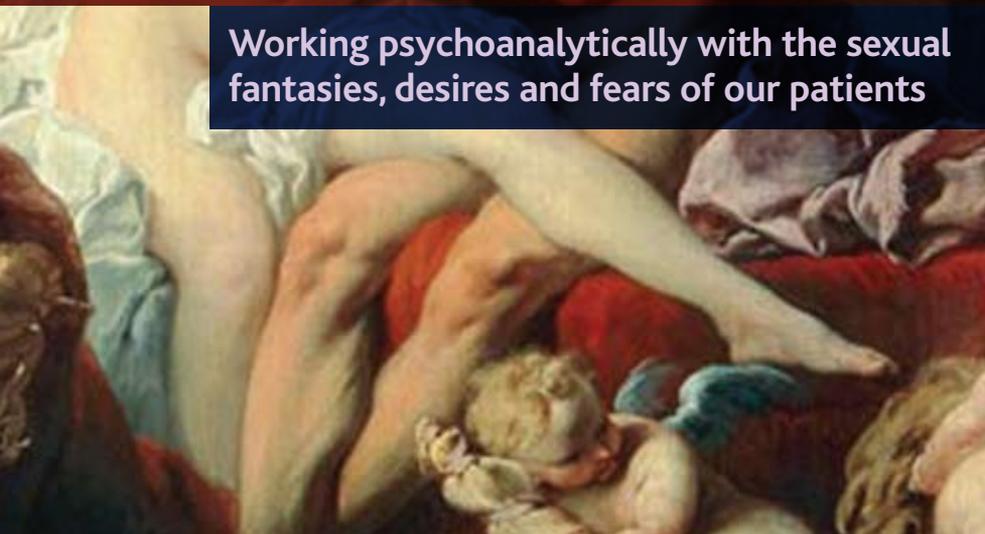




# FACING SEXUALITY



Working psychoanalytically with the sexual fantasies, desires and fears of our patients



**A ONE-DAY SEMINAR LED BY  
PROFESSOR BRETT KAHR**

**SATURDAY 1 OCTOBER 2011**

# About this event

Although members of the general public believe that psychotherapists attribute all psychological difficulties to sexual causes, most psychotherapists and counsellors struggle greatly in their efforts to talk with patients and clients about intimate sexual matters in a professional manner, without being intrusive, excited, or avoidant.

In this special one-day workshop, Professor Brett Kahr, one of England's most eminent couple psychotherapists and Chair of the British Society of Couple Psychotherapists and Counsellors at the Tavistock Centre for Couple Relationships will provide three clinical seminars about the many faces of sexuality, ranging from masturbatory fantasies to erotomaniacal cyber-stalking, exploring how clinicians can better understand sexual issues, and become more ordinarily comfortable working with sexual matters in the consulting room.

Professor Brett Kahr has worked in the mental health field for the last thirty years. He is Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London, and Honorary Visiting Professor in the School of Arts at Roehampton University, in London, where he works with academic colleagues in the Arts and Humanities Research Council-funded project, "Media and the Inner World", exploring the links between psychoanalysis and popular culture. He also holds the Winnicott Clinic Senior Research Fellowship in Psychotherapy, and serves as Consultant Psychologist to the Bowlby Centre. He has worked for many years as a mental health broadcaster, and most recently, he served as the Resident Psychotherapist on B.B.C. Radio from 2004-2007

Brett Kahr is the author of the books *Exhibitionism* (Ideas in Psychoanalysis - 2001), *Forensic Psychotherapy and Psychopathology* (2001), *D.W. Winnicott: A Biographical Portrait* (2002), *Legacy of Winnicott: Essays on Infant and Child Mental Health* (2002). Most recently, he authored a best-selling book *Sex and the Psyche* (Allen Lane / Penguin Books) based on Kahr's eight-year research project on the psychology of sexual fantasies and their traumatic origins. This book featured as a Sunday Times Book Club choice, and as a Waterstone's Non-Fiction Bestseller, and has been serialised in The Times of London and in The Observer newspapers. His newest book, *Sexual Fantasies and Contemporary Psychoanalytical Practice*, will be published in late 2011.

# Programme

**9.30** Registration begins

**10.00**

## **Erotic Tumours: The traumatic origins of sexual fantasies**

In this presentation, Professor Kahr will explore the nature of sexual fantasies, both masturbatory fantasies and coital fantasies, as they emerge in psychotherapeutic work with both individuals and with couples. In particular, he will examine the way in which sexual fantasies differ from unconscious phantasy structures; he will also study the role of trauma in the genesis of sexual fantasies, as well as the many discrete unconscious functions of the fantasy. He will discuss the diagnostic value of working with sexual fantasies, and speak about the factors which might inhibit clinicians from working with fantasies in a frank, professional manner.

**11.15** Coffee

**11.45**

## **Sexual Anhedonia: Working psychoanalytically with sexual partners who have lost all sense of pleasure and connection**

Why do some married couples maintain a satisfying sexual life for many decades, whereas other couples become anhedonic and non-sexual, often very soon after marriage, or even during courtship? In this presentation, Professor Kahr will explore the inner lives of couples who have not had sexual relationships for many years, and, in certain instances, for many decades. He will study the factors which contribute to the development of a healthy marito-sexual state of mind as well as those factors which attack marito-sexual relatedness. He will also consider the often "ambassadorial" tact required by the clinician when considering shameful sexual matters in the presence of a couple.

**13.00** Lunch

**14.00**

## **Erotomaniacal Stalking: Managing eroticised transference and countertransference**

Although most patients will develop affectionate or fond feelings towards the psychotherapist at some point during the treatment, a small subset of patients will become intensely erotomaniacal, sometimes stalking the psychotherapist or invading the psychotherapist through activities such as compulsive googling. In this talk, Professor Kahr will explore the nature of the highly eroticised transference, and the consequent countertransference reactions which become evoked in the psychotherapist, exploring how the clinician might manage these often very powerful affects. He will also examine the relationship between forensic stalking and cyber-stalking, and how the patient can be helped to maintain a greater interest in his or her own private life, rather than that of the psychotherapist or counsellor. Additionally, he will consider some of the implications of practicing psychotherapy in the age of the internet.

**16.00** End