

# Course Syllabus

## Pleasure IS Your Birthright

### Clinicians may get 3.5 CEUS

**Moushumi Ghose, MA MFT**

Moushumi Ghose, LMFT has been a licensed marriage and family therapist in private practice since 2007, specializing in sexuality, gender, and relationships. She has extensive experience working with alternative lifestyles, the LGBTQIA community, KINK/BDSM, Sex Workers, Ethical & Consensual Non-monogamy/ Polyamory and her focus is working with couples and empowering relationship styles.

#### ***Educational Goals***

This course will help participant become more proficient in learning tap into pleasure as a source of regeneration, healing, activism and more. By addressing burnout, relationship health, sexuality, relationship styles and more from a pleasure-centered lens participants will incorporate a variety modalities which can be incorporated into healing. By addressing healthy relationships from a trauma and systems focused frame, to understanding the role that social justice plays in pursuing a more transformative style of long-term relational health, as well as including methods such as radical honesty, somatic therapy, harm reduction participants will learn to use and apply these to bring about pleasure in authentic and personal ways.

#### ***Measurable Learning Objectives***

- Participants will be able to identify key principles of shame which lead to burnout.
- Participants will be able to distinguish the socially acceptable forms of relationship types and re-center their own styles.
- Participants will be able to apply techniques to engage clients who are new to or having difficulty navigating relationship, as well exploring fluidity, radical honesty in relationships.
- Participants will be able to identify how pleasure if applied in specific ways, can also be a form of social justice.
- Participants will be able to identify the various social norms which may be leading to harm at work, relationships, health, mental health and begin to apply new methods to shift perspective to a more social justice lens.