



## Couple-work 360

### Exploring sexual relationships: -

From the ground upwards

From the top downwards

From the inside outwards

From the outside inwards

## Introductory Day

Sunday 9th April 2017

Hampstead NW3

We are offering a day of introduction to this innovative approach to couple-work at a discounted price of £140 per couple.

It is then our intention to offer a series of six more day workshops, at intervals of between four and six weeks, to support couples in their relationship transformation

UK Centre for Psychosexual Therapy

With  
Helena Løvendal-  
Duffell  
and  
Geoff Lamb



This work will challenge you to explore the following questions: -

How does your sexual relationship present itself to the world?

How does it feel on the inside?

How are the two connected?

How is your relationship constructed – what is the framework?

What are its foundations – how is it rooted?

Who are the two sexual people in this sexual relationship?



## Sex is not romance; romance is not love; love is not sex.

Falling in love can be a trick we play on ourselves – we project onto the other person some part of ourselves: an idealised image of the perfect love object. When the magic stops working, we all know the shock and pain of discovering our partner as an ordinary and flawed person, just like ourselves.

Loving is not a trick and it does not end, but learning to love takes practice and time; something our culture ignores in its focus on romantic love and sex. In a healthy intimate relationship, the 'in-love' state ripens into a mutual loving.

Falling out of love is where the real adventure starts, but this can lead to the wrong kind of excitement (affairs, swinging etc.) and end with both partners feeling lost.

Most couples seek help because of a problem in their relationship. Our approach offers you a chance to transform these problems into opportunities and to make the transition from 'in love' to mature and lasting loving.

**Geoff Lamb** has 30 years experience as a psychotherapist. He was the director of the NHS – based Inter-Psyche from 2005 – 2017. In addition to his practices in London and West Sussex, where he sees couples, individuals and supervisees, 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). Geoff is a UKCP registered psychotherapist and a qualified Sexual Grounding Therapist.

Geoff has written numerous articles on relational counseling and psychotherapy,

**Helena Løvendal-Duffell** has been in private practice since 1988. She has offered workshops for women since 1993 and co-founded the Centre for Gender Psychology in 1996 and, in 2000, Creative Couple Work, which offers training in Relationship Therapy and Coaching. Helena is also co-founder of the UK Centre for Psychosexual Therapy.

Helena is passionate about re-connecting men and women to their natural power and beauty and awakening their innate potential for living whole-hearted and passionate lives; enjoying loving and fulfilling relationships.

Her first book '**Sex, Love and the Dangers of Intimacy**', co-authored with her husband, was published in 2002 and her next book - working title **Sex, Love and Co-creative Partnerships – Finding Paradise in Reality From the Ground Up** is expected to be published in 2018.

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