



Couples Therapy: Working with Intimacy and Desire 1-day Workshop in Dunedin, New Zealand Friday, 18 October 2013

Dr Allyson Waite is an Auckland-based clinical psychologist who specialises in working with couples and individuals experiencing difficulties with intimacy and sexuality. Dr Waite works in private practice and has a background in mental health services. Her practice is strongly influenced by attachment theory and relational models of therapy including Emotionally Focused Therapy for couples and Cognitive Analytic Therapy. She is also regional director, trainer, and an accredited therapist with Sex Therapy New Zealand.



Many couples struggle to maintain both emotionally intimate and sexually fulfilling relationships in long term relationships. Couples often present for therapy with sexual difficulties, commonly discrepancies in sexual desire. It is not uncommon that as the emotional attachment grows, sexual desire may dwindle... However, without desire, there can be a sense of disconnection and loss of intimacy.

In this one day workshop, Dr Waite will explore the concepts of intimacy and desire from a developmental and relational perspective, drawing on models of attachment theory and individuation. The workshop will have a strong focus on working with sexual issues in couples.

The workshop objectives are to help participants develop a greater awareness of couple dynamics and sexual symptoms and to gain confidence in working with these issues in therapy. Drawing on a range of theoretical approaches, including emotionally focussed therapy, the workshop will identify ways in which couples can be helped to build and maintain sexual and emotional intimacy in their relationship.

- ✓ **Suitable for professionals and students in psychology, psychiatry, social work, medicine, nursing, occupational therapy, and general counselling**

REGISTRATION SPECIAL

Register now for the early-bird price of \$230.00 (including GST).

Registration includes workshop fee, certificate, handouts, lunch and refreshments.

Registration form (online: www.psychologyassociates.co.nz) must be received by 16th of September for the early-bird price. Registration after 16/09 costs \$299.00 (incl. GST).

For further information about EFT: <http://www.iceeft.com>

For further information about Dr Allyson Waite:

<http://www.couplestherapyauckland.co.nz/therapists/allysonWaite.jsp>