

# From affective construction to sexuality

Seminar with Béatrice Bourau-Glisia



## From affective construction to the relationship

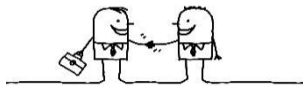
Even if we rarely talk about it, sexuality talks about us, our fears, our beliefs, our taboos...

It reveals our affective construction and the types of relationships we have and how we behave within them.

It concerns all the affective and emotional aspects of our systems of attachment, our functioning as a couple, our relationship with love, affection, and tenderness.

Our relationship with another person depends on our affective construction!

Why am I always in impossible relationships? Where do these difficulties come from? How do we escape dependence or fusion?



## Sexuality concerns all of us

Whether it is a function of pleasure, reproduction, or relations, whether it is abundant or absent, sexuality is at the heart of numerous issues. It touches all levels of our being. The genital regions of course, but each part of our body can feel the power of this energy as well.

How do you live with your sexuality? How do you talk about it as a couple, or with your friends, with your children, with your patients? Are you comfortable when someone brings up the subject? Why should you be, or how can you be?

The goal of this training is to improve self-knowledge and knowledge about relationships.

## This training proposes a precise and original perspective that allows us to

- better understand our relationships with others.
- escape repetitive patterns.
- decode sexual pathologies and non-sexual pathologies linked to sexuality.
- understand the mechanisms and biological foundations of sexuality.



- improve our knowledge of the notions and impacts of pleasure, desire, and love.
- find the filters, convictions, and "false ideas" that limit sexual development.
- apprehend the complexity of sexuality and its different components.
- accept and live our sexual choices and practices.

## SEMINAR OPEN TO ALL



*Béatrice Bourau-Glisia has been therapist, instructor, and international speaker for more than 15 years..*

*This seminar addresses issues very often encountered in therapy, and vital to treat in order to enjoy a better relationship with yourself and with others.*