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**Registration Information: Confirmation**—Confirmations will be sent by email or mail. If you register and don't receive a confirmation, please contact our office at 866.992.9399. **Cancellations**—Refunds are available when canceling 7 days or more before the event. There is a \$25 administration fee deducted from the registration amount. No refunds available when canceling within 7 days of the event. **Disability Access**—If you require ADA accommodations please contact our office 10 days or more before the event. R Cassidy Seminars cannot ensure accommodations without adequate prior notification.

**W O R K S H O P   A N N O U N C E M E N T**

**UNDERSTANDING  
 THE PARADOX OF INTIMACY  
 AND DESIRE**

*“Esther Perel is a fearless writer and thinker who will challenge your views about sex in a radical and fundamental way. She has the most original, edgy, intelligent and high-spirited voice out there...”*

*-Harriet Lerner, PhD, author of Dance of Anger*

- 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?
- Does good intimacy always make for good sex?



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**MATING IN CAPTIVITY**



**UNDERSTANDING  
 THE PARADOX OF INTIMACY  
 AND DESIRE**

**Esther Perel**



- Is Waning Desire Inevitable?
- When Baby Makes Three
- Erotic Intelligence
- Wisdom of the Body
- Reconciling the Erotic and the Domestic

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# UNDERSTANDING THE PARADOX OF INTIMACY AND DESIRE

The story of sex in committed modern couples is one that often tells of a dwindling desire that includes a long list of sexual alibis, claiming to explain the inescapable death of Eros. The absence of fantasy, the proliferation of pornography and affairs, as well as a lack of understanding of the nature of erotic desire all contribute to this predicament. The workshop examines the cultural pressures that shape domesticated sex, and the puzzling inverse correlation between greater emotional intimacy and the loss of sexual desire.

Using case examples and video vignettes, Ms. Perel will demonstrate how to help couples draw pleasure from the hidden, the suggestive and the uncanny while also respecting their needs for safety and stability. We will explore how to grant the body its profound capacities for communicating in its own language, how couples can voice their erotic longings and move beyond their familiar comfort zone into an expansive, fully charged sexuality. This model applies to young, old, married and not, heterosexual and same sex couples.

## WORKSHOP PRESENTER



Born and raised in Belgium, Ms. Perel holds degrees from the Hebrew University of Jerusalem and Lesley College. She was trained and supervised in family therapy by Dr. Salvador Minuchin and serves on the faculties of the Department of Psychiatry, New York University Medical School, and The International Trauma Studies Program.

Esther Perel is the author of the widely acclaimed book *Mating in Captivity: Couples and Eroticism* (2006) - published by Harper Collins in North America and translated into 20 languages. She has written numerous articles and chapters about intermarriage, the families of Holocaust survivors, cross-cultural couples and cultural and religious identity.

Ms. Perel's innovative strategies and models for leadership have won her an international clientele of non-profit organizations, foundations, schools, community groups and corporations, including: New York University Medical Center, Hebrew University in Jerusalem; Psycho-social Center for Refugees at the University of Oslo, Norway; The Soros Foundation's Open Society Institute; The Wexner Foundation; The 92nd St Y, The Skirball Center and United Jewish Communities.

A frequent keynote speaker, Ms. Perel regularly addresses the therapeutic and lay communities at conferences, cross-cultural forums and workshops. Ms. Perel has been interviewed in leading publications such as *The Washington Post*, *Tikkun*, *New York Magazine*, *Vogue*, *Self*, *Salon.com*, *The New Yorker* and *Working Woman*, and has appeared on television programs ranging from the Oprah Winfrey Show and The Today Show to Good Day New York, CNN, This Morning Women Aloud and CBS This Morning.

## COURSE OUTLINE

### I. From adventure to captivity

Understanding the dual human needs for safety and adventure.

The tension between committed love and its muting effects on erotic vitality.

Explore the challenge of reconciling the wish for stability and predictability with the need for novelty, transcendence and awe.

Map the development of separateness and connection, of dependence and autonomy in children and adults.

### II. Current views of sexuality and couplehood

Cultural values and beliefs that surround sexuality within a committed relationship.

The place of sexuality in couples: a historical perspective.

The legacies of the romantic ideal.

Working with sexuality as a metaphor of the relationship, not as a parallel narrative.

Conceptualizing problems of desire.

