

## Introduction

In 2001 Confer ran the first series of *The Labyrinth of Sex* with the subtitle “psychoanalytic perspectives on sexuality”. The event was so popular that we had to turn away many would-be participants. It seemed as though a conversation about sex and sexuality and its manifestations in the psychotherapy consulting room was urgently needed. Indeed many people said that their training programmes were devoid of discussion about sexuality. In addition, there had been little attention paid to this subject in recent psychotherapeutic literature. The papers delivered in that series raised the level of discussion about sexuality as an expression of the deepest human need and a potent, often troubling force within the psyche.

In the past three or four years clinical theorisation about sex and sexuality has expanded greatly. There are multiple discussions taking place and fresh publications abound. Theory is developing rapidly on the nature and structure of sexuality. In this second series we have brought together a fresh and inspiring selection of presentations from the most well-established theoreticians to new thinkers. The series will greatly interest anyone wishing to explore the nature of sex and sexuality as a central expression of human nature, or wishing to develop clinical skills in meeting the psychosexual concerns of clients and patients.

## The Speakers

**Jackie Gerrard** is a psychoanalytic psychotherapist and member of the London Centre for Psychotherapy (LCP). She is a training therapist and supervisor for the LCP and for other psychoanalytic psychotherapy trainings. She is in private practice in Elstree where she sees individuals for both once weekly and more intensive psychotherapy, supervises trainees and qualified practitioners and also does occasional assessments and marital work. She has published 10 papers mainly in the *British Journal of Psychotherapy*.

**Brett Kahr** is Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London, and the Winnicott Clinic Senior Research Fellow in Psychotherapy at the Winnicott Clinic of Psychotherapy. He is also Visiting Clinician at the Tavistock Centre for Couple Relationships, and Senior Lecturer in Psychotherapy in the School of Psychotherapy and Counselling at Regent's College, London. He is the author of several books including *D.W. Winnicott: A biographical Portrait*, which won the Gradiva Prize for Biography, as well as books on infant mental health, exhibitionism, and forensic psychotherapy. He is the Series Editor of the *Forensic Psychotherapy Monograph Series* for Karnac Books, and most recently, he has been appointed as the Resident Psychotherapist on BBC Radio 2, hosting the BBC campaign “Life 2 Live”.

**Suzanne Keys** works as a psychotherapist and supervisor in private practice and as a student counsellor in a sixth form college in London. She is also a co-facilitator on a psychotherapy training



course in Martinique. She edited *Idiosyncratic Person-Centred Therapy: from the personal to the universal* (PCCS Books) and has written articles and chapters on her experiences of training and working in different settings looking at human rights, ethics, politics, love and prayer. She is currently interested in how the political and spiritual interweave in her work and the impact on it all of becoming a mother for the first time.

**David Mann** is a psychoanalytic psychotherapist. He is a member of the London Centre for Psychotherapy and is registered with both the British Confederation of Psychotherapists and the United Kingdom Council for Psychotherapy. He is also a member of the British Association of Art Therapists. He works in private practice in London and Tunbridge Wells and is Principal Psychotherapist at the West Kent NHS and Social Care Trust in Kent. He has published extensively in leading psychotherapy journals and has run his critically acclaimed workshop on “Working with the erotic transference” around Europe. His books include: *Psychotherapy: An Erotic Relationship, Transference and Countertransference Passions* (1997), *Erotic Transference and Countertransference: Clinical Practice in Psychotherapy* (Editor, 1999) and *Love and Hate: Psychoanalytic Perspectives* (Editor, 2002), all published by Brunner-Routledge. He is currently editing a book on enactments and trauma in therapy.

**Juliet Mitchell** is Professor of Psychoanalytic and Gender Studies in the University of Cambridge, where she is also a Fellow of Jesus College. She is a

Full Member of the British Psychoanalytical Society and the International Psychoanalytical Association. Her most recent books are *Siblings, Sex and Violence* (Polity Press, 2003), *Mad Men and Mudusas: reclaiming hysteria and the effects of sibling relations on the human condition* (Penguin, 2000).

**Susan Pacey** is a UKCP registered psychosexual psychotherapist in private practice in central London, also working part-time for Camden NHS Primary Care Trust. In the last decade she has introduced three psychosexual clinics into the NHS. She has worked extensively with couples and individuals presenting with common sexual dysfunctions including loss of interest in sex, problems with erection, ejaculation and orgasm, sexual pain and vaginismus. She has special interest in sexual problems after childbirth or after penile or prostate surgery, in gender dysphoria and male and female genital mutilation. An editor of the academic journal, *Sexual and Relationship Therapy*, she has written papers and given many lectures on psychosexual therapy to professional audiences in medicine and psychotherapy, including London teaching hospitals and major GP practices.

**Jenny Riddell** is an Attachment-based Psychoanalytic Psychotherapist registered with the Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP) who has a private practice working with individuals and couples. She is course leader for the Relate Post-graduate Diploma and MA in Couple Therapy in London and supervises and teaches on various other psychotherapy programmes.



