

Nova Scotia Association for Sexual Health



Promoting healthy sexuality across the lifespan

SAR

Sexual Attitude Reassessment

Coming to Nova Scotia on April 7 & 8

This 2-day training workshop is for you if...

- ▶ *you're new to the Sexual Health field*
- ▶ *you deal with sexual health issues in your work and would like the opportunity to examine your own values, attitudes and beliefs*
- ▶ *you're simply interested in challenging your understanding of sexuality*

What is SAR and why should you attend?

SAR (Sexual Attitude Reassessment) provides an opportunity to explore and understand your own beliefs, attitudes, values and biases within the realm of sex and sexuality. This self-exploration and self-understanding facilitates comfort that ultimately fosters improved communication skills, both on a professional and a personal level.

Becoming more aware of your perceptions, beliefs, and feelings, will allow you to become increasingly comfortable with the wide variation of existing sexual attitudes, behaviours, practices and even sub-cultures. This is crucial for any sexual health professional and is also beneficial for individuals striving for personal growth and the development of healthy personal relationships.

Throughout the SAR, you will examine sexuality and sexual attitudes from a number of perspectives using a variety of images. The nature of SAR requires that some of the media be explicit. The use of this explicit media is necessary for increasing self-awareness and personal comfort with the many areas of sex and sexuality. The SAR involves small group discussions during which you will be challenged with the opportunity to practice your professional or interpersonal skills.

Topics:

- Sexuality and Sexual Health
- Gender Roles and Social Stereotypes
- Sexual Responses and Behaviours
- Sexualization of Society / Exploitive Sex in the Media
- Fantasy and Sexuality
- Sexual Orientation / Gender Identity
- Intimacy and Sexuality
- Masturbation / Self-Pleasuring
- Sexuality and Disability
- Sexuality Across the Lifespan

AASECT Accredited

"This program meets the requirements of American Association of Sexuality Educators, Counsellors and Therapists (AASECT) and is approved for 16 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification."

Due to the nature of the event, all participants must be at least 18 years of age to attend

Facilitators' Bios:

Mary Valentich, PhD, RSW is a Professor Emerita, Faculty of Social Work, University of Calgary and a Registered Social Worker, Alberta College of Social Workers. She is a Certified Sex Educator and Diplomate in Sex Therapy, American Association of Sex Educators, Counsellors and Therapists and has received AASECT accreditation for the SAR.

Since 1972 she has had a private practice; taught sexuality for 30 years; published 50 articles and co-edited two books relating to practice in sexual problems. She has presented papers and workshops on various aspects of sexuality including development of sexual self-awareness, feminist/gender sensitive practice and ethical issues pertaining to multiple relationships in professional practice.

Edward Sandberg MSW, RSW is a Clinical Social Worker in Private Practice in Vancouver, B.C. moving from Edmonton in 2007. Edward has worked extensively in the area of sexuality for the past 25 years and has taught on a variety of sexual health subject areas at workshops, conferences and SARs.

Edward started his professional career as an HIV/AIDS counsellor and educator. He has worked in the areas of sexual health and disease prevention, sexual orientation, gender identity, couples counselling and extensively with members of the BDSM community, both heterosexual and queer.

Edward has a diverse clientele and deals with a multitude of issues in his practice. However, the underlying issues of sexuality are frequently present because clients seek out a therapist who is comfortable with these life and lifestyle issues even if they are not the primary issue to be addressed in the therapy.

SAR Registration Form

First Name: _____ Last Name: _____

Company/Organization (if applicable): _____

Address: _____

Email: _____

Work Phone: _____ Home Phone: _____

Profession/Occupation: _____

If you have any special needs or dietary requirements please describe them briefly: _____

TIME & PLACE:

Wednesday, April 7 & Thursday, April 8, 2010 (8 am - 6 pm)

Tatamagouche Centre: 259 Loop 6, RR3 Tatamagouche, NS

FEES:

* Fee includes 2 night accommodation + all meals.

* Please indicate if you require an individual room; an extra charge will apply.
Other accommodations are semi-shared with private bedrooms.

Professional \$ 575

Student \$ 475

Institution _____

Signature: _____

Please note: Due to the limited number of spaces available, only those selected for registration will be contacted for payment. If you need to cancel your registration please contact Kelty Moser at (902) 695-3366 or via email at keltymoser@hotmail.com.

Please send this registration form to:

**SAR - Nova Scotia Association for Sexual Health
PO Box 964, 503 South Frederick St.**

New Glasgow, NS

B2H 5K7

Questions / cancellations can be sent to Kelty Moser at keltymoser@hotmail.com.

Travelling to the Tatamagouche Centre...

From Halifax (2 hours):

- ⇒ Highway 102 to Exit 14A
- ⇒ Turn right and follow for 3.7 kms to flashing amber light
- ⇒ Turn left and follow 311 North to Tatamagouche (50 kms)
- ⇒ As you approach the Village of Tatamagouche, stay to the left and travel through on Main Street
- ⇒ As you leave Tatamagouche, you'll cross a concrete bridge
- ⇒ At the top of the hill just after the bridge, turn right onto Rocklyn Road
- ⇒ At the stop sign, turn right and you'll be there!

From New Glasgow (1 hour):

- ⇒ Highway 104 to Exit 22 to Harvey Venoit Causeway
- ⇒ At the traffic circle, exit to the Sunrise Trail Highway 6
- ⇒ Stay on the Sunrise Trail Highway 6 to Tatamagouche
- ⇒ Cross the concrete bridge and at the top of the hill turn right onto Rocklyn Road
- ⇒ At the stop sign, turn right and you'll be there!

