

# SEXUAL ATTITUDE REASSESSMENT (SAR)

*Facilitated by specially trained leaders who will present a carefully developed sequence of presentations alternated with small group discussions.*

Are you new to the Sexual Health Field?

Are you working in the Sexual Health Field but have never really examined your own values, attitudes, beliefs?

Are you an individual who is interested in challenging your understanding of sexuality?

*This 2 ½ day workshop is for you!!*

To register please complete the attached registration form and send it with payment to:  
ASPSH at 381, 11215 Jasper Ave., Edmonton,  
Alberta, T5J 0L5 or fax with VISA/MC to  
780 425 1782

Presented by:

**ASPSH**

Alberta Society for the Promotion of Sexual Health

Promoting optimal sexual health throughout the lifecycle

# *SEXUAL ATTITUDE REASSESSMENT (SAR)*

## **ALBERTA SOCIETY FOR THE PROMOTION OF SEXUAL HEALTH**

Presents:

### **Sexual Attitude Reassessment (SAR)**

#### **What is a SAR and why should you attend?**

The SAR 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.

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

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

# *SEXUAL ATTITUDE REASSESSMENT (SAR)*

**Schedule:** Day 1 – 6:00 p.m. – 9:00 p.m.  
Day 2 – 9:00 a.m. – 4:30 p.m. (1 hour lunch break)  
Day 3 – 9:00 a.m. – 4:30 p.m. (1 hour lunch break)

**Topics:**

- Sexuality and Sexual Health
- Gender Roles and Social Stereotypes
- Sexual Response and Behaviour
- Sexualization of Society/Exploitive Sex in the Media
- Fantasy and Sexuality
- Sexual Orientation – Heterosexuality, Gay, Lesbian, Bisexual, Transgender
- Intimacy and Sexuality
- Masturbation/Self-Pleasuring
- Sexuality and Disability
- Sexuality Across the Lifespan

**Target Audience:** SARs are open to:

- Professionals in the field of sexual and reproductive health
- Sexual health educators
- Relationship counsellors and therapists
- Anyone interested in challenging their understanding of sexuality

**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. Registration is limited to a maximum of 24 participants.

# *SEXUAL ATTITUDE REASSESSMENT (SAR)*

## **Leader's 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 ASSECT accreditation for the SAR.

Since 1972 Mary has had a private practice; taught sexuality for 30 years; and published 50 articles and co-edited two books related 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. 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 counselor and educator. He has worked in the areas of sexual health 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 issues to be addressed in the therapy.

# SEXUAL ATTITUDE REASSESSMENT (SAR)

## Sexual Attitude Reassessment Workshop – Registration Form

Please print legibly

Ms. \_\_\_\_\_ Mr. \_\_\_\_\_ Other (please specify) \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Company/Organization(if applicable): \_\_\_\_\_

Profession/Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_

If you have any special needs please describe briefly: \_\_\_\_\_

### SAR DATES AND LOCATION

To be announced

<b>Fees:</b>	<b>ASPSH Members</b>	<b>Non-Members</b>	<b>Students</b>
	\$350	\$390	\$250 Student ID: _____
			Institution: _____

- Cheque (Made payable to Alberta Society for the Promotion of Sexual Health
- VISA or MasterCard Expiry Date: \_\_\_\_\_
  - Credit Card #: \_\_\_\_\_

*Credit card payment will be process through Options Sexual Health*

**Signature** \_\_\_\_\_

*Please Note: Registration fees must be paid in full. Cancellations received in writing 15 days prior to the SAR will be charged a \$25.00 administration fee. Cancellation received in writing with 7 days remaining before the SAR will receive a 50% refund. Cancellation received any later will not be refunded.*

*Please send registration form with payment to :  
SAR – Alberta Society for the Promotion of Sexual Health  
#381, 11215 Jasper Ave., Edmonton, AB, T5J 0L5  
Or send fax with MC/VISA # to 780 425 1782*

## *SEXUAL ATTITUDE REASSESSMENT (SAR)*

The Alberta Society for the Promotion of Sexual Health (ASPSH) is a charitable society that was created in 1993 to provide education and training to individuals, professionals, care givers and the general public around issues regarding sexual health ranging from health promotion to disease prevention.

### **ASPSH**

Strives to promote optimal sexual and reproductive health and well-being throughout the lifespan for all through comprehensive sexuality education and services; public education; the advocacy of choice in sexual and reproductive health decisions; acquisition, utilization, and distribution of information and resources; and through networking and support.

### **ASPSH**

Provides programming through: a biennial Western Canadian Sexual Health Conference, education and training events focused on current sexual health issues and information; and web-based delivery of online workshops addressing a range of sexual health issues.

Visit our website at [www.aspsh.ca](http://www.aspsh.ca)

*Like our Facebook page*

Follow us on Twitter @ASPSH