



Breaking Trauma's Silence: Our Country's Awakening to Sexual Health

Friday, May 3, 2019

Moorhead, MN
Courtyard by Marriott Fargo Moorhead

Schedule for Friday, May 3 (6.0 CEUs):

7:30-8:00 **Check-In & Breakfast Fare**

8:00-10:00 **Keynote by Dr. Markie Twist, LMFT**
If You Can't Talk About Sex, You Probably Shouldn't Be Having It: Sex Talk as Sexual Health

10:15-11:45 **Breakout Workshops**

101: *Consent Violations in Loving Relationships-Healing through Pleasure* by Laura Rademacher, MA, LMFT, CST

102: *Let's Talk Pleasure* by Shelley Dahl-Monroe, MS, LMFT

103: *Taking Sci Fi Out of Sex: Uncomplicating Sexual Issues in ASD* by Will Pearson, M.S., LMFT

11:45-12:45 **Lunch (included in the cost of registration)**

12:45-2:15 **Breakout Workshops**

201: *The Double Bind of Sexual Violence* by Samantha Woller, Graduate Student

202: *BDSM: What it is, what it isn't* by Shawny Sena, MS (Must also attend 302)

203: *Working with Trauma in Global Family Therapy: The Need to Repair the Cultural Worldview when Healing from Sexual Assault* by Lucas Volini, DMFT, LMFT

2:30-4:00 **Breakout Workshops**

301: *Transforming Adverse Life Experiences* by Mary Whitney, PhD

302: *BDSM: What it is, what it isn't* by Shawny Sena, MS (Must also attend 202)

303: *Turn On! Arousal Explained for Every Body-The Therapist Version* by Laura Rademacher, MA, LMFT, CST



Dr. Markie Twist (she/her/they/them) is based out of the Las Vegas, Nevada and Minneapolis-St. Paul Twin Cities areas and is an award-winning sexuality educator, sexologist, relationship therapist, author and international speaker. Dr. Markie is the Program Coordinator of the Graduate Certificate in Sex Therapy Program, and Professor in the Human Development and Family Studies Department and Marriage and Family Therapy Program at the University of Wisconsin-Stout. Dr. Markie is a licensed marriage and family therapist and mental health counselor, AAMFT clinical fellow and approved supervisor, and AASECT certified sexuality educator and approved supervisor. Dr. Markie is co-author of the books, *The Internet Family: Technology in Couple and Family Relationships*, and *Focused Genograms: Intergenerational Assessment of Individuals, Couples, and Families* (2nd ed.). Dr. Markie serves as the

Editor-in-Chief of *Sexual and Relationship Therapy: International Perspectives on Theory, Research and Practice*, and on the editorial board for the *Journal of Marital and Family Therapy*. Dr. Markie is also co-editor of the book, *Eco-Informed Practice: Family Therapy in Age of Ecological Peril*. Dr. Markie Twist regularly consults and presents on the following topics: sexual, gender, erotic, and relational diversity, couple and family technology practices, eco-informed family therapy, and tantric sex. To learn more visit: DRMARKIE.COM.

In this Keynote, ***If You Can't Talk About Sex, You Probably Shouldn't Be Having It: Sex Talk as Sexual Health***, the presenter will open with a comprehensive definition of sexual health, and note the barriers towards attaining such health. One of the biggest barriers to sexual health is the larger oppressive societal framework in which we all exist, which keeps many of us silenced and shamed from engaging in comprehensive, sex positive dialogue and discussion. Thus, the presenter will detail mechanisms through which clinicians can assist individual, couple, family, and relational system clinical participants to break through sexual silence and sex negativity in order to gain in sexual health and wellness. Such mechanisms will include tools for discussing and negotiating consent, provision of related assessments like the sexuality- and gender-focused genograms, and tips for assisting clinical participants in being empowered to engage in lifelong age-appropriate sex talks.

Workshop Descriptions & Skill Level

Find presenter biographies at www.mamft.net/event/mamft-greater-mn-conference. *Presenters have indicated the skill level of their workshop, which you will find in italicized text below.*

101: *Consent Violations in Loving Relationships-Healing through Pleasure*

Laura Rademacher, MA, LMFT, CST

It is a sad reality that many loving relationships include experiences of non-enthusiastic sex (“I’ll do it because you want to”), partners pushing boundaries, hurtful misunderstandings, and non-consensual sexual experiences. Clients often struggle to talk about these experiences because it is taboo to accuse a loved and loving partner of violation. This workshop outlines how to use the Spectrum of Consent tool to help clients

find the words for their experiences, put the brakes on non-consensual behavior and, if they choose, help clients rebuild trust and refocus on mutual pleasure. (*Beginner*)

102: *Let's Talk Pleasure*

Shelley Dahl-Monroe, MS, LMFT

Shelley will be discussing how focusing on pleasure in regard to sexual encounters (alone or with a partner) may be a more effective approach than focusing on sexual problems. Debby Herbenick at Indiana University and her colleagues published an article in the Journal of Sex and Marital Therapy about sexual attitudes covering preferred patterns for sexual likes and dislikes and genital stimulation, as well as many other definitions of what is pleasurable. This presentation will contain mindfulness activities, and how mindfulness contributes to pleasure, as well as at least two other activities. (*Beginner*)

