**ENHANCING YOUR SEXUAL RELATIONSHIP**

**WHY** Would you and your partner like to improve your sex life?

**WHO/WHAT** Couples with low/no sexual desire or frequency, and/or desire discrepancy (in which one partner is more interested in sex than the other) who are interested in enhancing their sexual relationship and ready to embark on a journey to enhance their sexual experiences and relationships. The process will involve group therapy over 16 hours. Limit of 4 to 6 couples/group.

The content of the group is based on the work of the Optimal Sexual Experiences Research Team of the University of Ottawa, including elements and facilitating factors of optimal sexual experiences as well as research on group couples therapy. The groups are part of a research project studying the effectiveness of group therapy in enhancing sexual relationships. Your participation in the research project (which is optional) consists of completing questionnaires at multiple time points.

**WHEN** Wednesdays 5:30 to 7:30pm, 16 hours over a period of 8 weeks. Initial assessment will help you to determine whether these groups are right for you.

**GROUP THERAPISTS**

Daniel Rosen, LCSW-R, AASECT Certified Sex Therapist (CST) has been in practice for over 25 years working with a variety of populations. He completed training with the Optimal Sexual Experiences Research Team of the University of Ottawa in November 2019 and has been active in the Rochester Area Group Psychotherapy Society, the Center for Group Studies, and is a sex therapy supervisor in training. He has an independent private practice including group, individual and couples counseling as well as providing treatment services for the Rochester Center for Sexual Wellness.

Pebble Kranz, MD, Fellow of the European Committee on Sexual Medicine (FECSM) is is a family physician and sexual medicine specialist. She is the medical director of the Rochester Center for Sexual Wellness and runs a sexual medicine clinic in the University of Rochester Medical Center’s Gynecologic Oncology Department. She has clinical appointments in the departments of family medicine and obstetrics and gynecology at the University of Rochester. At the Rochester Center for Sexual Wellness, she provides medical evaluations and treatments for sexual function concerns in people of all genders.

**YOUR COMMITMENT**

Attendance in this group requires a commitment to homeplay with your partner. You are free to withdraw from the research and/or the groups at any time.

**FOR MORE INFORMATION**

To arrange for an initial assessment and see if these groups would be a good fit for you, please contact: Daniel Rosen, LCSW-R, CST at 585-865-3584 or Ideaman.dan@gmail.com.