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Psychosexual issues have tended to be seen as a specialism, rather than as an integral aspect of human life. Yet, we are at core sexual beings and throughout our lives we constantly develop our sexuality, as men and women, within specific life phases. Without our sexual nature being mirrored, it cannot be integrated into our experience of ourselves. The resulting inner discord may foster a tendency to act out sexually later in life – either by repressing our natural sexual impulses or by over-exciting them.

## Beyond Oedipus

A new approach to  
working with  
psychosexual &  
relational issues in  
everyday practice.

Children need to be properly mirrored in order to internalise a healthy self-concept, but cultural difficulties regarding the body and sex have meant that our need for *Sexual Mirroring* has been ignored, leaving a void in our development. Society compounds this problem with its tendency to over-stimulate *ideas* of sex and gender and we embody society's mental-emotional over-excitement, stimulated by a consumer culture that can never support us in being grounded in reality.

How can we provide what is needed for our clients or students? The Beyond Oedipus series continues to present a new way of seeing these issues.

Saturdays (See below for dates)

10-6pm

Philadelphia Association,  
Hampstead, London NW3

Cost: £125 (£550 if you book the  
whole series), including tea &  
coffee



## Workshop Titles and Dates:

20<sup>th</sup> January 2018 - Identity and Sexuality - a somatic perspective

3<sup>rd</sup> February 2018 - Attachment and Sexual Mirroring

17<sup>th</sup> March 2018 - Sexual Relating - Pro-creation, Recreation and Co-creation

14<sup>th</sup> April 2018 - Self-Regulation and the Freedom Illusion

16<sup>th</sup> June 2018 - Harnessing the Power of the Erotic Transference



Support your clients in their *dyadic* rather than *triadic* relationships

**Geoff Lamb** has been practicing as a psychotherapist for over 30 years and was the Director of Inter-Psyche (The only counselling training organisation based within the NHS) from 2005 to 2017. In addition to his private practices in London and West Sussex, he has extensive group-work experience in Europe. He is co-founder of the UK Centre for Psychosexual Therapy and a professional member of the Association of Somatic and Integrative Sexologists (ASIS). In addition to his psychotherapy qualifications, Geoff is a qualified Sexual Grounding Therapist and holds a First Class Honours degree in neuroscience and a master's in health psychology.

Geoff has written numerous articles on relational counselling and psychotherapy.

**Helena Lovendal-Duffell** has been in private practice in London since 1988. She was a faculty member at The Institute of Psychosynthesis in London, co-founded The Centre For Gender Psychology and Creative Couple Work, offering specialist training in Relationship Therapy & Coaching. She is co-founder of the UK Centre for Psychosexual Therapy.

Helena offers psychotherapy, coaching and workshops, as well as specialist training and supervision for professionals in relationships, sex and gender relations in UK, Europe, and Scandinavia. She originated the "Ways of Woman" program and was amongst the first qualified Sexual Grounding Therapists®, Helena is an SGT Senior Trainer and is Head of Education SGT International in May 2013.

Her approach evolved from her personal development work and professional training with International leading teachers. Her first book ***"Sex, Love and the Dangers of Intimacy – a guide to passionate relationships when the 'Honeymoon' is over"***, co-authored with her husband, was published by HarperCollins in 2002 and re-published in 2010 by Lone Arrow Press. She is currently working on her next book, working title ***"Sex, Love & Co-Creative Partnerships – Finding Paradise in Reality From the Ground Up"***, is expected to be published Feb 2018.

