

## Video resource pack: Love, Sex and the Body: Video Resource Bundle

Dr Michael Beattie & Silva Neves

Video Course  
CPD/CE credits: 6

Price: £105 instead of the regular price of £130 (a saving of £25)



Online video access remains available for 1 year from the date you receive the video course.

This video resource pack includes:

- *Love, Sex and the Body: Exploring men's relationships with embodiment, sexuality and intimacy (Dr Michael Beattie)*
- *Working with Compulsive Sexual Behaviours (Silva Neves)*

This video resource pack contains two complete workshops (CPD hours / CE credits: 6) that cover:

### Part 1:

Using the latest research and clinical case studies we specifically consider the following:

#### Masculine Gender Norms

- We situate our discussion in the context of masculine gender norms with a brief exploration of what it means to be masculine in today's Western culture
- We unpack those norms to understand how they might affect the way in which men connect and form relationships

### Masculine Embodiment

- Understanding **how men come to engage with their bodies in the context of 'physical toughness'** as a normative gender role performance
- Exploring the contemporary challenges for men about the kinds of bodies they should have with resultant challenges in eating disorders, steroid abuse, body dysmorphia and shame

### Men, Intimacy and Friendships

- Looking at the **culturally permitted ways in which men can express desire and love** and deepening our understanding of the ways men are being encouraged to re-evaluate the manner in which they build relationships
- Evaluating the role of attachment in understanding masculinity in intimate relationships
- The importance of friendship and understanding male bonding, loneliness, friendlessness and the fear of other men

### Men and Sexualities

- The role of sexuality in relationship – **understanding how to balance intimacy and vulnerability with traditionally masculine 'playboy' roles**
- Considering how pornography is changing how men and boys see themselves sexually and how to help men break away from an obsession with performance in sex
- The role of sexual dysfunction and self-identity for men

### Working with themes of love, sex and the body with men

- We unpack the core process issues presenting in love, sex and relationships for men
- **Sexual and relational dysfunction** and the importance of working affirmatively with masculine vulnerability and shame
- **Sex & Love Addiction** – exploring ways of helping men stuck in unhelpful ways of building intimate relationships

### Part 2:

At this contemporary and therapeutically oriented seminar, Silva Neves draws on a psychosexual model and his recent book on the topic to present evidence that we should be looking at compulsive sexual behaviours less as addictions and more as a manifestation of underlying behavioural disturbances. The seminar will focus on **understanding compulsive sexual behaviours from a sex-positive and evidence-based approach, away from the sex addiction mindset.**

Using case studies and examples Silva explains the link between sexual compulsivity and trauma, relational trauma, attachment styles, self-esteem, the loop of shame and narcissistic traits.

Specifically, he explains, the three phases of therapy:

- Emotional regulation:
  - The steps we can take to **address poor impulse control and the resources we can help clients with**, to manage their compulsive urges
  - We discuss how the client can be involved in this process and the initial assessment the client needs to make for this phase to work
- Reprocessing:



- This phase involves considering the clients entire life story so they can fully understand how they got to where they are, without judgments or blaming; with a view to **identifying predisposing and precipitating factors for sexual compulsivity**
- We discuss how we can guide clients into creating connections with self, meaningful others, nonmeaningful others and with the wider world and how this phase requires relationally driven therapeutic steps
- Reconstruction:
  - This phase is an existential process for clients which allows them to create a plan for the future while maintaining a thriving sex life free of shame
  - We discuss how we can help clients create the psychological and emotional flexibility required to reevaluate their commitments on a regular basis so that their future plan is dynamic and sustainable

#### Learning Objectives:

- Discuss **how men come to engage with their bodies in the context of 'physical toughness'** as a normative gender role performance
- Discuss the role of attachment in understanding masculinity in intimate relationships
- **Describe the sexual and relational dysfunction** and explain the importance of working affirmatively with masculine vulnerability and shame
- Explain the link between sexual compulsivity and trauma, relational trauma, attachment styles, self-esteem, the loop of shame and narcissistic traits
- Discuss the steps we can take to **address poor impulse control and the resources we can help clients with**, to manage their compulsive urges and how the client can be involved in this process and the initial assessment the client needs to make for this phase to work
- Discuss how we can help clients create the psychological and emotional flexibility required to reevaluate their commitments on a regular basis so that their future plan is dynamic and sustainable

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**There is no known commercial support for this program**

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[customerservices@nscience.co.uk](mailto:customerservices@nscience.co.uk)

US: +18337161044

UK/Europe:  
+44(0)2070961722

Australia:  
+1800861953



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