### III. Intimacy begets sexuality only sometimes

Modern western views of intimacy.

Cultural shift from a focus on love to a focus on intimacy.

The centrality of intimacy.

Perversions of intimacy—when closeness becomes control.

Exploring the accepted notion that intimacy is the foundation of sexuality—that good intimacy necessarily leads to good sex.

Examine how emotional closeness can inhibit desire.

### IV. Is waning desire inevitable - can we want what we already have?

The nature of erotic desire and its relation to long term relationships.

Sexual desire as the territory for the unwelcome feelings of love.

Tackling the interaction between pursuer-distancer.

Gender differences, age, sexual orientation.

Exploring the cornerstones of desire.

Outlining the differences between sexuality and eroticism.

### V. When three threatens two: sex and parenthood

Why does the transition to parenthood deliver such an erotic blow.

Challenging the cultural stereotype of desexualized motherhood.

Helping couples cordon off an erotic space despite the presence of children.

### VI. Erotic blueprints: tell me how you were loved, I'll tell you how you make love

The psychology of our desire is buried in the details of our childhood.

The cornerstones of desire.

Sexual preferences arise from the challenges, thrills and conflicts of our early life.

Helping couples engage with playfulness, novelty, curiosity and imagination.

### VII. Fantasy and imagination

A look into the erotic mind - eroticism is neither neat nor fair.

Sexual fantasy as a source of information about the internal life of the individual partners and the couple's dynamics.

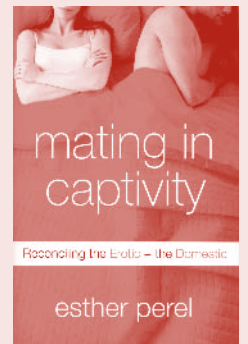
Function and meaning of sexual fantasies, their place in relationships, and how they can help make desire more fluid.

INTERNATIONAL BESTSELLER TRANSLATED INTO 20 LANGUAGES.

OVER 100,000 COPIES SOLD!

*"Mating in Captivity is a useful and enthralling read that powerfully addresses the dynamics of domestic couples and reveals how to emotionally and physically love without losing ourselves."*

—Anthony Robbins, author of *Awaken the Giant Within* and *Unlimited Power*



<http://www.estherperel.com>

## ATTENDEES WILL LEARN

- To explore two fundamental human needs: security and predictability VS. adventure and novelty.
- To examine the complementarity in couples along this continuum.
- To map ways for couples to draw pleasure from the hidden and the mysterious while respecting their needs for safety and stability.
- To demonstrate how to invert the traditional therapeutic priorities thereby allowing the sexual relationship to serve as a lens into the couple's interpersonal dynamics.
- To learn a cross-cultural perspective to help couples find alternate paths on the erotic landscape.

## CONTINUING EDUCATION

This program is co-sponsored by Amedco/R Cassidy Seminars to provide 6 CE hours to attendees.

**Psychologists** — American Psychological Association – R Cassidy Seminars/Amedco is an approved provider of continuing education for psychologists. R Cassidy Seminars/Amedco maintains responsibility for this program. 6 CE hours

**LCSW's and MFT's** — R Cassidy Seminars/Amedco is approved by the California Board of Behavioral Sciences to offer continuing education. Provider # PCE 418. 6 CE hours

**RN's and LVN's** — R Cassidy Seminars/Amedco is approved by the California Board of Registered Nursing to offer continuing education. Provider # BRN 12224. 6 CE hours

**Acupuncturists** — R Cassidy Seminars/Amedco provider # CEP 580. Application submitted; approval pending.

**Alcoholism and Drug Abuse Counselors** — R Cassidy Seminars/Amedco is a provider approved by CAADAC, Provider #4N-00-434-0208 for 6 CE hours.

**Dental Professionals** — R Cassidy Seminars/Amedco is authorized to confer 6 units of Category II California continuing dental education for Dentists, Dental Hygienists and Dental Assistants.

**Occupational Therapists** — Meets the OTAC requirements for 6 PDU's.

**Allied Health Professionals** — CE credit may be available for Physical Therapists, Speech-Language Pathologists, and Physician Assistants. Please check with your regulatory agency to ensure eligibility. Allied Health Professionals will receive a certificate of attendance.

**Satisfactory Completion** — Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation and signed out, in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available. Certificates will be posted on the internet at [www.ceuregistration.com](http://www.ceuregistration.com).

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