

basrt

British Association for Sexual and Relationship Therapy
Registered Charity No: 1101961

Residential Conference and AGM

The Edge of Sexuality Working with Diverse Lifestyles

Saturday 12th May 2007 and Sunday 13th May 2007

University of Warwick Conference Centre
Coventry
CV4 7AL

Registered Charity No: 1101961
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Registered Office: Orchard Court, Orchard Lane, Bristol, BS1 5WS

SATURDAY

Scarman House

08.45 Registration

Ramphal Building

09.15 Coffee and Tea

09.30 AGM

10.30 Coffee and Tea

11.00 **WHAT ABOUT THE CHILDREN? POLYAMORY AND PARENTING WITHIN THE CONTEXT OF PSYCHOTHERAPY**
ALESSANDRA IANTAFFI

Chair: Sally Openshaw

12.00 **TEASING THE GREEN-EYED MONSTER: JEALOUSY AND AROUSAL IN SWINGING RELATIONSHIPS**
DEE MCDONALD

Chair: Pat Birch

13.00 Lunch

Between 14.00 and 16.00 half of the delegates will attend the presentation and half will attend workshops, swapping at 15.00. The six workshops are listed at the bottom of the page.

14.00 **TANTRA AND INTIMACY**
LEORA LIGHTWOMAN

Chair: Catherine Dickens

15.00 **TANTRA AND INTIMACY**
LEORA LIGHTWOMAN

Chair: Catherine Dickens

16.00 Coffee and Tea

16.30 **SADOMASOCHISTIC SEXUAL PRACTICES. WHAT EVERY COUNSELLOR SHOULD KNOW**
MEG BARKER

Chair: Trudy Hannington

17.30 **WHERE ARE YOU?**
PANEL DISCUSSION

Chair: Bo Mills

18.00 Close

20.00 Dinner

21.30 **PERFORMANCE BY ROSIE LUGOSI**
THE LESBIAN VAMPIRE QUEEN
www.rosielugosi.com

WORKSHOPS (from 14.00 – 15.00 and 15.00 – 16.00)

1. IS MY CLIENT A PAEDOPHILE? **GLYN HUDSON-ALLEZ**
2. POLYGAMY AND BISEXUALITY. A CASE STUDY. **MEG BARKER**
3. SWINGING: THE INSIDE STORY. **DEE MCDONALD**
4. TALKING KINK: EXPLORING BDSM IN THERAPEUTIC SETTINGS. **ALESSANDRA IANTAFFI**
5. THE QUEST FOR INTIMACY WITHIN DIVERSE LIFESTYLES FOLLOWING TRAUMATIC LIFE EVENTS. **BO MILLS**
6. OPEN FIDELITY: FAITHFULNESS WITH OR WITHOUT MONOGAMY. **ANNA SHARMAN**

SUNDAY

Ramphal Building

- 09.00 **THE EDGE OF SEXUALITY. DIVERSE SEXUAL PRACTICES**
DOMINIC DAVIES AND GLYN HUDSON-ALLEZ
*** SEXUALLY EXPLICIT MATERIAL WILL BE SHOWN***
Chair: Tony Holland
- 10.00 **BDSM AND THE LAW**
JOHN PENDAL
Chair: Liz Hadland
- 11.00 Coffee and Tea
- 11.30 **MEN IN GROUPS - WORKING WITH ADDICTIVE COMPULSIVE DISORDER**
THADDEUS BIRCHARD
Chair: Sue Maxwell
- 12.30 **PANEL DISCUSSION**
Chair: Bo Mills
- 12.55 Close

Scarman House

- 13.15 Lunch and Depart

BIOGRAPHIES

Dr Alessandra Iantaffi is a systemic psychotherapist working part-time for CAMHS Education in Islington and private practice. She used to be a qualitative researcher in education focusing on issues of diversity and social justice and still finds herself researching and writing in her spare time, especially on issues related to gender and sexuality.

Dee McDonald is a psychologist, sex educator and founder of the Centre for Sexual Wellbeing. She has worked with diverse communities in the UK, USA and South Africa. Her current research at the University of Sussex is an investigation and study of the management of jealousy within swinging couples.

Leora Lightwoman MA Oxon, author of *Tantra – The Path to Blissful Sex*.

Dr Meg Barker is a senior lecturer in psychology at London South Bank University. She is also mid-way through an MA in psychotherapy, focusing on existential therapy, and works part-time at a Sex and Relationship clinic in London. Meg's research focuses on relationship structures and sexual practices and she has conducted studies with members of the UK bisexual, polyamorous and SM (somasochistic) communities.

