

Description

This 2 day conference will address the void in education available on sexuality and intimacy for people with SCI. It will provide the knowledge and tools necessary to rediscover intimacy and sexuality after spinal cord injury. It will focus on relationship fundamentals and the “nuts and bolts” of sex. It will feature expert speakers, persons with SCI and demonstration of positioning and adaptive equipment.

Areas of Focus

- Rediscovering Sexuality After SCI
- Relationship Fundamentals
- Dating & Finding a Mate
- Positioning & Adaptive Devices
- Accessing Orgasm
- Planning Sex From Start to Finish

Who Should Attend

People with spinal cord injuries and related physical disabilities, their partners and significant others.

Location:

Leon and Norma Hess Center For Science and Medicine

1470 Madison Avenue, 2nd Floor Conference Room
New York, New York 10029

Cost: \$20 - includes lunch

Registration:
www.SexualitySCI.org

For questions or more information,
Email: angela.riccobono@mountsinai.org

Additional Support Provided by:



Schedule

Friday: “The Fundamentals”

- 9:30-9:40 Welcome
- 9:40-10:00 Keynote
- 10:00-10:30 Sexuality: The Forgotten ADL
- 10:30-11:00 Challenging Attitudes
- 11:00-11:45 Confidence Building
- 11:45-1:00 Lunch
- 1:00-1:30 Sexuality and Humor
- 1:30-2:15 Sexual Esteem
- 2:15-3:00 Dating & Finding a Mate
- 3:00-3:30 Wrap up

Saturday: “Ready, Set, Go”

Planning sexual activity from start to finish.

- 9:45-10:00 Welcome
- 10:00-10:30 Moving from Mascot to Mate
- 10:30-11:00 Rediscovering Intimacy After Injury
- 11:00-11:30 What Makes For Great Sex?
- 11:30-12:30 Managing Bowel and Bladder Incontinence,
Use of HHA’s, positioning, undressing, after sex
- 12:30-1:30 LUNCH
- 1:30-2:00 Spasticity, Flexibility and Positioning
- 2:00-2:30 Accessing Orgasm, Sensation & AD
- 2:30-3:00 Toys and Adaptive Devices
- 3:00-3:30 Ask the SEXpert(s)
- 3:30-3:45 Closing
- 3:45-4:00 Program Evaluation & Adjourn

PRESENTED BY:



Made possible by a grant
from the Craig H. Neilsen Foundation.



From Injury To Intimacy

*Embracing Sexuality after
Spinal Cord Injury*



Sexuality Conference For People with Spinal Cord Injuries

Friday and Saturday,

May 12-13, 2017

Presenters

James Cesario, MA, CTRS



James Cesario, CTRS, sustained a spinal cord injury at the age of 17 while attending college. He is an SCI Outreach Coordinator at Mount Sinai Hospital, the founding president of the NYC Chapter of United Spinal and currently sits on the Quality of Life Grant Review Board for the Craig H. Nielsen Foundation.

Danielle Sheypuk, Ph.D.

Dr. Sheypuk, a clinical psychologist and winner of the title Ms. Wheelchair New York 2012, is widely regarded as a "sexpert" and leading commentator on the psychology of dating, relationships, and sexuality for the disabled population. She has a private practice in New York City and recently delivered her first TEDx Talk on changing the culture of American sexuality by the integration of people with disabilities as potential romantic and sexual partners.



Audrey J. Schmerzler, DNP, RN, CRRN, NE-BC



Ms. Schmerzler is a nurse with a passion for the specialty of rehabilitation nursing. She has worked in rehab for over 35 years in a variety of capacities from staff nurse to Director of Nursing. During this time she has lectured often on the topic of Sex and Sexuality. Ms. Schmerzler has also published and is a surveyor for the Commission on the Accreditation for Rehabilitation Facilities (CARF).

For Information & Registration
www.SexualitySCI.org

Mitch Tepper, Ph.D.



Dr. Mitchell Tepper, PhD, www.mitchelltepper.com, is an internationally recognized sexuality educator and disability expert and holds a Ph.D. in Human Sexuality Education from the University of Pennsylvania.

Dr. Tepper currently serves as the Chair of AAECT's Sexuality Counselor Certification Committee, on the

editorial board of the journal *Sexuality and Disability*, and on the board of directors of the International Society for the Study of Women's Sexual Health and the Institute for the Study of Disadvantage and Disability. In the past, he has served as Board Member of AAECT, President of the Sexuality Information and Education Council of Connecticut, and on the Board of Directors of The Sexuality Information and Education Council of the United States (SIECUS) and The Women's Sexual Health Foundation.

He is the author of "Regain that Feeling," a book written about SCI, revealing the secrets to sexual self-discovery.

Gary Karp, Author

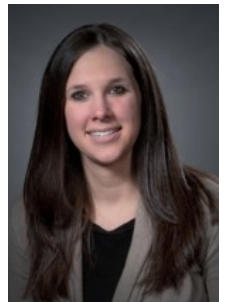
Gary Karp is an internationally recognized public speaker, corporate trainer, author, and editor. He is the author of "*Life On Wheels: The A to Z Guide to Living with Mobility Issues*," and "*Disability & The Art of Kissing: Questions and Answers on the True Nature of Intimacy*," widely reviewed as definitive guides for people with disability. See www.GaryKarpSpeaks.com for more information.



Presenters

Lauren A. Varriale, MS OTR/L

Lauren A. Varriale, MS OTR/L is an Occupational Therapist whose primary specialty is in the area of neurological rehabilitation, specifically SCI. She developed the Mount Sinai Sexuality SCI Education Series, and works with couples to help them regain intimacy via positioning and adaptive devices.



Damon Rozier, Comedian



In 1997, Damon was involved in a devastating motor cycle accident which caused him to sustain a C6 SCI. He is currently a nationally known "stand-up comic", and the first comedian in a wheelchair to grace the stage of both BET's "Comic View" and TV One's "Off the Chain" as well as ABC's "What Would You Do?"

Conference Coordinator

Angela Riccobono, Ph.D.

Dr. Riccobono is a Senior Psychologist at The Mount Sinai Hospital in New York City and has more than 20 year experience in SCI care. Her area of expertise is Adjustment, Adaptation and Coping with SCI with a keen interest in intimacy and sexuality after SCI.



"The conversations we avoid are exactly the ones we need to have."