**Keith Silvester** is an integrative psychotherapist, supervisor and trainer, and is Director of Programmes at the Psychosynthesis & Education Trust in London. Trained originally in community work, he is a past convenor of London Friend, a telephone counselling service for LGBT people. More recently, he was Head of Student Counselling at Central School of Speech and Drama. He is an Associate of Pink Therapy Services and a contributor to the Pink Therapy book series.

**Estela Welldon** works in private practice as a psychoanalytical psychotherapist. She is an Honorary Consultant Psychiatrist in Psychotherapy at the Tavistock Portman NHS Clinics, Founder and Honorary Elected Honorary President for Life of the International Association for Forensic Psychotherapy, a Member of the British Association for Psychotherapy and a tutor at the Institute of Group Analysis. She was awarded an Honorary Doctor of Science at the Oxford Brookes University in 1997 for her contribution to the field of Forensic Psychotherapy. She is an organisational consultant, consultant to the media and to film scripts one of which, *Under the Skin*, based on one of her books, received many international awards. She teaches in many European and South American Universities. Estela Welldon is the author of many publications, in the field of sexuality including *Mother, Madonna, Whore, the Idealisation and Denigration of Motherhood*, (1988), *Sadomasochism* (2002) and the principal editor of *A Practical Guide to Forensic Psychotherapy* (1997).

**Kate White** is a training therapist, supervisor and teacher at the Centre for Attachment-based Psychoanalytic Psychotherapy. Formerly a senior lecturer at South Bank University in the Department of Nursing and Community Health Studies, she has used her extensive experience in adult education to contribute to the innovative psychotherapy curriculum developed at CAPP. In addition to working as an individual psychotherapist, Kate writes about psychotherapy education and runs workshops on the themes of attachment and trauma in clinical practice. She has edited two books, *Attachment and Sexuality in Clinical Practice*. (Karnac, 2005) and *Touch: Attachment and the Body*. (Karnac, 2004).

## Series Chairperson

**Thaddeus Birchard** has a masters degree is psychosexual psychotherapy and a doctorate in psychotherapy. He is accredited by the British Association for Sexual and Relationship Therapy and is a UKCP registered psychotherapist. He founded the London Psychosexual and Psychotherapy Consultancy, a psychotherapy practice that specialises in the application of psychological therapies to individual sexual problems and within marriage and other relationships. He has also founded and developed a group treatment programme for men with compulsive patterns of sexual behaviour. He formerly studied theology and has worked in parish and pastoral ministry.

**CONFER** presents



# The Labyrinth of Sex II

New perspectives on  
psychotherapeutic  
work with sexuality

Wednesday evenings from  
21st September –  
30 November 2005

**London**





# Booking Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone Number \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

**I would like to register for the following events:** (please tick)

- ☐ All 10 lectures or  
☐ The following selection

September 21: Kate White ☐  
September 28: Brett Khar ☐  
October 5: Jackie Gerrard ☐  
October 12: Juliet Mitchell ☐  
October 19: Jenny Riddell ☐  
November 2: Susan Pacey ☐  
November 9: Keith Silvester ☐  
November 16: Suzanne Keys ☐  
November 23: David Mann ☐  
November 30: Estela Welldon ☐

I enclose a cheque for £ \_\_\_\_\_  
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**Confer, 36a Mildmay Road,**  
**London N1 4NG**

## Information

### Venue

5th floor lecture theatre, 120 Belsize Lane, London NW3

### Dates

Wednesday evenings from 21 Sept to 30 Nov 2005

### Times

7.30-9.15pm - Registration from 7pm

### Fees

Whole Series

If you are paying for yourself ..... £170

If you are funded by an organisation ..... £250

Selection of 5 presentations

If you are paying for yourself .....£100

If you are funded by an organisation .....£150

Single presentations .....£25

Ticket on the night (subject to availability) £25

Please call 01728 689090 on the day to check

### Further Information

Tel: 01728 689090 - info@confer.demon.co.uk

Copies of this brochure can be downloaded from:  
www.confer.uk.com

### Director of Confer

Jane Ryan

### Academic Advisor

Brett Kahr

### Programme Manager and Researcher

Barry Christie

### Organisational Consultant

Liz Scott

### Booking Conditions

Refunds of 50% will be given if notice is sent in writing 14 days before the first seminar you have booked. We regret that your place is for your own use only and cannot be passed on to another person.

### To Book

Complete the attached booking form and return with payment to: **Confer, 36a Mildmay Road,**  
**London N1 4NG**

**Cheques are made payable to Confer Ltd**

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# Programme

## Sexuality and attachment from a clinical perspective

### Kate White

The clinical experience of a study group of attachment-based psychoanalytic psychotherapists will be discussed in an exploration of how issues in relation to sexuality and attachment emerge in the consulting room. Sexuality, far from being a powerful instinctual drive that invariably needs to be explored in the therapeutic relationship was more often found to be 'a melancholy sexuality' – a reflection of early attachment histories of loss and abuse. A dynamic and fluid notion of sexuality will be presented which cannot be separated from the psychological dynamics of attachment within a social and cultural context of differential power relations. Clinical issues including the sequelae of primary erotic attachments, working with sexual fantasies and erotic transference/countertransference re-enactments will be explored.