103: *Taking Sci Fi Out of Sex: Uncomplicating Sexual Issues in ASD*

Will Pearson, M.S., LMFT

Individuals with an autism spectrum disorder tend to have more difficulty fitting in socially and are less influenced by social norms and constraints. This is particularly apparent in matters related to sexuality and sexual development. Many are more asexual & aromantic than the general population and have higher rates of representation in the LGBT community as well. This presentation explores the unique sexual health needs regarding the ASD community and provides professionals and caregivers with tools to educate and support ASD individuals. (*Beginner/Intermediate*)

201: *The Double Bind of Sexual Violence*

Samantha Woller, Graduate Student

Through a cybernetic framework, this presentation discusses the double bind inherent in the relationship between a survivor of sexual assault and the surrounding social system. The presenter will discuss the etiology and multisystemic dynamics within the double bind and ways in which it complicates trauma by mutually silencing and punishing the voice of survivor's while simultaneously holding them accountable for seeking justice. Examining how these binds are maintained by complex macrosystemic dynamics and often internalized by individuals, implications for clinical assessment and intervention. (*Beginner*)

202: *BDSM: What It Is, What It Isn't*

Shawny Sena, MS

(This is a multi-session workshop. If you select this workshop, you must also select the 302 workshop.) BDSM, kink, fetish, leather and all manners of erotic identities end up in our offices. Come learn the basics of BDSM practices, desires, and relationships. We will explore the differences between healthy BDSM and abusive practices, how to support clients as they navigate their desires, and examine our own reactions to erotic differences. Simply curious? All questions will be answered! (*Beginner*)

203: *Working with Trauma in Global Family Therapy: The Need to Repair the Cultural Worldview when Healing from Sexual Assault*

Lucas Volini, DMFT, LMFT

As the "me too" movement has generated greater societal awareness around the critical issue of sexual health in America, it has also added a public component to the deeply personal experience of sexual trauma. As the growing unification of voices across those impacted has generated empowerment, it also begs the question: how do I find security in a social world so deeply plagued with the brutal realities of sexual assault? This workshop identifies the relationship between cultural dynamics and the individual's process of healing from trauma in a troubled world by strengthening the worldview. (*Beginner*)

301: Transforming Adverse Life Experiences

Dr. Mary Whitney

This workshop demonstrates a peer counseling protocol provided for victims of abuse that encourages open discussion and helps students cope with previous traumatic experiences as they heal from the core. Reverend Whitney is not only co-pastored a small Non-denominational congregation for over three years. She has shared a Facebook Live Ministry for over 2 1/2 years as she helps teach others to connect with their deeper self for continuous healing. *(Beginner/Intermediate)*

302: BDSM: What It Is, What It Isn't

Shawny Sena, MS

(This is a multi-session workshop. If you select this workshop, you must also select the 202 workshop.) BDSM, kink, fetish, leather and all manners of erotic identities end up in our offices. Come learn the basics of BDSM practices, desires, and relationships. We will explore the differences between healthy BDSM and abusive practices, how to support clients as they navigate their desires, and examine our own reactions to erotic differences. Simply curious? All questions will be answered! *(Beginner)*

303: Turn On! Arousal Explained for Every Body-The Therapist Version

Laura Rademacher, MA, LMFT, CST

Do your clients have trouble getting turned on or struggle with low desire? Are they dreaming of rocking their partner's world but at the moment it feels more like easy listening? This class is designed for therapists who want to help clients reach their goals of turning up the heat but aren't up to date on the latest information on the physical, mental, and emotional aspects of arousal and desire. This class will cover information about anatomy and function that MFTs don't often get training on and is inclusive of people of all genders, orientations, and relationship styles-every body. *(Beginner)*

Conference Location: Courtyard by Marriott Fargo Moorhead, 1080 28th Ave S, Moorhead, MN 56560

Hotel Block Info: MAMFT has a limited block of rooms at the discounted rate of \$99 at the conference hotel – Courtyard by Marriott Fargo Moorhead that is good for 5/2/19 (not the weekend). Call 218.284.1000 to make a reservation and reference the MN Association for Marriage and Family Therapy block room rate. Reservations by attendees must be received on or before 4/2/2019, after which point the rooms will be released for general sale.

MAIL-IN REGISTRATION FORM

Online Registration Available at www.mamft.net

EARLYBIRD Postmarked or Submitted Online before 4/19/19

(Please circle all amounts that apply)	Registration Fee
	\$200
MAMFT Member Discount	-50
Student/Pre-Licensed Discount	-25
Early bird Registration Discount (postmarked or submitted online by)	-25
Total	

Name: _____ Phone: _____

Address: _____

Email: _____

**Please select ONE for each
Friday Breakout Workshop:**

Breakout Workshop #1: 10:15 – 11:45
101 102 103

Breakout Workshop #2: 12:45 – 2:15
201 202 203

Breakout Workshop #3: 2:30 – 4:00
301 302 303

**Please send registration forms to:
MAMFT
PO Box 1596
Maple Grove, MN 55311**

Refund Policy for Training Events

Cancellation requests must be made in writing. Refunds will be given on requests received 10 days prior to the training event. A 20% administrative fee per person will be deducted from all cancellations. No refunds will be given if received less than 10 days prior to the event, but registrants can transfer their registration to another person.

Please Note:

- Your check will be deposited when it is received.
- Registration fee includes breakfast fare and lunch.
- CE credits approved by the following boards: MN MFT, MN BHT, and MN BSW.

Questions? Email Ashley at info@mamft.net