parties, masturbation clubs, dogging, bath houses, orgies

Research Resources:

Moore, J.L. - [A Private Diary: Our First Year in Swinging](#)

Easton, D. - [The Ethical Slut: A Guide to Infinite Sexual Possibilities](#)

Thomas, P. - [Recreational Sex : An Insider's Guide to the Swinging Lifestyle](#)

Spring, J. A. - [After the Affair](#)

Anapol, D. - [Polyamory: The New Love Without Limits](#)

By conclusion of this session students will be able to:

1. Classify and define non-monogamous sexual paradigms.

**VII. SENIOR SEX****1 CEU****10:15-11:00**

This session will focus on the realities of sex over 50. We live in a society that ignores sex for older adults, assuming it is an aberration, and our images of it exist only on the margins of society. This is reflected in the media as well as in the medical profession. However, 35% of our population will be over 50 by 2020 and this group's interest and desire to remain sexually active is growing as a result of increasing life spans and successful medicine.

The following subjects will be covered:

- Exposure to visual images and films of senior sex
- Common myths and misconceptions about senior sex
- Statistics on sex in a senior population including frequency, STDs and etiquette
- Common medical concerns in the senior population that affect sex

Research Resources:

Sheehy, G. – [Sex and the Seasoned Woman](#)

Price, J. – [Naked at Our Age](#)

Price, J. - [Better Than I Ever Expected](#)

McCoy, R. – [Late Bloomers: Awakening to Lesbianism After 40](#)

Monk, A. – Health Care of the Aged: Needs, Policies and Services

By conclusion of this session students will be able to:

1. Recognize biases in our society in regard to senior sexuality.

**BREAK**

**11:00 – 11:15**

**VIII. PHYSICALLY/MENTALLY DISABLED SEX**

**1 CEU**

**11:15 -12:15**

Physically and mentally disabled individuals are often marginalized and their sexual identity ignored. This session will focus on sex with and among physically and mentally disabled.

The following subjects will be covered:

- Mentally disabled and sex rights
- Chronic pain, illness, end of life
- Wheelchair sex
- Ostomy patients and sex
- Little People and sex
- LGBTQ/BDSM and disabilities
- Sexual assistants/professionals

Research Resources:

<http://www.sexualityanddisability.org/>

<http://www.tlc-trust.org.uk/>

Kaufman, M. et al. - The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain, and Illness

Bergner, D. - The Other Side of Desire

By conclusion of this session students will be able to:

1. Identify sexual challenges specific to handicapped patients.

**LUNCH**

**12:15-1:15 PM**

**IX. SEX WORKERS**

**1 CEU**

**1:15- 2:15**

This session will introduce participants to the spectrum of individuals who work in the sex industry and allow them to focus on their own and society's preconceived notions and judgments about this type of work.

The following subjects will be covered:

- Surrogates
- Prostitutes
- Sex coaches

- Sacred intimates
- Tantric intimates

Research Resources:

Melinda Chateauvert – [Sex Worker’s Unite: A History from Stonewall to Slutwalk](#)  
 Annie Oakley – [Working Sex, Sex Workers Write About a Changing Industry](#)  
 Grant, M.- [Playing the Whore: The Work of Sex Work](#)  
 Cohen-Green, C – [An Intimate Life: Sex, Love and My Journey as a Surrogate Partner](#)

By conclusion of this session students will be able to:

1. Classify and define the roles of sex workers in our community.

**X. BDSM**

**1.5 CEU**

**2:15-3:45**

This session will introduce the students to BDSM and the enormous variety of practices which fall under this umbrella term. Students will not only be exposed to many of the practices, but they will gain an understanding of what attracts some people to BDSM by talking to BDSM participants and professionals. Understanding the mental/emotional/spiritual aspect of BDSM is key to understanding the activities.

The following subjects will be covered:

- Philosophy, healing, rules, safety, etiquette
- Terminology: slave, master, top, bottom, sub, dom, collar, AB/DL, CBT
- Role Play: slave/master, age play, cuckoldry, furies, gender
- Sensation Play: flogging, spanking, ea stim, edge play, impact play
- Power Exchange: sub/dom & top/bottom relationships, subspace
- Bondage: gags, rope, latex
- Body mutilation and piercing

Research Resources:

Brame, G. - [Come Hither! A Commonsense Guide to Kinky Sex](#)  
 Trevor, J. - [On The Safe Edge: A Manual for BDSM Play](#)  
 Addington, D. - [Fantasy Made Flesh: The Essential Guide to Erotic Roleplay](#)  
 Scott, G.G. - [The Power of Fantasy: Illusion and Eroticism in Everyday Llife](#)  
 Bergner D. - [The Other Side of Desire](#)

By conclusion of this session students will be able to:

1. Identify common BDSM activities.
2. Compare, contrast and define the various roles in BDSM.

**BREAK**

**3:45-4:00**

## **XI. FETISHES**

**1 CEU**

**4:00-5:00**

This session will introduce students to the complex world of fetishes and paraphilia. Often accompanied by a sense of shame and shrouded in secrecy, fetishes can be harmless 'turn-ons' or can cause great distress to fetishist and partner alike.

The following subjects will be covered:

- Definition of fetishes
- Common fetishes
- Exploration of common origins
- Coping with fetishes
- Fetish vs. disorder
- Illegal fetishes

Research Resources:

Bergner D. - [The Other Side of Desire](#)

Berring, J. - [Perv: The Sexual Deviant in All of Us](#)

Blue, V. - [Fetish Sex: A Complete Guide to Sexual Fetishes](#)

Money, J. - [The Love Map](#)

By conclusion of this session students will be able to:

1. Recognize and classify the wide range of fetishes and paraphilias.

## **XII. WRAP-UP**

**1 CEU**

**5:00-6:00**

This session will focus on personal reflection. During this hour long wrap up participants will have the opportunity to summarize their reactions, both expected and unexpected, to the material they saw and discussed. They will explore changes they may have noticed in their awareness and attitudes and share how they feel this might impact their work.

During this session we will:

- Process personal attitudes
- Discuss techniques for self-examinations
- Assess individual evolving attitudes
- Identify changes in perception that participants may have experienced

Research Resources:

Kleinplatz, P. - [New Directions in Sex Therapy](#)

Whitehorn, D. - [Mindfulness as a Core Competency for Mental Health: A Contemplative Exploration](#)

Berring, J. - [Perv: The Sexual Deviant in All of Us](#)

Bernstein, R. - [Beyond Objectivism and Relativism: Science, Hermeneutics and Praxis](#)



By conclusion of this session students will be able to:

1. Formulate a personal perspective and plan of action for assessing evolving attitudes.