

Couples and Sex Therapy Workshop Series



Regular rate: \$200 + HST per workshop
Student rate: \$100 + HST per workshop

Register for all 4 Workshops by May 15, 2026 and SAVE 20%!

Assessment & Core Competencies in Sex Therapy I & II

Presented by Dr. Morag Yule, C.Psych. | May 22 & 23, 2026, & June 27, 2026

These workshops are provided to help clinicians build confidence in assessing and addressing sexual concerns in individual and couples therapy. Participants will learn how to conduct comprehensive, affirming sexual histories and understand common concerns such as low desire, arousal difficulties, orgasm challenges, and sexual pain. The training emphasizes a biopsychosocial and relational framework, helping clinicians integrate sexual concerns into therapy and recognize when referral to specialized providers is appropriate.



Special Topics in Sex Therapy for Couples

Presented by Dr. Morag Yule, C.Psych. | November 20 & 21, 2026

This advanced workshop focuses on practical sex therapy interventions for addressing sexual concerns in couples therapy, including issues such as discrepant desire, sexual avoidance, and dynamics related to conflict, trauma, and power. Participants will learn to conduct affirming sexual assessments, conceptualize concerns using a biopsychosocial-relational framework, and integrate interventions and psychoeducation into relational therapy while recognizing when specialized referrals are appropriate.

Healing Shame in Couples: Undoing the Fear/Shame Bind, the Main Barrier to Love, Attachment, and Connection

Presented by Shelia Rubin, MA, MFT, RDT/BCT | October 24, 2026

This workshop explores how shame can shape couple dynamics and contribute to reactive cycles that undermine safety, attachment, and communication. Participants will learn to recognize and address shame in relationships, help partners interrupt blame–shame patterns, and foster compassion and secure connection to support relational healing.



Interested in being a CFIR Associate? Our Associates get access to these workshops and 6 other workshops in 2026! Email Dr. Dino Zuccarini, C.Psych., CEO and CFIR Co-Founder, at dino.zuccarini@cfir.ca, to learn more.



Scan QR code to register!

**events@cfir.ca
www.cfir.ca**