

# Aline Penny Zoldbrod, Ph.D.

12 Rumford Road • Lexington, MA, 02420 • 781-863-1877 • dralinez@sexsmart.com • www.SexSmart.com

---

## Licensure / Certifications / Training

|   |           |
|---|-----------|
| <b>Licensed Psychologist Massachusetts Number 2685</b>  | 1981      |
| <b>Certified Sex Therapist &amp; Diplomate</b><br><i>AASECT (American Association of Sex Educators,<br/>Counselors, and Therapists)</i> | 1993      |
| <b>Certified Practitioner, EMDR</b>   | 1997      |
| <b>Certified (Level 1) Sensorimotor Therapy<br/>For the treatment of Trauma</b>   | 2009      |
| <b>EFT Externship and additional training</b>   | 2011-2012 |
| <b>AEDP 5-Day Immersion Training and Additional Training</b><br>Dr. Diana Fosha, Vancouver, Canada                                      | 2017      |

## Education and Honors

|   |           |
|---|-----------|
| <b>Ph.D. Heller School</b><br><i>Brandeis University</i>  | 1978      |
| <b>National Dissertation Grant Winner</b><br><i>U.S. Department of Health, Education, and Welfare</i>                   | 1975      |
| <b>Scholarship Winner</b><br><i>Brandeis University</i>   | 1969-1973 |
| <b>B.A. Sociology and Anthropology</b><br><i>Oberlin College</i><br><i>Magna Cum Laude, High Honors, Phi Beta Kappa</i> | 1969      |

## Selected Professional Presentations

Dr. Zoldbrod has been lecturing in the Boston area on sexuality, trauma, and women's health since the 1980's. Continuous lecturing on sexuality locally, including guest presentations at the Massachusetts Psychological Association's Women's Interest Group, The Cambridge City Hospital/Harvard Medical School Program on Behavioral Psychology, Massachusetts School of Professional Psychology (now William James), Winchester Hospital, Resolve of the Bay State Annual Conferences, local NOW chapters, AARP, Hadassah of New England, The Mothers Forum, and local prostate cancer support groups.

**April 20, 2017: 42<sup>nd</sup> Annual Meeting of SSTAR, Society for Sex Therapy and Research.** One of 8 trainers in a full day of sexuality training for professionals, "Sexuality and Trauma." Montreal, Canada.

**June 11, 2016: Sexual Awakening Summit: Love, Intimacy and Sexual Desire.** Spoke on How Dysfunctional Families Impact Sexuality at this event featuring 22 nationally known experts in the field of sexuality. (Virtual event).

**December 5, 2015: New England Society for the Treatment of Trauma and Dissociation.** Full day workshop of my work, *Exploring the Role of Overt and Developmental Trauma in Women's Desire, Arousal, and Willingness for Sex.* Boston, MA.

**October 8, 2015: University of Massachusetts Medical School Department of Psychiatry Grand Rounds.** *Sex Therapy, Sexuality and the Milestones of Sexual Development: Redefining Sexual Trauma.* Worcester, MA.

**February 14, 2015: Beth Israel Deaconess Hospital Core Curriculum in Adult Primary Care.** *Female Sexual Function and Dysfunction: Notes from the Front Line of a Sex Therapist.* Dedham, MA.

# Aline Penny Zoldbrod, Ph.D.

12 Rumford Road • Lexington, MA, 02420 • 781-863-1877 • dralinez@sexsmart.com • www.SexSmart.com

---

**September 21, 2013: Society for the Advancement of Sexual Health 2013 National Conference.** *Helping Partners of Male Sex Addicts: Models, Techniques, Interesting Questions, and Shared Wisdom.* Cambridge, MA.

**November 16, 2013: Massachusetts Psychological Association, Annual Conference: Violence: Behavioral Health's Challenges and Contributions - Assessment, Research, and Integrated Practice.** *Recognizing, Understanding, and Treating the Negative Effects of Family of Origin Violence on Adult Sexual Functioning and Pleasure.* Worcester, MA.

