



Love and Sexuality

An introduction to NeuroAffective Relational Model (NARM)

Whatever we explore in relation to ourselves or our clients (trauma, attachment issues, relational dynamics, spiritual development or everyday life experiences), an essential element is how we relate to love and sexuality.

In this seminar we will take a fresh look at the psycho-affective experiences and the conclusions we drew from them in regard to our natural need to integrate loving relationships and an alive sexuality. The framework we will refer to in these days is based on the developmental models of the so-called “character structures”, which are identified and named differently by various psychological traditions (Freud, Erikson, Lowen, Heller, Marcher). We will use the map of NARM developed by Dr. Lawrence Heller to understand the relational dynamics in terms of core needs, core resources and core capacities as well as the adaptive coping mechanisms we learned in regard to an environment, that was not attuned to our age-appropriate needs. Quite often our present experiences are overlaid by these coping strategies learned during childhood. When we relate to and interact with others, these adaptive strategies shape the patterns, styles and conflicts in relationships and often influence our experience in regard to a healthy expression of love/sexuality. An appropriate way of dealing with conflicts related to love/sexuality increases our freedom and allows us to develop relational dynamics in a meaningful and empowering way to focus better on what is important to us in our lives.

Topics we will explore:

- Explicit and implicit (early) relational knowing and our capacity for intimacy
- Sensuality and sexuality
- Openness/vulnerability, surrender and passion
- Our ability to live with an open heart
- Transference dynamics: love/sexuality in (therapeutic) relationships
- Personal and professional reflection regarding the topic

The contents and structure of the seminar are suitable both for psychological and body oriented therapists looking for further training. Singles and couples who want to explore and gain more understanding regarding these issues and learn effective tools to better navigate some of the challenges of relational dynamics.

Teaching: Michael Mokrus (www.michaelmokrus.de)

Wroclaw, 5-6 September 2020

Price 300 EUR (incl. coffee break)

Registration & Contact: Marta Ulaszewska-Zuk, se@interp.pl