

**The Minnesota Psychological Association cosponsors Friday Forums  
with Metropolitan State University Psychology Department**

# FIRST FRIDAY FORUM

**Friday, December 3, 2021**

**Addressing Sexual Health Issues in Therapy**

*Abby Girard, Psy.D., LMFT; Katherine Arenella, Ph.D.*

**Program:**

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level and is designed  
for psychologists and other mental health professionals.*

**Location:**

Registrants will receive a Zoom link to access the webinar online.

**Attendees are encouraged to join the webinar five to ten minutes prior to the start.**

## About the Program:

*This program qualifies for 3.0 continuing education credits.*

This First Friday Forum will provide foundational knowledge of sexual history taking, conducting assessments of sexual concerns, and practicing skills for diagnosis and treatment.

**Participants will be able to:**

1. Describe common sexual health complaints in therapy.
2. Recognize components of differential diagnoses for sexual dysfunctions.
3. Apply skills of sexual history taking to diagnosis and creating a treatment plan.

## About the Presenters:

**Abby Girard, Psy.D., LMFT**, is an assistant professor and the coordinator of the Relationship and Sex Therapy Program at the University of Minnesota. She earned a Psy.D. in Couple and Family Therapy from Alliant International University. She was the second Michael E. Metz postdoctoral fellow at the Institute for Sexual and Gender Health (ISGH) at the University of Minnesota, with research and clinical work centered on couples' sexual health. Dr. Girard's areas of interest include sexual health and functioning, sexual desire discrepancy, compulsive sexual behavior, gender and sexual identity development, couples/relationship intimacy concerns, sexual trauma/abuse recovery, and social justice advocacy.

**Katherine Arenella, Ph.D.**, completed her graduate training in clinical psychology at the University of Missouri-St. Louis, where her research focused on women's health and aging. Dr. Arenella has a Ph.D. degree in Clinical Psychology from the University of Missouri-St. Louis. Prior to the Institute for Sexual and Gender Health (ISGH) at the University of Minnesota, she worked as a Psychology of Women intern at the Charlie Norwood VA and Medical College of Georgia. She worked with military sexual trauma and was part of the comprehensive DBT team. Dr. Arenella's research and clinical interests are focused on sexual satisfaction and aging, especially in the context of relationships.

The speakers have indicated no conflicts of interest.

**PLEASE NOTE:** *You must attend the full program to get continuing education credit for the event.*

## About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



# MPA First Friday Forum • December 3, 2021

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**Registration is available until the event begins.**

Fee: ☐ MPA member: **\$60** ☐ Non-member: **\$95** ☐ Student: **\$15** ☐ Retired-member: **\$30** (No CE Credit)\*

*\*Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

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