



**Hong Kong Satir Center  
For Human Development**

# Professional training on Sex Therapy

- Helping Clients Deal with Intimacy and  
Sexuality Concerns

(ST-10)



**Dr. Bianca Rucker**

**Date: 4 Sep – 5 Sep 2010**

**(Workshop is conducted in English,  
with Cantonese interpretation.)**

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Office Address: 11th Floor,

Breakthrough Center, No.191

Woosung Street, Kowloon, Hong Kong

**(Hong Kong Satir Center is a registered  
charitable organization. All the Board Members  
and Helpers work on voluntary basis.)**

*Trainer— Bianca Rucker, RN, Ph.D.*

- Bianca Rucker heads up a sexual and relationship therapy practice which she established in 1986 in Vancouver, British Columbia.
- She has seven associates in her practice
- She is a Registered Marriage and Family Therapist (AAMFT Approved Supervisor) and a Registered Nurse who holds a Master's degree and PhD in Counselling Psychology.
- Her practice consists of men and women of all ages who are experiencing sexual difficulties, intimacy problems, couple communication issues, extramarital affairs, and/or relationship conflict.
- She works systemically with clients using a combination of the Satir Growth Model and the Sexual Crucible model.
- She also uses clinical hypnosis and specific sex therapy strategies to help clients bring about changes in their lives.
- She has lectured to the general public and professional groups locally and internationally and has often appeared on television and radio addressing a variety of sexual topics.

*Content*

**I. Addressing intimacy and sexuality issues  
with clients in the context of the relationship**

**II. Understanding and dealing with common  
problems that cause client's distress:**

**A) Intimacy problems:**

1. Lack of intimacy
2. Difficulty with expressing feelings (i.e.,  
having limited capacity for intimacy)
3. Extramarital affairs

**B) Sexual desire concerns:**

1. Desire discrepancies
2. Lack of sexual desire

**C) General sexual concerns:**

1. Lack of sex
2. Sexual inhibitions
3. Low sexual self esteem

**D) Specific sexual concerns for women:**

1. Difficulty with arousal or orgasm
2. Painful sex

**E) Specific sexual concerns for men:**

1. Difficulty getting or maintaining an  
erection (ED)
2. Premature ejaculation

**F) Changes that occur with aging.**

## Learning Goals

### Counsellors to learn:

- 1) Satir's eight types of intimacy
- 2) How to be more comfortable dealing with such personal subjects as intimacy and sexuality with clients
- 3) How to ask relevant questions on these subjects
- 4) A useful model for understanding intimate sex
- 5) How to help clients solve problems and grow individually (and as a couple) in the areas of intimacy and sexuality
- 6) How to work within your own comfort and skill level as a counsellor

## Target

- (a) Counsellors or
- (b) Related health professionals

## Format

Lecture segments (some accompanied by PowerPoint presentation) interspersed with small group activities.

## Videotaping:

The workshop process will be video taped for purpose of record, evaluation, training, publication & future study by trainer, interns & participants.

**Deadline of Registration: 10 Aug 2010**

## Other Details

### Date & Time:

4 Sep 2010 (Sat): 2pm to 9pm

5 Sep 2010 (Sun): 10am to 5pm

Venue: 11/F, Breakthrough Centre, No. 191  
Woosung Street, Kln

No. of Seats: 27

Certificate: Certificate of attendance granted for those having attended at least 10 hours of attendance in the course.

Language: English (with Cantonese interpretation)

Tuition Fee:

Member: \$1,500

Non-member: \$1,900

## Registration

Please fill in the application form & submit to HKSC with crossed cheque payable to "Hong Kong Satir Center for Human Development Limited" on or before 10 Aug 2010. In case of withdrawal during 11 Aug to 23 Aug 2010, 10% of the course fee paid would be deducted in the refund. In case of withdrawal after 23 Aug 2010, no refund would be arranged. No refund of membership fee for any withdrawal. The Center reserves the right to cancel the workshop in case of particular conditions.

**Workshop Venue: Hong Kong Satir Center**



## ST-10 Application Form

Name (Eng) Mr. / Ms. \_\_\_\_\_

(Chi) \_\_\_\_\_

Member Code \_\_\_\_\_

Occupation \_\_\_\_\_

Contact No. \_\_\_\_\_

E-mail \_\_\_\_\_

Cheque# \_\_\_\_\_ / \_\_\_\_\_

Amount \_\_\_\_\_

If in emergency, contact person:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

\*I understand the above personal data are collected for registration purpose only. I have the right of access & correction with request in accordance with provisions of the Personal Data (Privacy) Ordinance.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Office Use

Cheque#: \_\_\_\_\_ / \_\_\_\_\_ Amount HK\$ \_\_\_\_\_

Receipt# \_\_\_\_\_ Date \_\_\_\_\_

Staff \_\_\_\_\_

Remarks \_\_\_\_\_