



Sexual counseling training for therapists
Vasumati, may 15 – 19 , starting may 15 in the evening

What we want to do in the training is to redefine the way we look at sexual and relational trauma and find new paradigms to diagnose and treat these issues.

As we change the modes of relating that were handed down from the past and look at this with the new understanding of trauma and the brain and nervous system a new definition is needed.

This training is about looking at how to work with sexual /relational issues in couples and in people starting relationships who want to avoid the old ways of pleasing and performing and objectifying.

And people in long term relationships where sex disappears.

This means empowering women to speak out and men to be more receptive and also sensitive.

That is what empowers men, to be sensitive without being castrated.

issues we deal with involve looking at sexuality and sensuality;

the role of pleasure and allowing/being receptive and trusting.

This leads to work on shame, confidence and self-image issues.

Where there has been direct trauma we work with accessibility , consistency in being present and the splits between sex and heart and the splits around love sex and intimacy. We will look at how trauma leads to perpetuation of trauma bonds and other dysfunctional ways of relating .

- we will look at the ways we defend ourselves from vulnerability by sexualising and objectifying .
- we will look at ways we deal with sexual energy from hypersexuality to sexual avoidance.
- we will look at sex addiction and porn addiction, compulsions and affairs, either cyber or real.
- and look at LGBT and gender fluid or non binary approaches plus BDSM
- and finally narcissistic issues that arise from trauma

we really need to start from scratch and question all our sexual models, it all has to change.

With 'times up' and 'me too' the entire system of male dominance and female submission has to be questioned.

We will work with a beginners mind, this means questioning our assumptions, beliefs and attitudes about sex, relationship and gender, being a man or woman.

It might need more sections to cover it all.

Section 3: (all sections can be taken separately)

Vasumati will be adding some new material to the Training this year.

We will spend one or two of the days presenting and discussing The object relations theory of Fairbairn

He was part of the English object relations School and has a very important contribution to make in the understanding and treatment of complex relationship issues that involve attachment, identity and sexuality.

We are all more and more aware of the impact of trauma and the various attachment styles, how these two factors shape the brain and nervous system and lead to the formation of certain defences, behaviours and needs of individuals in relationships.

The added contribution of Fairbairn involves something called Repetition compulsion.

This is the analytic concept that defines the reenactment of childhood patterns in adult relationships.

This refers to the antilibidinal process by which we are unconsciously attracted to someone who mirrors the more painful and frustrating aspects of your family history and your attachment to your parents.

This is important because if sexuality and love are about expansion and pleasure then attracting or being attracted to someone who will eventually trigger your wounds and hurt or frustrate you seems counterintuitive.

This is very complex and often these dynamics involve people who have very confused relationships with their needs and people can polarise into what can be called narcissistic personality type or borderline character structures.

We will go through these issues and work with strategies to help clients understand and overcome this.

We will also take a look at some of the newer approaches that are emerging in the field of couple, relationship and sexual issues.

This will include a new look at the male / female and non binary approaches as well as attraction to Kink, BDSM and Sex and love Addiction.

We will use the same format every year:

Teaching and practice

Feedback and supervision.

Discussion of the demo sessions.

Please remember - this is a process only for working Therapists as I don't want to do personal work unless it relates to the therapeutic setting we are training in

For more info mail to Divyam, info@aumm.nl