Dominic Davies BACP Snr Accred, Dip Couns & Psychoth, is Director of Pink Therapy, the UK's leading independent therapy organisation specialising in working with sexual minorities. He has worked as an integrative psychotherapist and sex therapist for over twenty five years. He is co-editor of the *Pink Therapy* trilogy of textbooks (Open University Press), and co-author of the *Sexual Politics of Disability* (Cassell). He is also featured in the popular *Riding the Sexual Frontier: all you ever wanted to know about men and sex* (HarperCollins).

Glyn Hudson-Allez is a BPS Chartered Psychologist, specialising in Counselling and Forensic issues, and is a UKCP Registered Psychosexual Therapist. She has worked as a counsellor for 25 years, eight of which were in Primary Health Care. She currently has a large private practice. She has published numerous papers, theses and book chapters, and two books: *Time Limited Therapy in a General Practice Setting* (1997, Sage), and *Sex & Sexuality: Questions and Answers for Counsellors and Psychotherapists* (2005, Whurr). She is currently writing her third book about neuroscience and attachments. Glyn has a lifetime fellowship from the Association of Counsellors & Psychotherapists in Primary Care (CPC), and is former Training Manager for the British Association for Sexual & Relationship Therapy (BASRT).

John Pental is a 35 year old leatherman and SM player from London, United Kingdom. In 2003 he became the 25th person (and first ever Brit) to win the annual "International Mr. Leather" contest in Chicago. He spent his IML year travelling full-time to leather events in 28 cities across America, Europe and Canada. Since stepping down, John has continued to travel to leather events teaching SM classes, giving speeches and workshops on behalf of the Spanner Trust, or as a leather contest emcee. John became a Trustee of the Spanner Trust in May 2004 and is also an official supporter of the Revise F-65 Project based in Norway. For more information visit www.iml2003.com and www.spannertrust.org.

Dr Thaddeus Birchard trained at the Whittington Hospital and has an MSc in Psychosexual Therapy from the School of Health and Social Care, London South Bank University and a Doctorate in Psychotherapy from Middlesex University and Metanoia Institute. He is accredited for practice by BASRT and is registered with UKCP. He currently runs a practice in central London.

Dr Bo Mills is a Consultant in Psychosexual Medicine and Relationship Therapy at the Priory Ticehurst House and is Director of PROSPECT (Int). He has lectured and run workshops nationally and internationally and has published widely on trauma and intimacy.

Anna Sharman has been researching ethical nonmonogamous relationship for several years, and in 2006 she published 'Open Fidelity - an A-Z Guide' (Purple Sofa Publications), the first in a series of books on the subject. See <http://www.openfidelity.info>.

PRESENTATIONS

WHAT ABOUT THE CHILDREN? POLYAMORY AND PARENTING WITHIN THE CONTEXT OF PSYCHOTHERAPY

Becoming a parent, and sadly especially a mother, seems to entail other people's right to scrutinise and often judge various aspect of one's life (Maushart, 1999). When combined with being polyamorous, parenthood can be scrutinised even more closely under the guise of child welfare. Without denying the importance of the latter, often polyamorous parents have found that their choices can be queried by monogamous people or that they find themselves silenced in our society (Nearing, 1992; Pallotta-Chiarolli, 1995; 1996), as their relationship status seems somehow to be more threatening than any queer identities that some of them might also embody. If we choose to stretch the walls enclosing the definition of family beyond monogamy, how can we orientate ourselves in a predominantly heteronormative society? This paper will explore what it means to be polyamorous as well as a parent, especially in relation to the context of therapy.

References

- Maushart, S. (1999) *The Mask of Motherhood*. London: Pandora.
- Nearing, R. (1992). *Loving More: The Polyfidelity Primer*. Hawaii: PEP Publishing.
- Pallotta-Chiarolli, M. (1995) "Choosing Not to Choose: Beyond Monogamy, Beyond Duality". In Lano K. and Parry C. (Eds) *Breaking The Barriers of Desire*, London: Five Leaves Publication.
- Pallotta-Chiarolli, M. (1996). "Only Your Labels Split The Confusion: Of Impurity and Unclassifiability". *Critical InQueeries* 1(2): 97-118.

