**Morris County Psychological Association**

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**Sexuality in Later Life: Navigating the Challenges of Changing Bodies**

Presented by:

Daniel N. Watter, Ed.D.

**Meeting announcements by Current President, Mike Zito:**

1. See Melissa for a new Directory today to reduce our mailing costs, and check off on her list that you have received one.
2. Next upcoming MCPA Program and Dinner will be:

T**ues. 10/16/18 @ 7:30-9pm**

**Location: College Of Saint Elizabeth**

**Topic: Evaluation and Treatment of “Failure To Launch” Individuals, Nate McClelland, PhD**

3. Jayne gave a full explanation of the CE process (must sign in and sign out/stay the whole time…) and confidentiality and introduced the speaker. This program is co-sponsored by NJPA and the Morris County Psychological Association. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists.  NJPA maintains responsibility for this program and its content. The program is approved for 1 CE credit. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members. The link to pay and then get CEU is: **http://psychologynj.org/morris-sept**. CE certificates are emailed 1-2 weeks after the link closes. **Link closes in next 7 days!**

4. Phyllis Lakin - also reminded all of upcoming NJPA Fall Conference where you can earn up to 7 CE’s over the Fri. and Sat, Nov. 2-3. Please sign up to attend soon.

***-Register for all upcoming programs at www.mcpanj.com.***

**Meeting Attendees:** Randy Bressler, Jayne Schacter, Sarah Dougherty, Hayley Hirschmann, Morgan Murray, Beverly Tignor, Melissa Klika Mack, Susan Neigher, Francine Rosenberg, Nancy Sidhu, Mike Zito, Lynn Mollick, Nathan McClelland, Marc Gironda, Carly Orentstein, Nydia Rolon, Jeff Singer, Milton Spett, Joanne VanNest, Phyllis Lakin, Roman Lemega, Ilana Lev-El, Aaron Welt, Nydia Rolon, Laura DeMarzo, Kim Arthur, Leslie Becker-Phelps, Richard Dauber, Li Faustino, Ronald Gironda, Meredith Gondo, Suzanne Hayes, Herman Huber, Lisa Luisi, Marilyn Lyga, Elizabeth Matheis, Jessica Mlecz, Sharon Ryan-Montgomery, Nicole Safonte-Strumolo, Jakob Steinberg, Nannette Sudler, Tamsen Thorpe, Augustus Taylor, Jeanine Zoppi, Paul Yampolsky, Josh Zavin, Dan Watter - Presenter

**Presenter Bio:**

Dr. Daniel Watter received his doctoral degree from NYU in 1985, and has also earned a post-graduate certificate in Medical Humanities from Drew University. He is licensed as both a psychologist and a marital and family therapist. In addition, he is Board Certified in Sex Therapy. In addition to clinical practice, Dr. Watter has held several faculty appointments. He has served as an adjunct professor of Psychology at Fairleigh Dickinson, Drew, and Seton Hall Universities, a clinical instructor of OB/GYN and Women’s Health at UMDNJ Medical School, and a clinical professor of psychiatry and behavioral medicine and the NY College of Osteopathic Medicine.

Dr. Watter is a member of various professional organizations, and has been elected to leadership positions in many. In 2009, Dr. Watter was appointed to the NJ State Board of Psychological Examiners and was reappointed in 2017. A frequent lecturer at professional meetings throughout North America, Dr. Watter is also the author of several professional articles and book chapters on topics such as sexual function and dysfunction, and ethics in healthcare practice. He is currently writing a textbook on Humanistic/Existential approaches to Sex Therapy Practice.

**Overview of talk:**

As people are living longer, concerns about quality of life have taken on an increasingly prominent place in the lives of our patients.  One of the most frequently expressed concerns/frustrations with aging is how to manage the sexual changes that naturally occur in an aging body.  Such concerns have implications for both levels of self-esteem and relationship/intimacy maintenance and enhancement.  This presentation will address the myriad of sexual dilemmas facing our aging patients, as well as suggest strategies the practicing psychologist can employ when working with such patients.

**Learning Objectives:**

* 1.     At the conclusion of this presentation, participants will be able to identify the sexual concerns common to aging psychotherapy patients.
* 2.     Participants will be able to apply treatment strategies based on an existential-humanistic treatment model.
* 3.     Participants will be able to analyze the ethical conflicts presented in our current focus of treatment for this population.

Some Bullet Points from Presentation:

-treatments with aging populations such as vaginal lubricants, Viagra, “use it or lose it,” exercise, “think positively…” sell the message of sexual functioning of youth and aging as a kind of disease as opposed to normal stages of aging. As psychologists we need to sell the message of:

-The Good Enough Sex Model – be happy that it’s good enough, does not need to be fireworks every time but can still be fulfilling – book came to be “Everlasting Desire”

-Optimal Sexuality – says the potential for good satisfying relationships exists as people get older, especially if they accept that it looks different

-conversations of loss of vitality and youthfulness imperative - must be accepted. Without this conversation, we encourage denial

– must promote realistic, healthy attitudes towards sex and aging bodies

-learn that desire does not always precede arousal

-**existential key to successful aging has long been “a life well lived.”**

***To see the complete set of slides from this program, visit our***

***website at (www.mcpanj.com)***

**Respectfully submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**