

# From Awkward to Authentic: Talking About Sexuality in the Therapy Room

Live (Synchronous) Virtual Workshop (3 Hours)  
August 21 | 10:00 AM–1:15 PM

Talking about sex can feel uncomfortable  
—for clients and therapists alike.

Yet sexuality is an essential part of human experience and often intertwined with issues of identity, connection, trauma, and wellbeing. This interactive 3-hour workshop helps therapists move from avoidance to authenticity in addressing sexual topics in therapy. Through engaging discussion, guided reflection, and practical skill-building, participants will explore their own comfort levels, cultural and personal influences, and common barriers to talking about sex.

The training will offer concrete tools and language to initiate and sustain conversations about sexual concerns with sensitivity and confidence. Case examples and discussion will help clinicians practice normalizing sexual topics and integrating them seamlessly into therapeutic work.

**Continuing Education:**  
3 CEs approved by NBCC and AASECT



## Dr. Erika Pluhar

PhD, EdS, LMFT, LPC, CST-S  
Founder & Clinical Director, Connection Institute

Erika Pluhar is a Licensed Marriage and Family Therapist and Licensed Professional Counselor in Georgia, a nationally Approved Clinical Supervisor, as well as a registered telehealth provider in Florida. She is certified as a Sex Therapist and Supervisor by the American Association of Sexuality Educators, Counselors, and Therapists (AASECT). In addition to private practice in relationship and sex therapy, Dr. Pluhar has researched and taught in the field of human sexuality and relationships for over 20 years.

### Learning Objectives | Participants will be able to:

- Describe the role of sexuality in psychological health and relational functioning.
- Identify common barriers that prevent therapists from addressing sexual concerns.
- Demonstrate strategies for initiating and normalizing conversations about sexuality in therapy, including basic assessment tools to evaluate sexual concerns within scope of practice.
- Learn interventions to help promote education and dialogue about sexuality in clinical practice.

Cost per session:

**\$65** (early bird and equity pricing available)

To register, please visit our website:  
[www.connectioninstitute.net/events](http://www.connectioninstitute.net/events)

