Managing Sexuality and Intimacy Issues among Seniors: The SSLD Approach

(January 20 & 21, 2015)

Prof. TSANG Ka Tat (Ph.D.)

Workshop Description

This workshop introduces the basic principles and methods of the SSLD (Strategies and Skills Learning Development) System, with a special focus on managing sexuality and intimacy issues among seniors. Experiential and interactive learning will be heavily utilized, and active participation is expected.

SSLD is the result of over three decades of practice experience and rigorous research and development work conducted by Professor Ka Tat Tsang. Part of this development can be traced back to earlier social skills training programs he introduced to Hong Kong in the 1970s. As a practice system, SSLD is grounded in direct practice engagement with a wide range of challenging human service situations, including severe mental illness, addiction, relationships, sexuality, chronic health conditions, dementia, community work, corporate consulting, and many others.

The SSLD system supports (1) comprehensive understanding of the client’s needs, circumstance, characteristics, and capacity; (2) a non-pathologizing approach to understanding client issues, translating problems into attainable goals; (3) systematic planning and implementation of change strategies; (4) concrete, specific, and observable positive outcomes; associated with (5) empowerment, improved self-efficacy and overall wellness among client and client systems.

The specific applications of SSLD among seniors with sexuality and intimacy issues have been piloted in Canada over the last few years, with encouraging results and growing popularity. A practice manual based on direct practice experience is now available.

Learning Objectives

- Understanding of basic SSLD principles and methods
- Review of current practice experience, including challenging cases and situations
- Increased skills set targeting sexuality and intimacy issues among seniors
- Experiential learning through simulation
- Improved self-awareness of attitude and values

Target Participants

Social workers, nurses, physiotherapists, occupational therapists, physicians, healthcare professionals, senior service practitioners, and students and faculty in these fields

Remark

Training hours of this program will be recognized by the Centre for Learning and Change (Canada) as part of the prerequisite for licensing examination in SSLD practice.
### Program Schedule

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<td>Review of challenging cases and/or practice situations</td>
<td>EBIS 2: Personal Values and Professional Practice</td>
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**Reference Book**


**Trainer’s biography**

Ka Tat Tsang, Ph.D., founder of the SSLD System, is currently Professor and Factor-Inwentash Chair in Social Work in the Global Community at the University of Toronto, where he has been teaching since 1993. Before moving to Canada, he practised social work and clinical psychology in Hong Kong, and taught at HKU. Many of his students have become leaders in social work education and practice teaching. His has remained actively involved in direct practice since the 1970s, and is a world-class trainer and consultant. Apart from frequent engagements in Canada, China, and Hong Kong, he has extensive experience working internationally, including India, Korea, New Zealand, Taiwan, Tanzania, Turkey, USA, and Vietnam.