

LoveSex & Relationships

An Integrative Model for
Sexual Education

CABBY LAFFY AND POLLY McAFEE

Second Edition



Lovesex An Integrative Model For Sexual Education Ukcp

**Miriam Richardson, Fiona
Peacock, Geoff Brown, Fuller
Tracey, Tanya Smart, Jo Williams**

LoveSex An Integrative Model For Sexual Education Ukcp:

LoveSex Cabby Laffy, 2018-05-08 This book looks at how our brains minds bodies and emotions interact to create our experience of sexuality and how we can create a sense of sexual self esteem and a nutritious sexual diet for ourselves As the author notes in her Introduction we think and talk about sex as something we do rather than sexuality being something that we have and being sexual as something that we are We talk little about feeling sexual or the emotional and relational reasons for sexual desire about the fact that it is usually an other that we want to be sexual with Our focus seems to be on how much sex we can have rather than how we want to express ourselves sexually This book challenges the cultural commodification of sex and sexuality and encourages the reader to experience being sexual rather than doing sex or looking sexy This is crucial to our development of sexual self esteem particularly in an era of ubiquitous online pornography *LoveSex and Relationships* Cabby Laffy, Polly McAfee, 2023-06-05 *LoveSex and Relationships* introduces a pleasure focused rather than reproductive model of sex exploring how our brains minds bodies and emotions interact to create our experience of sexuality This book challenges the cultural commodification of sex and sexuality and it encourages the reader to experience being sexual rather than doing sex or looking sexy This is crucial to our development of sexual self esteem particularly in the digital era of pornography dating and hookup apps Bringing the material of the first edition up to date chapters include anatomical diagrams and social commentary with a focus on trauma and Polyvagal Theory Diversity and cultural changes are also addressed including a more expansive understanding of gender identity and greater awareness of the impact of power and rank in sexual relationships Lastly each chapter features a new partnered exercise alongside every solo exercise from the first edition The book s accessible language makes it a valuable resource for sex and relationship therapists and trainees general mental health and sex relationship professionals and clients themselves LoveSex Cabby Laffy, 2018 This book looks at how our brains minds bodies and emotions interact to create our experience of sexuality and how we can create a sense of sexual self esteem and a nutritious sexual diet for ourselves As Laffy notes in her Introduction we think and talk about sex as something we do rather than sexuality being something that we have and being sexual as something that we are We talk little about feeling sexual or the emotional and relational reasons for sexual desire about the fact that it is usually an other that we want to be sexual with Our focus seems to be on how much sex we can have rather than how we want to express ourselves sexually This book challenges the cultural commodification of sex and sexuality and encourages the reader to experience being sexual rather than doing sex or looking sexy This is crucial to our development of sexual self esteem particularly in an era of ubiquitous online pornography It offers help recovering from sexual shame and the sexual abuse and violence that are so pervasive in our society and it does all this in an affirming accessible yet psychologically sophisticated way making it suitable for lay readers and therapists alike Provided by publisher Managing Difficult Endings in Psychotherapy Lesley Murdin, 2018-05-11 This book is about the difficulty of endings but it is also about learning from the

endings that we know have gone wrong as well as those that have worked well It sets out how the psychological therapist can help a person to live well while life is available and to face the endings that confront all of us with honesty and the acceptance of our human fragility Therapists suffer through the fears and failures of the people they see as well as through their own endings These difficulties can either help each one to be more understanding and helpful or can lead to disaster This book is about making sure that we use experience as well as theory constructively **Cradling the Chrysalis** Mary MacCallum Sullivan, Harriett Goldenberg, 2018-05-16 This book addresses the ethical and philosophical basis for the teaching learning involved in becoming a psychotherapist How can training prepare prospective psychotherapists counsellors and counselling psychologists for a task whose practitioners cannot even agree as to whether it is an art or a science an impersonal clinical interaction or a profoundly humane even spiritual encounter The authors believe they share with their students a passion about the possibilities inherent in this particular kind of conversation Such a meeting demands a fully personal engagement and a profoundly ethical attitude towards the relationship with the Other it is also potentially an important beginning in repairing the world The book explores the relative importance and emphasis of the structure content and process of psychotherapy training Its thesis is that the teaching learning takes place in the quality of the reciprocal meeting between the teacher and the learner **Fostering Good Relationships** Miriam Richardson, Fiona Peacock, Geoff Brown, Fuller Tracey, Tanya Smart, Jo Williams, 2018-05-16 This book explores the importance of effective multi agency and multi disciplinary partnership work for the mental health of children and young people in care and adoption It takes an overall systemic perspective but the co authors contribute different theoretical approaches It focuses on practice showing how practitioners can draw on their varied theoretical approaches to enhance the way they work together and in partnership with carers and with professionals from other agencies The book provides a context that looks at the needs of children and young people in the care and adoption systems the overall importance for their mental health of joined up corporate parenting and national and local approaches to this It then moves to focus on practical ways of working therapeutically in partnership with others who contribute diverse skills and perspectives using specific case examples Additional chapters look at collaborative ways of working with key carers to enhance their therapeutic role Finally some of the main elements of partnership collaboration are explored as well as the challenges of work across agencies and disciplines

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