

Epic Tumbles

Course Outline

Course Description

This course delves into the components of magnificent sex, exploring the key elements that contribute to extraordinary sexual experiences. Participants will learn about the importance of presence, connection, communication, and vulnerability. The course also addresses preparation, individual and relational qualities, and developmental factors. Through discussions and practical applications, attendees will gain insights to enhance their sexual well-being and intimacy.

Course Topics in Brief

Below is a list of the course topics in brief:

- Components of Magnificent Sex
 - Minor Components of Extraordinary Sex
 - Preparation for Magnificent Sex
 - Developmental Factors Related to Good Sex
 - Preparation for Sexual Encounters
 - Enduring Individual Qualities
 - Individual Qualities in the Moment
 - Skills for Magnificent Sex
 - Relational Qualities for Magnificent Sex
 - Meta Factors for Optimal Sexual Experiences
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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 understand the key components that contribute to magnificent sex, including presence, connection, and intimacy, exploring minor components and myths related to extraordinary sex. They will learn about the preparation required for magnificent sex, including setting the environment and preparing oneself and the relationship. The course will cover the developmental factors that influence sexual satisfaction and intimacy, developing skills for enhancing individual and relational qualities for better sexual experiences. Participants will understand the importance of communication, empathy, and mutual exploration in achieving magnificent sex, applying theoretical knowledge to real-life scenarios through practical applications and discussions, and reflecting on their own sexual experiences.

Learning Outcomes

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

- 1) Identify key components of pleasurable sex, including presence, connection, and intimacy, vulnerability, and risk.
AASECT Core Knowledge Area: E/M
- 2) Recognize developmental factors that influence sexual satisfaction, pleasure, and intimacy.
AASECT Core Knowledge Areas: B

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

Common Sexual Issues (10 mins)

- Desire issues
- Arousal issues
- Orgasm issues
- Sexual pain issues
- Medical and alternative issues

Minor Components of Extraordinary Sex (10 mins)

- Lust, attraction, and chemistry
- Physical pleasure and intensity
- Irrelevance of specific sex acts and intercourse
- Orgasm: important but not necessary
- Debunking myths about great lovers and normative sex scripts

Preparation for Magnificent Sex (10 mins)

- Natural vs. prioritized and deliberate sex
- Creating the right conditions
- Date night prep vs. tailored preparation
- The role of novelty and exploration

Developmental Factors Related to Good Sex (15 mins)

- Unlearning negative views and old patterns

- Comfort with self and maturity
- Continued growth over time
- Knowledge, depth, and shared history

Break 1: 10 minutes

Preparation for Sexual Encounters (10 mins)

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- Preparing the environment: private, safe, comfortable
 - Setting aside enough time
 - Preparing the self: grooming, bathing, special clothing
 - Preparing the relationship: enhancing feelings of warmth and closeness

Break 2: 10 minutes

Enduring Individual Qualities (15 mins)

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- Positivity and high level of interest in sex
 - Seeking out partners who want magnificent sex
 - Openness, curiosity, and self-awareness

Break 3: 5 minutes

Individual Qualities in the Moment (10 mins)

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- Managing expectations
 - Feeling enthusiasm and being utterly absorbed
 - Going beyond oneself for a transcendent experience
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Skills for Magnificent Sex (20 mins)

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- Centering ability and being present
 - Fundamental knowledge of technique and anatomy
 - Empathic communication skills
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Relational Qualities for Magnificent Sex (15 mins)

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- Empathy and shared beliefs about sexuality
 - Creating a sexually conducive atmosphere
 - Strong feelings and mutual care
 - Willingness to explore and experiment together
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Meta Factors for Optimal Sexual Experiences (10 mins)

- Empathic communication beyond basics
 - Communication during and after sexual encounters
 - Receiving and responding to partner's communication
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Takeaways AND Resource Reflection (5 mins)

References

- Kleinplatz, P. J., & Menard, A. D. (2020). Components of Magnificent Sex.