



Mindfulness Meets Eros: Working with Sexual Issues in Therapy

With Maci Daye, L.P.C., Certified Hakomi Trainer

ABOUT THE WORKSHOP

Sexuality is a crucial aspect of being human, yet as helping professionals, we may feel uncomfortable addressing sexual issues with our clients.

This 3-day training introduces practitioners to Passion and Presence®, an approach to sexuality that combines the curious spirit and experiential orientation of Hakomi Mindful Somatic Psychotherapy with Western neuroscience and contemporary sex therapy.

The training has three areas of focus:

1. Your own embodied response to sexual issues and themes, including how your fears and limiting beliefs filter your attitudes about sex and your client's behaviors.
2. Ways to use mindfulness to revitalize eros and support sexual healing and growth.
3. What it means to be a sexually informed therapist and how to make it safe for your clients to explore their concerns with you.

Through a combination of lectures, case examples, experiential activities, and practice sessions, participants will learn why sexual problems often have little to do with sexual function and a lot to do with what encodes in the "operating systems" of our clients' erotic lives. These are beliefs and internal models based on early learning and past experiences.

YOU WILL LEARN HOW TO HELP CLIENTS:

- explore the "hidden factors" contributing to fear and avoidance
- let go of goals that contribute to performance anxiety
- revise or dispense with limiting sexual scripts
- understand and embrace fluctuations in desire
- experience more creativity, play, and exploration in their lovemaking
- recover trust in their embodied wisdom and set limits accordingly

AS TIME PERMITS, WE WILL ADDRESS THE FOLLOWING TOPICS:

- The "Explore & Inform" model when addressing sexuality
- Why becoming cliterate and closing the pleasure gap matters
- Common myths about male, female, and non-binary sexuality
- The importance of priming and psychogenic arousal
- What research tells us about pleasure, wellness, and optimal sexuality
- Diversity, equity, and inclusion in the therapy room (and on your intake form)

NOTE: This workshop offers continuing education credit through the American Association of Sexuality Educators, Counselors, and Therapists.

3-DAY TRAINING

6, 7 & 8 September 2022

Bath, England

Burdall's Yard, 7A Anglo Terrace, Bath, BA1 5NH

TIMES:

9:30 am - 5:30 pm

COST:

EARLY BIRD REGISTRATION

If registered by July 26, 2022

425£ THEREAFTER

Meals and accomodations are not included.

375£



FOR MORE INFORMATION CONTACT

Jan Mojsa

janmojsa@googlemail.com



Who Is Your Trainer?



Maci Daye

CERTIFIED HAKOMI TRAINER, LICENSED PROFESSIONAL COUNSELOR,
AND CERTIFIED SEX THERAPIST

Maci is the creator of Passion and Presence® and has led couples retreats and professional courses on her work in Europe, Australia, and the USA since 2010. Shambhala Publications released her book, *Passion and Presence: A Couple's Guide to Awakened Intimacy and Mindful Sex* in 2020.

Maci has degrees in Education and Counseling from Harvard and Georgia State Universities and a doctorate in Human Sexuality. In addition, Maci completed the Intermediate Level of the Somatic Experiencing training. She began her Hakomi journey in 1985 and joined the faculty in 2001. She was the Lead Trainer in Asheville, North Carolina, for nearly a decade and taught in Atlanta, Minneapolis, Princeton, Charlottesville, and various European cities.

Awaken your mindful sensuality and reconnect with your partner with Passion and Presence.

Passion & Presence® grows out of Maci Daye's training as a sex therapist and her career as a psychotherapist and international trainer of Hakomi Mindful Somatic Psychotherapy.

Daye addresses the everyday challenges of "real life" sex with gentle clarity, such as sex that has become routine, differences in preferences or desire, power struggles, a history of trauma, changes ranging from childbirth to aging, infidelity, communication challenges, and more.

Engaging stories depicting couples of diverse ages, backgrounds, genders, and orientations illustrate how the practice of Passion and Presence can help any couple establish a more intimate and wakeful erotic life.

[ORDER NOW](#)

Maci Daye packs her hard-earned wisdom from her decades of helping couples use their sexual issues as paths to becoming more fully alive, intimate, and erotic, into the pages of this comprehensive and practical book.

Richard Schwartz

PHD Creator of the Internal Family Systems model of psychotherapy