**December 6, 2010: Grand Rounds Conference, Tufts Medical School Department of Obstetrics and Gynecology.** Guest lecture. *A Sex Therapist's Musings on Women's Sexual Desire.*

**October 1, 2010: Society for the Advancement of Sexual Health, Annual Meeting.** *Adolescence and Sexual Development: What Kinds of Environments and Experiences Sow the Seeds of Sexual Compulsion.* Cambridge, Massachusetts

**April 9, 2010: Society for Sex Therapy and Research (SSTAR) 35th Annual Meeting.** *Inherent or Reflective: Exploring the Utility of a Proposed Distinction in Talking About Women's Sexual Desire in Partnered Relationships.* Cambridge, MA.

**September 20, 2008: 2008 SASH National Conference on Sexual Addiction.** Two-hour presentation. *Sexual Development 101.* Cambridge, MA.

**March 28, 2008: Massachusetts Psychological Association series.** Guest Lecture, three-hour workshop. *Understanding the Milestones of Sexual Development.* Wellesley, MA.

**September 17, 2006: Sexual Health State of the Art Conference.** Guest Lecture. *Getting Back to Sex for Pleasure: The Challenges that Infertile Couples Face and How to Provide the Best Support.* Chicago, IL.

**August 4, 2007: Letters and Sciences Conference on Assisted Reproductive Therapy.** Keynote Speaker. *ART Interventions Which Heal.* Baltimore, MD.

**June 24, 2007: AASECT National Conference.** *Non Sexual Family Abuse and the Sexual Self.* Charlotte, NC.

**June 22, 2007: AASECT National Conference.** Co-Presenter: *Sex Matters After 60.* Charlotte, NC.

**June 26, 2006: Sexual State of the Art Conference.** Guest Lecture. *Getting Back to Sex for Pleasure: The Challenges that Infertile Couples Face and How to Provide the Best Support.* New York, NY.

**November 17, 2005: Grand Rounds in Obstetrics and Gynecology, Winchester Hospital.** Guest Lecture. *Sexual Dysfunction in Women.* Winchester, MA.

**April 10, 2005: 30th Annual Meeting, Society for Sex Therapy and Research.** By invitation. *Discussant: Clinical Hypnosis as an Adjunct to Treatment of Sexual Pain Disorders.* Boston, MA.

**December 2, 2004: National Call-In Phone Chat for RESOLVE (National infertility support organization).** *Keeping the Home Fires Burning: Sexuality During Infertility.*

**May 12-16, 2003: AASECT 36<sup>th</sup> Annual Conference.** *Early Milestones of Healthy Sexual Development.* Chicago, IL.

**October 2002: Female Sexual Function Forum Annual Meeting (Now ISSWSH), Panel on Symposium on Androgen Deficiency and Quality of Life.** Speaking on *Female Sexuality, Androgen Deficiency, and Quality of Life.* Boston, MA.

**May 2001: Nurse Practitioners for Continuing Medical Education, National Conference on Women's Health.** Guest Speaker. *Sexual Function in Women.* Newport, RI.

**October 28, 2000: Third International Female Sexual Function Forum.** Symposium Participant. *Sexual Abuse and Sexual Function.* Boston, MA.

**October 14, 2000: New England Society for Trauma and Dissociation.** *Sexuality and Trauma: Models and Interventions.* Belmont, MA.

**September 23, 2000: New Perspectives, New Beginnings Conference, Infertility Association of Canada.** Keynote Speaker. *Men, Women, and Sexuality.* Toronto, Canada.

# Aline Penny Zoldbrod, Ph.D.

12 Rumford Road • Lexington, MA, 02420 • 781-863-1877 • dralinez@sexsmart.com • www.SexSmart.com

---

**June 2000: National Women's Health Conference, Nurse-Practitioner Associates for Continuing Education.** Guest Speaker. *What's New in the Treatment of Women's Desire and Arousal Disorders?* Newport, RI.