**21 September**

## Adult sexual fantasies and their aetiology in infantile and childhood experiences

### Brett Kahr

In this paper Brett Kahr will explore the relatively uncharted territory of sexual fantasies, discriminating between coital fantasies and masturbatory fantasies. Drawing upon his research study of over 18,000 British sexual fantasies, he shall consider the relationship between our fantasies and our early infantile and childhood experiences, culminating in the more general theory of the functions and uses of this most secret, incommunicado part of the mind.

**28 September**

## Surviving Oedipus

### Jackie Gerrard

This paper focuses on the work of a female psychotherapist seeing two male patients in intensive psychotherapy (4 and 5 times weekly). Issues of erotic transference and counter-transference were prevalent and have given rise to thoughts about their origins as well as questions relating to technique. The author attempts to differentiate between erotic, eroticised and perverse transferences and will also explore the functions of desire and mourning in considering the patient's capacity to move from eroticised transference to more ordinary erotic transference.

**5 October**

## Siblings and Sexuality

### Juliet Mitchell

This talk will look at the prevalence of sibling sex, the taboo of sibling sex and introduce some cross-cultural perspectives.

**12 October**

## **Affairs and triangles in relationships and in the therapeutic frame**

**Jenny Riddell**

This presentation will explore some of the dynamics of affairs and their impact on the intimate couple relationship. We will look at the challenges and difficulties presented by the reflection process in couple psychoanalytic psychotherapy when there are three people in the therapy room. Clinical material will be presented and there will be opportunity to bring your own psychotherapeutic experience to the discussion.

**19 October**

**Half Term**

**26 October**

## **Power and control in sexual relationships**

**Susan Pacey**

When couples present with a sexual dysfunction, it is often embodied in one of the partners and seen as a reflection of the power dynamics of the relationship. This presentation will consider how the issues of power and control are expressed in sexual intimacy (or its limitation or absence). It also explores through case study material the nature of psychodynamic and other forces which maintain fear of intimacy and the sexual dysfunction. Finally the presentation will consider how, through the use of countertransference and sex therapy tools, psychosexual psychotherapy addresses emotion, behaviour, cognition and the body in couple work, so that partners feel able to 'let go' into the sexual experience and gain sexual satisfaction.

**2 November**

## **The sexual orientation of the therapist: care or collusion?**

**Keith Silvester**

Gay clients often actively seek out a gay therapist, even when sexual orientation is not the presenting problem. One reason may be that the deep-rooted shame and powerlessness at the core of a gay person's identity is too hard to reveal to a heterosexual therapist. Another reason is that gay subculture is immensely complex and perhaps can only be fully understood from within. Less obvious might be the subtle ways the therapist is invited to collude with the narcissism and objectification of the modern gay world. This presentation will explore some of the moral and strategic dilemmas facing the gay therapist.

**9 November**







## **Lust: the sexual, spiritual and power dynamics in therapy relationships**

### **Suzanne Keys**

What brings a therapist and client into relationship? What enables this relationship to be therapeutic? If it is to do with the ability of the therapist to be fully human and open to encounter then the sexual dynamics in the relationship inevitably involve the spiritual and the political. What are the ethics of this kind of relationship? What is the impact on the relationship of societal conditionality about sex, religion and power? This seminar will look at these questions from theoretical, practical and personal perspectives.

**16 November**

## **Erotics and ethics: the dilemmas of passion for the therapeutic couple**

### **David Mann**

This paper explores the ethical dilemma of the erotic transference and countertransference. I attempt to highlight two contradictory factors operating in therapeutic practice. The first is the way psychoanalytic theory and practice attempts to short-circuit erotic processes in both patient and therapist. Set against this is the inherent erotic subjectivity of both participants that places eroticism at the heart of unconscious processes. The dilemma this poses is finding the right ethical solution to the erotic subjectivity that neither sexually exploits the patient nor, equally abusively, denies the erotic subjectivity and respects the integrity of the psyche as a whole. Case material is cited and it is suggested that the therapeutic couple need a sense of good enough incestuous desire in order for an ethical relationship with the patient to be maintained.

**23 November**

## **Pornography in women**

### **Estela Welldon**

Much is said and written about men using pornography as an important means to achieve sexual pleasure or relief from increasing sexual tension but what about women's dark, hidden secret life in this particular area? Women, some respected professionals, others, domestic "desperate housewives" share at times a compulsive need to nurture/enhance their sexuality through the use of pornography, some using the "intimacy" of their computers, others actively participating in the production of home made videos. Clinical material and its psychodynamic issues will be explored.

**30 November**