

UNLOCKING THE EROTIC

A RELATIONAL GESTALT WORKSHOP FOR THERAPISTS & TRAINEE THERAPISTS



Are you ready to deepen your awareness of your own relationship with sex and the erotic?

This workshop isn't about theory—it's about experiential, dialogic exploration. Together, we'll unravel the mysteries of our erotic selves, how it shows up in therapy and how to unlock new depths in both our personal and professional lives. This is an opportunity to shift, expand and awaken to new understanding and awareness.

Why Is This Workshop Essential?

- Sexuality, a complexity of being human that encompasses sexual feelings, thoughts, attractions, behaviour's and identity, is always in the room—whether we acknowledge it or not.
- We all come from sex, and yet, it can often be one of the most underexplored areas in therapy training.
- This is your chance to explore, experiment and increase awareness in a crucial domain of your own development and your work with clients.

Our Aims are to support:

- A deeper connection to your own erotic energy and desires.
- The ability to talk openly and comfortably about sex with your clients.
- A new, rich perspective on your personal and professional relationship with sexuality.

In this workshop, we will explore together:

- Your personal erotic experience
- How your past and environment shape your relationship with sex and intimacy in the present.
- How you might unlock your erotic potential as both a person and a therapist

Total of 10 places available

Dates:

Sunday 26th April

Sunday 17th May

Sunday 14th June

Time: 9:30 for a 10am start – 4:30pm

Location: Your Healing Rooms,
Abergavenny, NP7 5AA

Cost: £255 total for the three days.

Catering: Hot drinks and snacks provided, please bring lunch to share.

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The Structure

- 3 dynamic days (6 hours each) over three months.
- A safe, supportive space to reflect on and experience the erotic in your own life.
- A chance to explore deep, transformative material with like-minded professionals.

Day-by-Day Breakdown:

Day 1: Curiosity & Firsts

- Awakening to your early experiences with sex and sensuality.
- Uncover how your environment and experiences shape your relationship to sex, sexuality, and intimacy with others.

Day 2: Maturity, Excitement, Fantasy, Preconceptions & Boundaries

- Reconnect with your erotic self in the present moment.
- Explore the role of fantasy, desire, and boundaries in how we experience and express sexuality.

Day 3: Sex in the Therapy Room

- Entering your client's erotic world—how do you create an open, safe space for this conversation?
- How do you know when your client feels safe to talk about sex—and how can you be more open without crossing boundaries?
- The powerful role you play in co-creating a safe, authentic environment to explore the erotic in therapy.



The Facilitators



Greig Wilkinson is an experienced Relational Gestalt therapist who has a passionate interest in working with groups. Through his work in group therapy and Whole Intelligence training, he has developed an aptitude for facilitating group explorations and offers an accessible and inclusive approach to this work.

Danielle Joan is a Gestalt psychotherapist, supervisor and trainer with 14 years of clinical experience. She works from an embodied and relational perspective, and more simply put she is interested in what actually happens between us, moment by moment.

Ready to explore the erotic domain with depth,
safety, and professional integrity?

To register or find out more contact:

Greigwilkinson233@gmail.com

daniellejoantherapy@gmail.com