WORKING WITH SEXUALITY IN THE CONTEXT OF TRAUMA: A FOUNDATION

A two day workshop for therapists to train with Allyson Waite and Paula Dennan, Clinical Psychologists, Sex Therapy New Zealand

Many survivors of trauma struggle with their sexuality which can impact emotionally, physically and relationally. Difficulties with establishing and maintaining wanted sexuality and intimacy are common presenting issues in therapy. Supporting your clients with these important aspects of trauma recovery can be challenging. This workshop offers a foundation in finding a way to navigate these challenges.

In this workshop we will

- explore the impact of trauma on sexual intimacy
- clarify the fundamentals of sex therapy in the context of trauma
- offer a trauma informed approach to sexual recovery
- utilize a range of models and interventions to enhance your therapy skills
- learn how to integrate aspects sex therapy into practice
- practically apply the theory through exercises and case discussion

The workshop does not require any previous sex therapy knowledge and is suitable for those participants who regularly work with trauma.

WORKSHOP 15 & 16 March 2027
Time: 8.30am (registration) 9- 4.30pm, Sorrento, One Tree Hill Auckland
(Delicious lunch, morning & afternoon tea provided and included in price**)**
Cost: $545 (+ gst) early bird enrolment to 31 December 2026
$575 (+ gst) from 1 January 2027
Information and booking Here

Presenters
Dr Allyson Waite and Paula Dennan are both Clinical Psychologists and Directors of STNZ. We specialise in working with couples and individuals experiencing difficulties with intimacy and sexuality.

Ally has a background in mental health services, individual and couple therapy. Her practice is strongly influenced by relational models of therapy including Cognitive Analytic Therapy. She teaches in the area of sexuality through the University of Auckland.

Paula has over 30 years of clinical experience. She teaches the Bader Pearson Developmental Model of Couple Therapy. Paula works from a biopsychosocial model and values a systemic relational approach.