

## Existential Sex

### Summary

Merleau-Pont wrote, “The question is not so much whether human life does or does not rest on sexuality, as of knowing what is to be understood by sexuality”. While traditionally sex therapists have seen sexual ‘problems’ residing within an individual’s biology or psyche, existential-phenomenology see sexual concerns as being constructed and maintained within relational contexts. As an original form of intentionality the way we are sexually in the world is a reflection of the way we are in all our relational contexts. Therefore understanding our sexuality is a means of understanding our entire worldview.

This one-day workshop will explore how we understand our own sexuality and how we work with our client’s sexuality. It will help participants to remove the taboo around sex and sexuality in the counselling room. The workshop will also explore how working within the existential-phenomenological paradigm can bring alive our understanding of our clients and ourselves as sexual human beings.

### Who will benefit?

The course is designed for:

- Practising counsellors and psychotherapists who wish to extend their knowledge and understanding of the existential tradition.
- Trainee counsellors and psychotherapists who wish to include the knowledge and practice of the existential tradition.
- Practitioners in the ‘helping’ profession who wish to incorporate existential issues into their practice.

### Learning Outcome

- To develop an awareness of our own sexual worldview and its impact on our work with clients
- To develop an existential-phenomenological understanding of human sexuality
- To integrate an existential-phenomenological approach to working with our client’s sexual concerns

### Content areas

- Becoming explicit about our own sexual worldview
- Sexuality as an original form of embodied intentionality
- Exploring the four worlds in relation to human sexuality
- Existential-phenomenological approaches to working with human sexuality focusing on the relational nature of human sexuality.