

This discussion is based on the book, **Body to Body Intimacy: Transformation Through Love, Sex, and Neurobiology** (2018) by Stella Resnick, Ph.D.

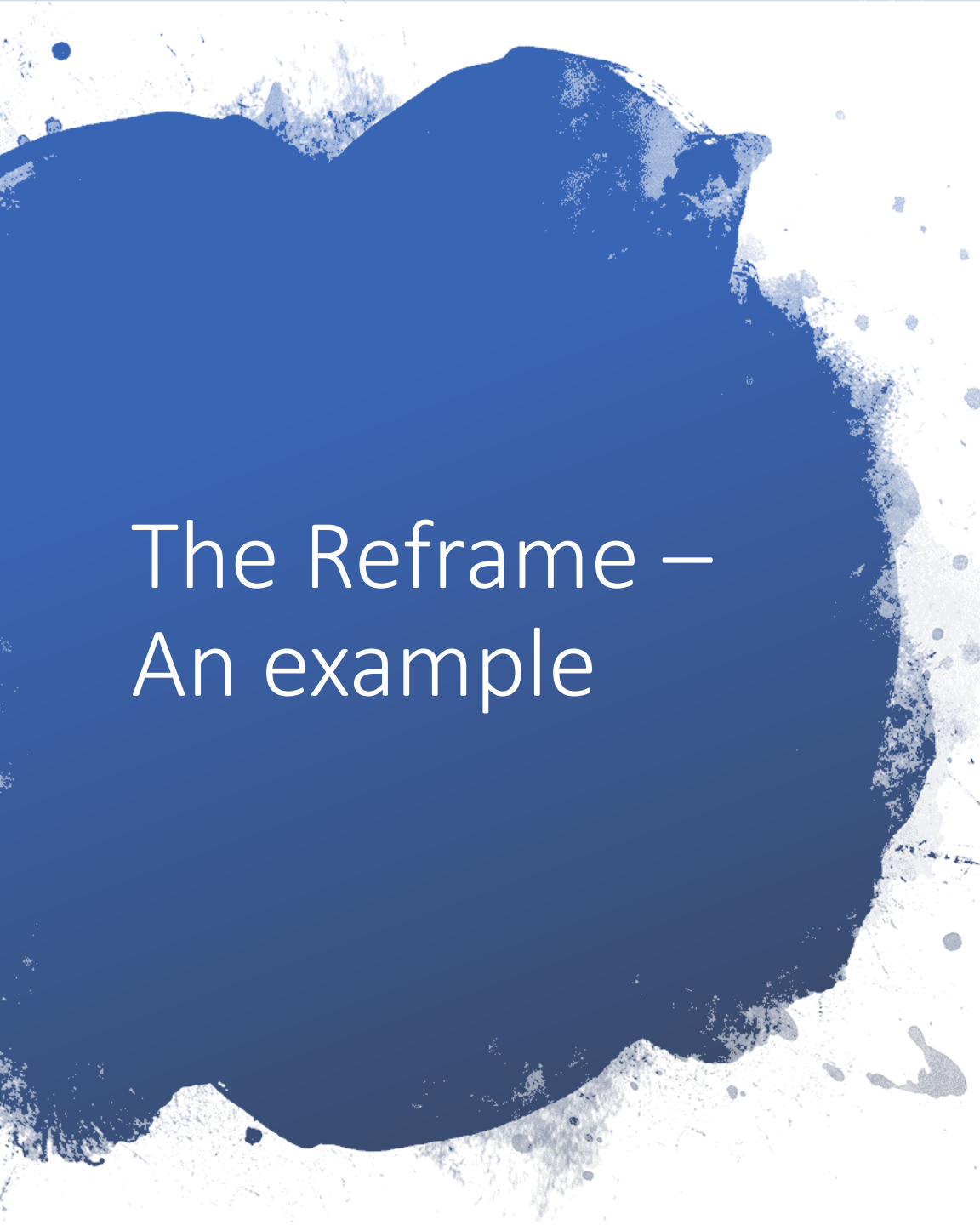




Embodied Relational Sex Therapy:

3 therapeutic steps

- a) Reframe the problem as originating in body-to-body interaction
- b) Relabel the sex problem as attachment dysregulation and
- c) Analyze one's pain-pleasure continuum in terms of childhood experiences and trauma.



