



1ST INTERNATIONAL PSYCHO-GYNAECOLOGY CONFERENCE 2026

25-26 September 2026, India International Center, New Delhi

FULL-DAY WORKSHOP

Workshop Title: Cognitive and Behavioral Therapy (CBT) for Female Sexual Dysfunction: Assessment and Evidence-Based Intervention

Overview

Female Sexual Dysfunction (FSD) is a common condition that significantly affect quality of life, intimate relationships, psychological well-being, and overall health. Despite its high prevalence, many women do not seek professional help because of stigma, cultural beliefs, embarrassment, or limited access to trained clinicians. Healthcare professionals may also face challenges in initiating conversations about sexual health or applying evidence-based psychological interventions.

Cognitive and Behavioral Therapy (CBT) is one of the most extensively researched and recommended psychological approaches for addressing many forms of female sexual dysfunction, particularly when psychological, interpersonal, or biopsychosocial factors contribute to sexual concerns. CBT helps identify and modify maladaptive beliefs, reduce anxiety and avoidance, improve emotional regulation, strengthen communication, and encourage adaptive behavioral changes that support healthy sexual functioning.

This intensive full-day workshop provides participants with a comprehensive understanding of the biopsychosocial model of female sexual dysfunction and practical training in evidence-based CBT assessment and intervention strategies. Through lectures, demonstrations, clinical case discussions, role-play, and skills practice, participants will develop competencies for conducting sensitive assessments, developing individualized treatment plans, and implementing CBT techniques within ethical, culturally responsive, and trauma-informed practice.

Learning Outcomes

Participants will gain the ability to:

1. Describe the biopsychosocial mechanisms underlying female sexual dysfunction.
 2. Conduct a comprehensive, culturally sensitive CBT assessment.
 3. Develop individualized CBT case formulations.
 4. Apply evidence-based CBT techniques for common female sexual dysfunctions.
 5. Address psychological, relational, and behavioural maintaining factors.
 6. Integrate trauma-informed and culturally responsive approaches into treatment.
 7. Recognize when multidisciplinary referral is indicated.
 8. Design structured CBT treatment plans and homework assignments.
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Target Audience

This workshop is designed for:

- Clinical Psychologists
 - Counselors
 - Marriage and Family Therapists
 - Nurse Practitioners
 - Primary Care Physicians
 - Psychiatrists
 - Social Workers
 - Counseling Psychologists
 - Family Physicians
 - Medical Residents
 - Obstetricians and Gynecologists
 - Psychiatric Nurses
 - Sex Therapists
 - Graduate Students in Mental Health Programs
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Teaching Methods

The workshop utilizes interactive adult learning strategies including:

- Expert lecture
 - Guided discussions
 - Case-based learning
 - Reflective learning
 - Question-and-answer sessions
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Key Take-Home Message

Female sexual dysfunction is a multifactorial condition that benefits from comprehensive assessment and individualized, evidence-based care. Cognitive and Behavioral Therapy offers practical, research-supported strategies for addressing psychological and behavioral contributors to sexual difficulties while promoting healthier cognitions, improved communication, emotional well-being, and enhanced sexual functioning. Effective care is collaborative, culturally responsive, trauma-informed, and grounded in a biopsychosocial understanding of women's sexual health.

This outline aligns with contemporary CBT practice by emphasizing a **biopsychosocial, trauma-informed, and culturally responsive approach**. It avoids presenting CBT as a standalone treatment for all cases, recognizing that some forms of female sexual dysfunction may require medical evaluation, pharmacologic treatment, pelvic floor therapy, couples therapy, or multidisciplinary management alongside psychological intervention.



Resource Person

Professor Dr. Firdaus Mukhtar is a leading clinical psychologist in Malaysia, recognized for her contributions to cognitive behavioural therapy (CBT), clinical psychology, and mental health research. Her work focuses on depression, anxiety, psychological well-being, and the development of evidence-based psychological interventions. She has published extensively in high-impact international journals, authored books and clinical resources, contributed to Malaysia's national clinical practice guidelines, and served as a consultant to the World Health Organization (WHO) on CBT-related initiatives. She has also held leadership roles in regional professional organizations, including the Asian Cognitive Behavioral Therapies Association, and has been instrumental in advancing clinical psychology education, research, and mental health services across the Asia-Pacific region.



Professor Mukhtar is currently a Professor of Clinical Psychology and Consultant Clinical Psychologist in the Department of Psychiatry, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM). She obtained her Ph.D. in Clinical Psychology from The University of Queensland, Australia, a Master of Clinical Psychology from Edith Cowan University, Australia, and a Bachelor of Human Sciences (Psychology) from the International Islamic University Malaysia. Her extensive experience as a clinician, educator, researcher, and trainer has made her a respected authority in CBT and evidence-based psychological practice, both nationally and internationally.



Workshop Schedule

Time	Session	
9:00–9:20	Registration and Introduction	Registration, workshop objectives, participant expectations, ground rules (confidentiality and respectful discussion), pre-workshop self-assessment.
9:20–10:20	Understanding Female Sexual Dysfunction	Overview of DSM-5-TR diagnoses, prevalence, biopsychosocial model, cultural and religious considerations, myths and misconceptions, impact on relationships and mental health.
10:20–10:35	Break	Tea / Coffee
10:35–11:45	Comprehensive CBT Assessment	Clinical interview, sexual history taking, maintaining sensitivity, differential diagnosis, identifying maintaining factors, 5P and CBT formulation, validated assessment tools (e.g., FSFI, VCCQ, PHQ-9, GAD-7), identifying medical red flags and referral pathways. Includes live demonstration.
11:45–12:45	CBT Formulation & Treatment Planning	Developing individualized CBT case formulations, identifying maladaptive beliefs, cognitive distortions, behavioural avoidance, couple dynamics, treatment goals, selecting interventions. Small group case formulation exercise
12:45–01:45	Break	Lunch
1:45–2:50	Core CBT Intervention	Psychoeducation, cognitive restructuring, behavioural experiments, sensate focus principles, anxiety reduction, mindfulness, emotion regulation, behavioural activation for desire, communication skills, homework planning. Role-play practice in pairs.
2:50–3:05	Break	Tea/Coffee
3:05–4:15	Managing Complex Cases	Female sexual pain disorders, trauma-informed CBT, depression and anxiety comorbidity, relationship conflict, body image concerns, menopause, medical conditions, multidisciplinary, collaboration, ethical issues and therapist self-awareness. Interactive case discussion.
4:15–4:50	Case Workshop & Skills Practice	Participants work in small groups to assess a case, develop a CBT formulation, design a treatment plan, and receive facilitator feedback.
4:50–5:00	Wrap-up & Evaluation	Key take-home messages, postworkshop assessment.