



Love, Longing & Sex

Understanding the emergence of Eros in the helping relationship

*A professional development workshop for
therapists, coaches, consultants and other health
care professionals*

*November 12th & 13th
Abbotsford Convent Melbourne*

With Leanne O'Shea & Dave Mutton

Workshop Description

The emergence of erotic energy in helping relationships, whether therapeutic, collegial, coaching or consulting, has long been a challenging issue, provoking anxiety, confusion and fear. Uncertainty about how to manage these issues sits alongside an understanding of how inappropriate behaviour and boundary violations have been profoundly hurtful and deeply distressing, casting long shadows over professional practice.

Unfortunately theoretical frameworks and guidance for working effectively with Eros and sexuality have been limited. Responses are typically moralistic or forbidding, or driven by ideas firmly located in the Freudian theories of power and transference. As a consequence, the intellectual, educational or supervisory supports that people need to deal ethically and effectively with these issues also tends to be in short supply. These challenges are further exacerbated by a culture-wide difficulty in discussing sexuality in open, explicit and straightforward ways and a deep sex-negativity that lies beneath many of the values and assumptions that shape our attitudes.

Yet sexuality, along with longings for vitality, creativity, love and intimacy, is fundamental to what it means to be human, emerging in many different areas of life and work. It is essential that practitioners know how to approach this crucial aspect of professional life and human relating in ways that support and nourish ongoing growth, learning and development.

This workshop will seek to address these questions by outlining a new theoretical framework for understanding Eros and sexuality, and how this can be applied in a range of professional settings. This will include a critique of the psychoanalytic ideas that have long-dominated our thinking, and the deeply embedded cultural assumptions that have been so central in shaping our attitudes. Consideration will be given to examining the ways in which these erotic themes and issues emerge in relationships (clinical, organisational and professional) and options for working ethically and effectively will be explored.

Finally, time will be taken to reflect on the personal narratives of practitioners, and how their attachment patterns, histories and erotic longings function as the often un-examined ground to this delicate but important work.

Throughout the workshop care will be taken to build an environment that feels supportive and safe-enough for participants to explore these challenging issues.

Objectives and Expected Outcomes

This workshop will combine teaching and didactic presentation with enquiry work and personal exploration. This will be done individually, in smaller groups and in the large group setting. Participants can expect to come away with the following:

- An understanding of how relational and contextual insights challenge our thinking about sexuality and Eros in a variety of practice settings
- A deeper understanding of how values, attitudes and assumptions are shaped by both personal history and broader cultural context, and how this impacts our lives and our work
- An appreciation of how an engagement with this work can support the growing vitality and creativity of our clients
- An increased confidence and skilfulness in navigating the erotic field, thoughtfully, ethically and therapeutically
- An awareness of the supports and resources needed to further develop work in these areas
- A clear understanding of the differing stake-holder and ethical expectations relevant to this area of professional practice

Details & Booking Information

The workshop will be held at the Abbotsford Convent in Abbotsford, Melbourne, on the 12th & 13th of November, 2016. Each day will commence at 9.30 and will conclude at 5.00pm. Morning tea will be provided.

Costs for the workshop:

Students:	\$360
Early Bird:	\$360 (up until the 30th of August)
Full Rate:	\$460

If you wish to apply for a concession, please email Leanne at leanne@gestalt.com.au outlining your circumstances.

To book, please visit www.gestalt.com.au or visit <https://www.trybooking.com/190981>

Presenter Information

Dr Leanne O'Shea, DPsych, MSc, BTheol, is an experienced therapist and supervisor based in Melbourne, Australia. She is a long-standing faculty member at Gestalt Therapy Australia, where she teaches post-graduate psychotherapy. She also teaches internationally, at Esalen and in the UK, and is an Associate of Relational Change, and an International Associate Faculty Member with Pacific Gestalt Institute. Leanne is interested in writing and encouraging others to write and was a founding co-editor of the Gestalt Journal of Australia and New Zealand. She is particularly passionate about Eros and sexuality, and has long been interested in exploring how these issues emerge in clinical practice. Her ongoing commitment is to developing theoretical and practical resources that better support practitioners in this important work.

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David Mutton, DipTeach., GradPsych., BTh(Hons), PostGradDipPsych, ClinMGANZ, PACFA (Reg), (AHPRA Psychologist), is a Melbourne based psychologist and gestalt practitioner working as a psychotherapist, coach, trainer and supervisor with experience in mental health, parish, hospital, industry and corporate environments. A graduate of the Gestalt Institute of Melbourne and the Gestalt Training Centre of San Diego, he has taught and consulted in a number of postgraduate psychotherapy training programs in Australia as well as in Italy and throughout Asia. He is a long-standing faculty member of Gestalt Therapy Australia and has served several terms on GANZ council including Chair of the Ethics Committee. Dave has a strong interest in developing 'practitioner' capacity and the therapeutic integration of psychological and spiritual perspectives. He is a student of the Enneagram and the Diamond Approach.