



Esther Perel is a couples and family therapist with a private practice in New York City. She is on the faculty of the International Trauma Studies program at Columbia University and has appeared on many television programs, including *Good Day New York*, the *Oprah Winfrey Show*, and HBO's *Women Aloud*. She is the author of *Mating in Captivity*, which *Ladies Home Journal* calls "a sweet relief" and the *New York Family Review* says is an "oasis of insight and inspiration." www.estherperel.com

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Esther Perel

Mating In Captivity: Reconciling the Erotic & the Domestic

Course 0902-794/Tuition \$260 (\$235 Members)

For many committed couples, sex is often described as "mating in captivity." This workshop, for individuals and couples, probes the intricacies of love and desire—how they relate and how they conflict. We learn how emotional intimacy can inhibit sexual desire and why "good intimacy" doesn't necessarily make for "good sex."

"Sexual excitement doesn't always play by the rules of good citizenship," says Esther Perel. "It is politically incorrect."

With this in mind, we explore common blocks to eroticism, including the fear of entrapment, the lack of distance between partners, and the guilt and worry that preclude our pursuit of pleasure. We learn how to create an atmosphere free of judgment about what we each want, to find a language in which we can voice our erotic longings, and to actively move beyond our familiar comfort zone into an expansive, fully charged sexuality.

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