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Esther Perel

Esther Perel, M.A. LMFT, is a licensed marriage and family therapist and an acknowledged international authority on couple therapy, cross-cultural relations, culture and trauma and culture and sexuality. She is the author of the international bestseller *Mating in Captivity: Unlocking Erotic Intelligence*, now available in 25 languages. Trained and supervised by Dr. Salvador Minuchin, she serves on the faculty of The Family Studies Unit, Department of Psychiatry, New York University Medical School, The International Trauma Studies Program, Mailman School of Public Health, Columbia University and the Scandinavian Expressive Arts Institute. Fluent in nine languages, Ms. Perel is a frequent keynote speaker around the world. She brings a rich multicultural perspective to her clinical practice, her teaching and in her many publications. She is a member of the American Family Therapy Academy and the Society for Sex Therapy and Research. www.esterperel.com

Why does great sex so often fade for couples who claim to love each other as much as ever? Can we want what we already have? Why does the transition to parenthood so often spell erotic disaster? Why does good intimacy not guarantee great sex? This bold, new take on intimacy and sex grapples with the obstacles and anxieties that arise when our quest for secure love conflicts with our pursuit of passion. The story of intimacy and sexuality in committed modern couples is one that often tells of a dwindling desire and includes a long list of alibis, claiming to explain the inescapable weakening of erotic connection. The absence of fantasy, the proliferation of pornography and affairs, the overwhelming expectations placed on adult intimacies as well as a lack of understanding of the nature of erotic desire all contribute to this predicament. Contrary to popular belief, sexual problems are not always the result of relational problems, and improving the emotional relationship may do little to improve the sex. In fact, sometimes the very qualities that nurture intimacy can be sexually deflating. Modern couplehood strives for oneness, yet eroticism thrives in the space between self and the other.

Drawing on the work of Steven Mitchell, we'll contrast two fundamental, yet opposing human needs of safety and predictability on the one hand, and of freedom and adventure on the other.

- Probe the ambiguities of love and desire, the paradoxical relation between domesticity and sexual desire, and explore ways to balance our need for security and closeness, with our quest for separateness and passion.
- Learn how emotional history shapes our erotic blueprints and expresses itself in our sexual fantasies and in the physicality of sex.
- Present a nuanced, relative and multicultural understanding of the differing definitions of love, marriage, and sexual behaviors, and highlight the relation between culture and sexuality.

- Present an original approach to treat the decline of desire during parenthood and show how to grant the body its profound capacities for emotional expressiveness reaching beyond intimacy as mere verbal communication.
- Explore the differences between sexuality and eroticism, show how erotic intelligence is vastly larger, richer and more intricate than the biology of sex and how it stretches far beyond any repertoire of sexual techniques.
- Map the gender similarities and differences and develop the concept of multiple sexualities.
- Discuss the motivations behind affairs, the multiple meanings of infidelity, the choices of truth telling, transparency, and boundaries, and offer a framework to rethink infidelity.
- Plumb the inner workings of the erotic mind and recognize the depth, complexity and healing qualities of our erotic imagination.
- Introduce innovative strategies to unlock erotic blocks and cultivate eroticism between partners, take emotional risks and open up a sexual communication between them.

With an eye on the existential, clinical and ethical aspects involved we will examine how our assumptions, moral values, and personal experiences influence our therapeutic work. This model applies to couples and singles from all sexual orientations. We'll include lectures, exercises, video vignettes and small group discussions.

Monday

Connection and separateness

Why increased emotional intimacy can lead to decreased sexual desire

Inverting the traditional therapeutic priorities

Tuesday

The pitfalls of modern intimacy

Sex and parenthood

Wednesday

Erotic blueprints

Thursday

Sexual fantasies

Friday

Affairs, infidelities, sexual boundaries

Mating in Captivity: The Paradox of Intimacy and Sexuality



June 22-August 28, 2009

Our 30th anniversary summer of timely, lively week-long CE courses by master teachers

June 22-26

4th Annual Ortho Symposium Children & Evidence-Based Practice
Mona Lisa Schulz The Intuitive Advisor

June 29-July 3

Pat Ogden Mindfulness, Emotion and Movement
Edward Hallowell ADHD Across the Life Span

July 6-10

Edith Seashore Triple Impact Change
Bessel van der Kolk Frontiers of Trauma Treatment

July 13-17

Robert Hill Positive Aging
Jette Simon Imago Relationship Therapy
Richard Schwartz IFS Workshop

July 20-24

Jaak Panksepp Affective Neuroscience
Amy Weintraub Lifeorce Yoga
Margaret Wheatley Renewable Leadership

July 27-31

Edgar Schein Helping and Managed Change
Aureen Wagner CBT for OCD and Anxiety
Esther Perel Mating in Captivity

August 3-7

Christopher Worley Built to Change
James Gordon Mind-Body Medicine
Dan Hughes Attachment-Focused Trauma Treatment

August 10-14

Steven Hayes ACT in Clinical Practice
Elkhonon Goldberg Clinical Neuropsychology
Salman Akhtar Five Clinical Challenges

August 17-21

Robert Marshak Hidden Barriers to Organizational Change
Diana Fosha AEDP Therapy
Polly Young-Eisendrath The Wisdom of Emptiness

August 24-28

Marjorie Schuman Contemplative Relational Psychotherapy
Ira Chaleff From Hierarchy to Partnership

2009 Registration Form

- Registration options for Ortho Symposium, Schulz, Ogden, Hallowell, Seashore/Broom, van der Kolk, Hill, Simon, Schwartz, Panksepp, Weintraub, Wheatley, Schein, Wagner, Perel, Worley, Gordon, Hughes, Hayes, Goldberg, Akhtar, Marshak, Fosha, Young-Eisendrath, Schuman, Chaleff with dates.

Name _____ Degree _____
(please print)

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Profession:

- Profession selection checkboxes: HR/OD Management, Psychiatrist, Social Worker, Other Physician, Counselor, Nurse, Marriage/Family Therapist, Other Health Profession, Psychologist, Other (specify).

\$595 for one course (\$545 prior to March 1) and \$425 for each additional course attended by the same person. \$450 for Full-time Graduate Students and Resident Physicians certified by their institutions. \$595 for Ortho Symposium. (\$395 for Ortho members).

Enclosed is a check for \$ _____.
Charge my credit card: [] Mastercard [] VISA [] American Express
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