**May 2000: RESOLVE of Illinois's Reaching for Resolution Annual Conference.** Keynote Speaker. *Men, Women, and Infertility.* Chicago, IL.

**April 2000: Serono Laboratory's National Conference: Infertility: The Focus for the New Millennium.** *Getting Around the Boulder in the Road: Using Imagery to Cope with Fertility Problems.* Cape Cod, MA.

**October 2, 1999: AASECT New England Conference.** *Producing Sexually Responsible and Responsive Daughters: A New Perspective on Healthy Parental Involvement.* Waltham, MA.

**May 16, 1998: AASECT Regional Conference.** *Working with Couples with Low Sexual Desire.* Belmont, MA.

**June 7, 1997: RESOLVE of Northern California's Annual Conference.** Keynote and Featured Speaker. *Men, Women, and Sexuality*, and five other topics on sexuality and relationships. Berkeley, CA.

**February 14, 1997: Winchester Hospital CME Program.** Guest Speaker. *Sexual Dysfunction: Assessment and Treatment.* Winchester, MA.

**October 19, 1996: AASECT Regional Conference on Male Sexuality.** *Assessment and Treatment of Family-of-Origin Issues in Male Sexual Dysfunction.* Belmont, MA.

**July 11-13, 1996: Nurse Practitioner Associates for Continuing Education.** Guest Speaker. Workshop: *Female Sexual Dysfunction.* Newport, RI.

**June 16-18, 1996: AASECT Twenty-Eighth Annual Conference.** Workshop: *Infertility Visits Genderland.* Baltimore, MD.

**June 7, 1995: NPACE Summer Institute on Women's Health.** Guest Speaker. *Diagnosis, Referral, and Treatment of Common Female Sexual Problems.* Falmouth, MA.

**May 18-20, 1995: Eighth National Conference for IVF Nurse Coordinators and Support Personnel.** Guest Speaker. Topic: *The Male Infertility Patient: How His Reactions Differ from the Female Patient.* Boston, MA.

**April 28, 1995: AASECT National Conference.** *Non Sexual Family Violence and Sexual Inhibition.* Albuquerque, NM.

**November 19, 1994: Harvard Medical School/Cambridge City Hospital Conference Series on Sexual Health and Sexual Dysfunction: What Clinicians Need to Know.** Guest Speaker. *Family Barriers to Sexuality.* Boston, MA.

**May 15, 1993: AASECT Annual Meeting.** *Treating Sexual and Marital Problems in Infertility.* Denver, CO.

**November 3-6, 1993. Twelfth Annual Scientific Meeting, Fertility Society of Australia.** Guest Address. *Using Imagery to Control Stress During Infertility.* Sydney, Australia.

**May 1-2, 1992: Fifth National Conference for IVF Nurse Coordinators and Support Personnel.** Presenter and Featured Speaker. May 1 Topic: *Pregnancy Loss/Bereavement.* May 2 Topics: *Using Imagery to Cope with Fertility Problems* and *Sexual Dysfunction in Reproductive Endocrinology and Infertility.* Newport Beach, CA.

**May 3, 1992:** Repeat of lecture: *Pregnancy Loss/Bereavement.*

**May 5, 1991: AASECT (American Association for Sex Education, Counseling and Therapy).** *Medical Treatment = Rape: Sexual Problems in Women as an Aftermath of Treatment for Infertility—A Case Study.* St. Louis, MS.

## Publications

Dr. Zoldbrod has been cited in the professional literature since 1992 on a wide variety of topics. A complete list of publications can be found on her website on the *About Dr. Zoldbrod* page: <http://www.sexsmart.com/about-dr-aline-zoldbrod-sex-therapist-and-psychologist-in-boston-massachusetts>

**1988.** The Emotional Distress of the Artificial Insemination Patient. *Medical Psychotherapy: An International Journal*, 1, 161-172.

