THE CENTRE FOR GENDER PSYCHOLOGY

www.genderpsychology.com

presents

Entry Module Courses developing a full-spectrum approach to Gender, Relationships and Sexuality that really works.

E1 Gender & Identity & E2 Sexuality & Ground

Introduction

Despite huge changes in recent years - increasing sexual freedom, the popularisation of contraception, abortion and divorce, changing work-force and gender-roles, etc., -societies all round the world are in trouble about sex, gender and relationships.

In fact, contrary to initial impressions, we remain unaware of the deep foundations of sex and gender. The ubiquitous commercialisation of sexual imagery, a choice of sexual identities, and pornography at the click of a mouse have only confused cultures recently emerging from centuries of sexual repression and patriarchal morality.

One result is that our young people are without any credible guidance and, in these areas, hardly know how to regulate their instincts. Britain has the largest incidence of teenage pregnancy in Europe. Older people are not much better off. Couples now seem to stay together only if it feels OK. But Relationship is an art and a craft to be learned, and relying solely on feelings is not enough to harness the creative potential that an intimate sexual relationship can provide. Many of us lack the skills to link our sexuality to parenting and to provide a creative but stable base for our children.

Religious leaders have little of relevance to say on these subjects, because their models derive from a misguided philosophic base, in which the body was seen as the temple of Satan and woman as an obstacle to man's spiritual progress. As a consequence, our culture has failed to develop a spirituality that is both transcendent and immanent, and has split sex off from its rightful place. Beginning with Freud, psychology began to lift the lid on the myths of Western life, but the extensive sexual abuse he uncovered prevented Freud from taking the necessary next steps. Wilhelm Reich took sexual understanding much further, but landed up in jail. The Jungians recognised the archetypal energies living within us, but were shy of sexuality. The humanistic psychologies of the seventies advocated freedom from repression and choice for all, but evolved no serious studies. Westernised Tantra has dangerously tended to ignore the emotional and relational side of sexuality. Additionally, due to the need to focus on social and political steps towards equality and to free ourselves from bigotry and stereotyping, it is extremely hard today to find cutting-edge psychological work being done in the field of gender and sexuality.

Yet the deeper issues of gender difference and the need to discover the precise nature and place of sexuality will not go away, and have to be addressed in depth. Our courses and professional trainings are dedicated to that end, and even a short introductory course can give participants a new context, new skills and new hope.

Gender & Identity and Sexuality & Ground is an intensive introductory workshop aimed at those who are passionate to explore these central questions. Applications are invited from men and women, regardless of age, experience or sexual identity. The course will be particularly helpful to those in the helping professions - doctors, social workers, counsellors and therapists, in whose work these issues invariably crop up. The course, which is either held over 5 or 6 days residentially or over two weekends non-residentially may be taken without further commitment and serves as a prerequisite for further training with the centre and with Sexual Grounding Therapy International Trainings. Variations on this course our also offered in house to other training organisations.

Topics which the course will explore:

- Our sexual image-makers and gender lineage-inheritance
- A developmental framework for sexuality and our biological destiny from uterus to grave
- The Oedipal World through our lifetime
- The body energetic and mental imaginative difference between genders
- The somatic and energetic relationship between head, heart and genitals
- Freeing internalised sexual parental imagoes
- Recovering innocence and curiosity in sexual life
- Childhood shame and unfinished adolescence in sexuality
- Regulation of sexual excitement through body knowledge
- Replay of past triangular material in current relationships
- Balancing of inner masculine and feminine elements

The format is experiential and interactive, with discussion around the theoretical material presented. Participants will be encouraged to share their process evoked and may need to have their own sources of support to integrate and ground matters arising. Role-play and bodywork will allow full engagement, and the weekends will provoke participants to question their belief systems about sex and gender, and to experience themselves as more fully sexually alive.

"It is in love that we are made; in love we disappear." - Leonard Cohen

"Only where love and need are one, and the work is play for mortal stakes,
Is the deed ever really done, for heaven and the future´s sakes." *Robert Frost*

Gender & Identity, Sexuality & Ground is an intensive introduction to *Gender Psychology & Sexual Grounding Therapy*, and further training with us. The course has been developed to give participants a sound theoretical background to a comprehensive way of seeing and working with gender and sexuality and are a whole in themselves.

Additionally, they comprise the two **Entry Level Modules** to our **International Creative CoupleWork Diploma Training** and **Sexual Grounding Therapy International Trainings**. Please ask for separate information for this and see www.creativecouplework.com or www.sexual-grounding-therapy.co.uk
.

Course dates and venues

E1 & E2 Non-residential module in London: 22 & 23 January & 12- 13 February 2011. Saturdays 10.00- 1800, Sundays 09.30 -17.30. Over two weekends adjacent Hampstead Heath in North Londons green cafe land. Both modules must be attended.

E1 & E2 Non-residential module in Oslo: 4 -7 February 2011, Friday 10.00 - Monday 17.00. 4-day intensive at the Frogner Menighetshus, set in a select district of the lovely city of Oslo. Budget accommodation and cheap flights available, with possibilities to board with other students.

Course fees:
Stirling payments: £450 (GBP)individuals, £650 organizations. Deposit £200
Norwegian payments: 4,500.00 NOK individuals, 6,500.00 NOK organizations. Deposit 2,000.00 NOK.

Application procedure

Please fill in the application form, send us a copy to info@.genderpsychology.com, then post a printed and signed copy along with your deposit to the address on the form. Both brochure and application forms may be downloaded from: www.genderpsychology.com/professionalprogramme or email us. Norwegian applicants can visit http://parterapeutene.no/hendelser/e1-gender-identity-e2-sexuality-ground

The Trainers

Helena Løvendal Sørensen and Nick Duffell will facilitate both courses together. Helena and Nick are psychotherpists and trainers, but describe themselves as Relationship Activists, and see their work as a step in human ecology. They are frequent contributors to UK psychological journals, and live in a remote corner of southern France, caring for vegetables, trees, and a cat.

The Centre for Gender Psychology

With a background in Family Therapy, social work, Psychosynthesis training and supervision, Helena and Nick founded the centre in 1996. Their aim was to discover new ways of helping individuals, couples and professionals come to grips with manage the complexities of relationship, sexuality and gender. Some of their findings were documented in their 2002 book, ***Sex, Love and the Dangers of Intimacy***, published by HarperCollins.

During their "search for a couplework that works", Helena and Nick studied with psychoanalytic, post-Jungian and shamanistic teachers. Eventually, they discovered Willem Poppeliers' Sexual Grounding Therapy and were able to evolve a congruent and grounded understanding of these issues. On their trainings, they present a cutting edge methodology and theory, and are the main trainers and supervisors, but are sometimes assisted by other associated trainers and supervisors.

The centre runs a programme of public workshops including,
for women:
Everything is Born of Woman weekend
Woman Power Sex and Soul 7-day retreat
for men:
Searching for the Father I Find My Self ongoing
Sex, Power & The Eternal weekend
Images of Masculinity 8-day retreat
for couples:
In 1995 Helena and Nick ran their first workshop for couples in committed relationships, *Dancing in the Dark*. These popular intensive long weekends, with their inspired and charged atmospheres, were able to give a boost to many flagging relationships and provide a new context for many who were in crisis

For more information please visit:
www.genderpsychology.com