TEASING THE GREEN-EYED MONSTER: JEALOUSY AND AROUSAL IN SWINGING RELATIONSHIPS

"Swinging" is a fast-growing, mainstream recreational activity among British, middle-class, heterosexual couples, indeed, in all developed countries in the so-called Western world. But sexual jealousy is one of the major reasons for marital and relationship discord in "straight" heterosexual couples. This presentation will discuss and describe strategies employed by "swingers" for dealing with this most dangerous and corrosive of emotions.

TANTRA AND INTIMACY – the presentation will explain and offer some experiential insights into Tantra. Utilising practices for enhancing full-body, whole-person intimacy with oneself and with a love partner, Leora will share the foundations of her approach, Diamond Light Tantra™.

SADOMASOCHISTIC SEXUAL PRACTICES. WHAT EVERY COUNSELLOR SHOULD KNOW

The presentation will introduce SM sexual practices, challenging some of the common stereotypes about such practices and covering what sex and relationship therapists need to know when working with members of the 'kink' community or clients who are exploring SM in their lives.

THE EDGE OF SEXUALITY. DIVERSE SEXUAL PRACTICES

Working with people who live diverse sexual practices can present challenges for sexual and relationship therapists. In addition to learning about non-traditional sexual activities, therapists also need to be aware of their own counter transference responses to a wide range of sexual practices. In this presentation Dr Glyn Hudson-Allez and Dominic Davies will present some video material which may educate and inform. They will also discuss some of the issues pertinent to therapists preparing to work in this area.

BDSM AND THE LAW

Some SM is legal in the UK. Some isn't. As a result of the spanner ruling in the early 1990s many common SM activities could land you in court or even jail. Find out what the law currently says and what law is currently being proposed to further criminalize consensual sexual behaviour.

MEN IN GROUPS - WORKING WITH ADDICTIVE COMPULSIVE DISORDER

This presentation will draw upon the experience we have gained, as a practice, from working with men in groups. It will explore the content and the process of the group work. Particular attention will be paid to the impact of such work on the couple relationship.

WORKSHOPS

IS MY CLIENT A PAEDOPHILE?

There are an increasing number of clients (usually, but not always, men) presenting to therapists because they have been downloading child pornography from the Internet. Is it correct to assume that these clients are therefore manifesting a paedophilic orientation? Is the prevalence of paedophilia in our society increasing? This workshop will discuss two case presentations to try and unpack what is really going on.

POLYGAMY AND BISEXUALITY. A CASE STUDY.

The workshop will cover various kinds of 'non-monogamous' relationship structure, drawing on interview material to explain how those who define as non-monogamous talk about their identities and relationships, and considering what benefits women, in particular, see these relationships as offering. Case studies will be used to explore how therapists might reflect on their own assumptions when working with such clients.

SWINGING: THE INSIDE STORY

In working with swingers and swinging couples, it is helpful to understand the attitudes and philosophies employed by this client group. During this workshop we will explore, through case studies, some of these philosophies and attitudes essential to an increasingly mainstream activity.

TALKING KINK: EXPLORING BDSM IN THERAPEUTIC SETTINGS

This workshop presents ideas that may be particularly challenging to the common perception of BDSM as pathological and damaging. It will examine the suggestions of US therapists such as Easton (2004) that BDSM relationships can have therapeutic value in itself, for example resulting in stress relief and relaxation and enabling people to release emotions and come to terms with personal trauma. In order to do this, I will draw on client experiences of bringing together their BDSM practices with the journeys they are undergoing in therapy and reflections on the communication, empathy and other relationship skills, which may be developed within BDSM relationships.

THE QUEST FOR INTIMACY WITHIN DIVERSE LIFESTYLES FOLLOWING TRAUMATIC LIFE EVENTS

This workshop would explore psychological, emotional, physical, operational, social and spiritual intimacy within diverse lifestyles following traumatic life events. It would also cover aspects on celibacy and cultural issues. Various psychological models will be discussed with case examples. Group discussion will be encouraged.

OPEN FIDELITY: FAITHFULNESS WITH OR WITHOUT MONOGAMY

Anna Sharman will explore and develop on this subject, linked to the research she has done for many years.

PERFORMANCE BY ROSIE LUGOSI

THE LESBIAN VAMPIRE QUEEN

Lock up your daughters, hold on to your hats and keep your hand on your valuables... here begins an evening's vampstastic entertainment with the Vampire Queen herself, Rosie Lugosi. Her performances combine Terror with a dash of Tease, Glamour with more than a hint of Hellfire. There'll be creepy cabaret and perverted poetry, killer curves and killer fangs, hisses and kisses. Be prepared for a thrilling evening's retro high camp kink entertainment.