# Aline Penny Zoldbrod, Ph.D.

12 Rumford Road • Lexington, MA, 02420 • 781-863-1877 • dralinez@sexsmart.com • www.SexSmart.com

---

**1990.** *Getting Around the Boulder in the Road: Using Imagery to Cope with Fertility Problems.* Lexington, MA: Center for Reproductive Problems. (25-page self-help booklet for patients; professional reviews available upon request.)

**1993.** *Men, Women and Infertility: Intervention and Treatment Strategies.* New York, NY: Macmillan.

**1994.** Sexuality and Infertility: Special Considerations for Practice. *Clinical Consultations in Obstetrics and Gynecology*, 6(2), 109-115.

**1998.** *SexSmart: How Your Childhood Shaped Your Sexual Life and What to Do about It.* Oakland, CA: New Harbinger (now out by iUniverse).

**1998.** Recipient Counseling for Donor Insemination (written with S. Covington). In Covington and Smith (Eds.), *Infertility Counseling: A Comprehensive Handbook for Clinicians* (325-44). London, England: Parthenon.

**2002.** *Sex Talk: Uncensored Exercises for Exploring What Really Turns You On* (written with Lauren Dockett). New Harbinger.

**2003.** Assessing Intrapsychic Blocks to Sexual Pleasure Using the Milestones of Sexual Development Model. *Contemporary Sexuality*. 37(11), 7-13.

**2005.** The Role of the Psychologist in Female Sexual Dysfunction: Historical Perspectives and Strategies for Contemporary Care. In Goldstein, Meston, Davis, and Traish (Eds.), *Women's Sexual Function and Dysfunction: Study, Diagnosis, and Treatment*. London, England: Taylor and Francis. 2015

**2015.** Sexual issues in treating trauma survivors. *Current Sexual Health Reports*, 7, 3-11.

**2015.** "Some important considerations when you are thinking about becoming a sexologist. Chapter 7 in *Sexology for the Curious*. The Curious Academic Publisher. Digital: Amazon.

## Professional Affiliations and Activities

Member, APA (American Psychological Association)

Member, APA Division of Psychology of Women

Member, AASECT (American Association of Sex Educators, Counselors, and Therapists)

Member, SSTAR (Society for Sex Therapy and Research)

Member, SASH (Society for the Advancement of Sexual Health)

Member, Mass. Psychological Association

Member, NESTTD (New England Society for the Study of Trauma and Dissociation)

Program Committee, NESTTD, 2016 to present

Past Member, Board of Directors, National RESOLVE, 1983 to 1993

Special Committee on Sex Therapist Diplomate Credentialing, AASECT, June 2004 to June 2005

Member, SACCEM, a local study group on the treatment of problematic sexual behaviors

Staff Member, Department of Medicine, Winchester Hospital, Winchester, MA. October 22, 1996 to February 11, 2013. Resigned because of spouse's illness

## Job-related Awards & Recognition

# Aline Penny Zoldbrod, Ph.D.

12 Rumford Road • Lexington, MA, 02420 • 781-863-1877 • dralinez@sexsmart.com • www.SexSmart.com

---

**1998:** Presented ForeWord Magazine's Bronze Award for Best Self-help Book of 1998.

## Professional Experience

### **Faculty Affiliate**

*University of Michigan, Sexual Health Certificate Program*

2010 to present

This is a 20-month long postgraduate training program in sex therapy, sexuality counseling, and sexuality education with a national advisory Board. My area of expertise in our program is sex therapy and sexuality communication and intimacy.

### **Private Practice**

*Lexington, Massachusetts*

1981 to present

### **Consulting Sex Therapist**

*Under Andre Guay, M.D.  
Lahey Center for Sexual Function  
Peabody, Massachusetts*

SEPT 2003 to 2011

### **Staff**

*Lahey Clinic Center for Sexual Function  
Lahecy Clinic  
Peabody, Massachusetts  
University of Michigan, Sexual Health Certificate Program*

SEPT 1999 to SEPT 2003