

TT-003-ES

**SEMINAR: Sharon Bedard**

***The Erotics of Sexuality: Thinking About the Experience of Sexuality in Our Practice and in our Self as Psychotherapists.***

Our Erotic life distinguishes itself as our broader engagement with ourself, others and the world. It is the way in which we are vitally alive. Erotic life has been defined in many ways and I will loosely define it as follows: a capacity to engage across a broad spectrum of emotional responses to oneself and the world, a sexuality that is lively and carries both a healthy aggression and a care for the other, an availability for deeper intimacy, a freedom from constriction, and a desire for more for oneself that can be bounded by patience, persistence and resilience.

Each member of the seminar is asked to be open and willing to explore and question - not only received theory but the ways in which theory requires us to wrestle with our own hidden selves - our efforts will be to think through these struggles through together.

In his poetic description of where theory resides in us Bollas suggests that it is metasensual - an interesting choice of word particularly in light of the Erotic. What is metasensual? The word does not exist on its own.

As a noun Meta means: an abstract, high level analysis or commentary, about. The definition I am actually drawn to found its origin in Ancient Rome and refers to Meta as columns or posts placed on a track to mark turning points.

Sensual means: an inclination to be preoccupied with the senses, or arousing and exciting the senses, particularly relating to physical sensations.

Together this suggests the following: a sensory and sensual responsiveness to another and a privileging of embodiment. If we take Freud at his word - the therapist drifts without intentionality – is receptive. Certain sounds, words, pauses, silences, bodily sensations will arrive and act, as the definition above suggests, like pillars marking changes in direction. We are moved by our client's utterances and changing states. We hope too that our client allows them self to be generative and moved by their own changing states as well.

Meta for me is the arrival or the raising up of something previously unknown. Sensual for me is an embodied resonance with that arrival.

**CAPT** members are welcome and will be invited to speak with me about their own clinical experience in order to determine whether or not they will benefit from this seminar.



Readings are supplied prior to the seminar and the first reading will be available during the summer.

Dates and Times : the days will be Saturdays 10:30 – 2:00, approximately once a month, specific dates will be sent.

Location: Depending on the size – my home. 78 Bertmount Ave., Toronto.

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