

American University Center for Well-Being Programs and
Psychological Services presents:

Give Permission and Get in the Know: Assessment and Treatment of Sexual Dysfunction in Young Adult Populations

Tuesday, February 24, 2026

11:00-12:30pm Eastern Time



Zack Berman, PhD, is a Licensed Clinical Marriage and Family Therapist (LCMFT), Certified Sex Therapist (CST), and AAMFT Approved Supervisor specializing in couples therapy, sex therapy, and men's sexual health. He has extensive clinical and teaching experience working with young adults across diverse sexual identities and relationship structures (CNM, BDSM), and his work emphasizes assessment, psychoeducation, and permission-giving around sexual concerns. His approach integrates systemic, CBT-based, and experiential models to support sexual confidence, communication, and functioning.

This seminar is free of cost and limited to current American University employees. The target audience is clinical psychotherapists and allied health professionals who currently work for American University. This is an intermediate level training. This live, in-person seminar will be offered at 4400 Massachusetts Ave NW (MGSC 307), Washington, DC 20016. At the completion of this training, participants will be able to:

- Identify common presentations of sexual health concerns and sexual dysfunction in college-aged young adults and explain how developmental, medical, relational, and sociocultural factors shape these concerns across diverse identities.
- Describe the 4 phases of the PLISSIT/ Ex-PLISSIT model and how to apply them to conduct developmentally informed sexual assessment and intervention.
- Implement appropriate early-stage interventions—including normalization, psychoeducation, and brief skills-based strategies (e.g., sensate focus adaptations, behavioral experiments, anxiety-reduction and pleasure-focused exercises)—and determine when specialized sex therapy or deeper psychotherapy is indicated.

1.5 hour of CE are available for participants who attend entire program and complete the evaluation. Social workers receive 1.5 clinical credit. Certificates will be issued via email within 7 days of receipt of the completed course evaluation.

The registration deadline is 11:00am Eastern Time on Monday, February 23, 2026. Use the registration link here: https://american.co1.qualtrics.com/jfe/form/SV_71mGQAWGd3jDIJE

American University Center for Well-Being Programs and Psychological Services. #1936, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 6/20/2025-6/20/2028. Social workers completing this course receive 1.5 clinical continuing education credit.

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To request accommodations, to file a grievance, or for or additional information please contact Continuing Education Director Dr. Marika Gilbert, 202-885-3500 (phone) or mgilbert@american.edu

