

## **The Erotics of Sexuality**

CP-002-TES

CTP Concentration  
(30) Hours

Lecturer: Sharon Bedard

Location: To Be Confirmed

Prerequisite: Clinical Phase<sup>1</sup> - Therapist in Training – Graduate - CAPT Members<sup>2</sup>

### **Course Description**

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

Our Erotic life distinguishes itself as our broader engagement with our self, others and the world. It is the way in which we are vitally alive. This includes the ways in which we can become erotically deadened. 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 to 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, striving, 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 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.

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<sup>1</sup> Students who have finished the Foundation Lecture series but have not applied to the Clinical Phase may apply to the faculty for permission to attend a Concentration.

<sup>2</sup> CAPT members must be interviewed by the faculty members presenting the Concentration/Seminar



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 – and is receptive. Certain sounds, words, pauses, silences, bodily sensations will arrive and act, as the definition above suggests, like pillars marking changes in our client's 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.

The use of films, when useful to explore the theory, will be part of the approach to the theoretical material.

CAPT members are welcome and are asked to speak with me about their own therapeutic clinical experience in order to determine whether or not they will benefit from this seminar. Readings are supplied prior to each seminar and the first reading will be available during the summer.

Dates and Times : the days will be Saturdays 10:00 – 1:30, approximately once a month, specific dates will be sent.

I am unable to confirm at this point the location. Until Covid conditions are safe, I intend to offer the seminar on-line and this may be for the entire academic year.

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