

PLISSIT And ex-PLISSIT Model

Course Outline

Course Description

This course outlines the PLISSIT and EX-PLISSIT models, which are widely used in the fields of sexology, sexuality counselling, and sex education. It examines the four levels of intervention - Permission (P), Limited Information (LI), Specific Suggestions (SS), and Intensive Therapy (IT) - and how they can be applied in various clinical settings. Participants will learn about the application of these models in real-life scenarios through case studies that stress the importance of a collaborative approach to client care. The course also covers the extended EX-PLISSIT model, which places a greater focus on permission-giving and self-reflection by the provider. This course is designed for professionals in the field of sexual health and therapy and offers practical tools for supporting clients with sexual concerns.

Course Topics in Brief

Below is a list of the course topics in brief:

- Introduction to the PLISSIT Model
- Overview of the Four Levels of Intervention
- Application of the PLISSIT Model in Sexuality Counseling and Sex Education
- Case Studies: Practical Application of the PLISSIT Model
- Introduction to the EX-PLISSIT Model
- Importance of Permission-Giving in Sexual Health Interventions
- Case Studies: Practical Application of the EX-PLISSIT Model
- Self-Reflection and Professional Development for Providers

Method of Delivery

This course will be delivered simultaneously in person and via synchronous video-conferencing. It may also be recorded for future students to access.

Instructors



Instructor - Dr. Cory Hrushka, Registered Senior Psychologist, Clinical and Forensic Psychologist, PhD, CCS, DST, AASECT Certified Sex Therapist, (He/Him)

Description: Dr. Cory Hrushka is a Senior Clinical/counselling and Forensic Psychologist. He is also an AASECT certified (Diplomate) Sex Therapist/ and Supervisor, an Associate in Sex Education and a Clinical Sexologist.

Cory provides psychological/forensic assessment services and counselling to adolescents, adults, couples, and families. Although he uses numerous psychological approaches to achieve client success, his foundation is in client-centered, cognitive behavioral therapy within a systemic model that focuses on pushing through issues for growth and success.

As a psychologist, Cory specializes in couples and sex therapy-related issues and assessment services (primarily looking at parenting psychological assessments, custody and access assessments, and forensic components). He also supervises many of the professionals here at Insight. This includes supervision of the Master's level practicum student therapists, provisional psychologists, as well as consulting with the registered and senior psychologists. This comprises the majority of his work. Cory also works with the Management Team to support, develop, and investigate new projects that are up and coming, provide content for projects, and address inquiries regarding our services. Occasionally, he is asked by the media to comment or provide support on current topics or to give presentations in the community.

Insight is very important to Cory – it's his life's work, and he is particularly proud of the current family-oriented sense of community that the Insight team has grown into over the last few years. The breadth and quality of services offered are unique to Insight. It was great to be recognized by Canadian Business as one of Canada's fastest growing companies in 2018.



Instructor - Brandi Enns, Registered Provisional Psychologist, Assistant Director of Clinician Engagement, MACP, B.Ed, (She/Her)

Description: Brandi joined the Insight Psychological team in May of 2020, as a Registered Provisional Psychologist, and works most often in the areas of sex therapy, trauma, and

assessments. She also supervises practicum students during their practicum, co-hosts the podcast “Up the Rabbit Hole” with the owner and CEO of Insight, Dr. Cory Hrushka, and recruits future practicum students with Insight’s Open Houses and onboard the students before they start their practicum.

Before joining Insight, Brandi was a teacher with Edmonton Public Schools for 18 years. She worked primarily with special needs students at the junior high school age, coached Volleyball for a few years, and mentored new student-teachers as they started their new exciting career paths.

As the Assistant Director of Clinician Engagement, Brandi looks forward to helping practicum students realize their potential and complete their practical hours in a safe, empowering, and supportive atmosphere. She is also excited to be a part of propelling Insight into the top tier of psychological development training centers in the province.

As a psychologist, Brandi’s goal is to assist clients in overcoming the obstacles that are interfering with their everyday lives. She is compassionate, nonjudgmental, and an empathetic person who creates trust and a safe and comfortable space for clients to disclose information and explore their experiences. Brandi looks forward to helping clients reach their desired goals and outcomes.



Instructor - Sabrina Brady, Registered Provisional Psychologist, Manager of Clinical Programs and Community Relations, MC (She/Her)

Description: Sabrina has been working in the area of mental health and wellness for the past 15 years. She joined Insight Psychological in 2020, after completing her Master of Counselling (MC) through the University of Calgary. To date, her work has included clinical practice, program development, and teaching as a sessional instructor. In her clinical practice, Sabrina carries a generalized caseload with subspecialties in sex

and forensics. She has developed programs for neurodiverse individuals, contributed to the development of addictions programming, supported the expansion of group programming for forensic populations, and provided feedback on curriculum development. Sabrina also sits on several boards, including the Edmonton Violence Prevention Centre and the Diverse Voices Steering Committee, and she volunteers with her local Special Olympics. Sabrina believes strongly in community connection and lifelong learning!

As the Manager of Clinical Programs and Community Relations, Sabrina looks forward to supporting Insight as they grow their clinical (area) specializations and work towards meeting

the needs of the community. Helping Insight achieve its aim of being the most trusted and sought-after psychological care provider in every single community it serves.

As a psychologist, Sabrina likes to bring empathy and compassion into her work. She views counselling as a collaborative process between herself and you (the client). It takes strength and courage to attend therapy, and Sabrina's goal is to create a safe and supportive environment for you to explore your experiences, gain understanding, and make desired changes. Using a client-centred and integrative approach, Sabrina draws on multiple theoretical orientations, tailoring an approach to best fit your needs.

Course Objective

Participants will gain a comprehensive understanding of the components and principles of the PLISSIT model for addressing sexual issues, understanding the levels of intervention needed when working with clients. They will develop skills for formulating and delivering specific suggestions tailored to individual needs, recognizing when to refer clients to intensive therapy and collaborating with specialists.

The course will explore the differences between the PLISSIT and Extended PLISSIT models, applying the Extended PLISSIT model through case studies and practical examples. Participants will enhance their ability to provide non-judgmental and supportive care, gaining insights into the ethical considerations and challenges in sex therapy.

Learning Outcomes

By the end of the course, students will be able to:

- 1) Demonstrate their knowledge of the PLISSIT and Ex-PLISSIT models by effectively applying the models to case example
AASECT Sex Therapy Training: A

Key Competencies Related to Sex Therapy

1. **Key to AASECT Core Knowledge Areas:**
 - A. Ethics and ethical behavior.

- B. Developmental sexuality from a bio-psycho-social perspective across the life course.
- C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values) in relation to sexual values and behaviors.
- D. Issues related to sexual orientation and/or gender identity: heterosexuality; issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.
- E. Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships, and family dynamics.
- F. Diversities in sexual expression and lifestyles, including, but not limited to, polyamory, swinging, BDSM, and tantra.
- G. Sexual and reproductive anatomy/physiology.
- H. Health/medical factors that may influence sexuality, including, but not limited to, illness, disability, drugs, mental health, conception, pregnancy, childbirth, pregnancy termination, contraception, fertility, HIV/AIDS, sexually transmitted infection, other infections, sexual trauma, injury, and safer sex practices.
- I. Range of sexual functioning and behavior, from optimal to problematic including, but not limited to, common issues such as: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems, and difficulty with orgasm.
- J. Sexual exploitation, including sexual abuse, sexual harassment, and sexual assault.
- K. Cyber sexuality and social media.
- L. Substance use/abuse and sexuality.
- M. Pleasure enhancement skills.
- N. Learning theory and its application.
- O. Professional communication and personal reflection skills.
- P. History of the discipline of sex research, theory, education, counselling, and therapy.
- Q. Principles of sexuality research and research methods.

In Addition To The Core Knowledge Areas - Sex Therapy Training:

2. Key to AASECT Sex Therapy Training Areas:

- A. Theory and methods of sex-related psychotherapy, including several different models.
- B. Techniques of sex-related assessment and diagnosis of the 'Psychosexual Disorders' described in the current edition of the *DSM*.
- C. Theory and methods of approach to intervention in relationship systems experiencing sex and intimacy problems. Therapists with no documented graduate or postgraduate training in couples counselling must acquire 16 hours of couples counselling training as part of the 60 hours of Sex Therapy Training (Section VI). Couples therapy is psychotherapy that focuses on the couple and views the couple as the client. Clinical skills such as: attending to the interaction with each partner, knowing the power dynamic/struggle that may occur, teaching effective, authentic communication, understanding, and bringing awareness to deeper, hidden unmet needs and childhood wounds, psycho

education of couples' skills, such as active listening, validation, empathy, asking for what they want and need, and negotiating differences, is imperative. Suggested options to gain couples therapy skills and training are: Imago Relational Therapy, Gottman, Schnarch, Bader & Pearson, and Emotionally Focused Therapy, as possible examples. ** This training may be done online.

D. Theory and method of approach to medical intervention in the evaluation and treatment of psychosexual disorders.**

E. Principles of consultation, collaboration, and referral.

F. Ethical decision-making and best practice.

Course Outline

Introduction (5 mins)

- Welcome and teacher introductions
 - Student expectations and housekeeping
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PLISSIT Model (20 mins)

- Permission
 - Limited Information
 - Specific Suggestions
 - Intensive Therapy
 - The Model In Brief
 - Case Study Examples
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PLISSIT Model Application Case Studies

- Case Study 1
 - Case Study 2
 - Case Study 3
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Extended PLISSIT Model (20 mins)

- Overview of Extended PLISSIT Model
 - Applying the Extended PLISSIT Model (With Video Presentation)
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Extended PLISSIT Model Application Case Studies

- Case Study 1
 - Case Study 2
 - Case Study 3
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