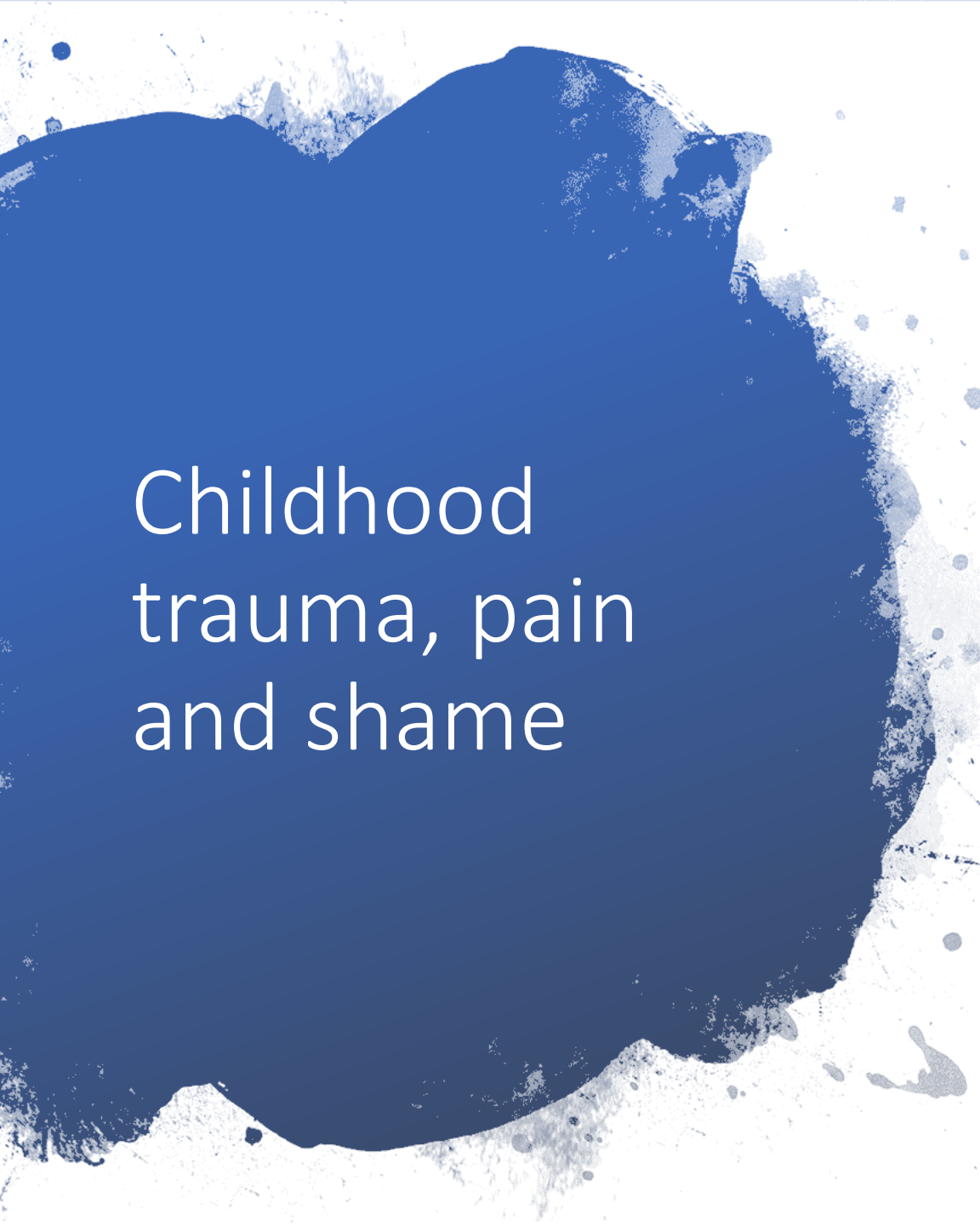
The Reframe – An example

- You say you are on the internet because if you start discussing problems, it always ends up in a fight.
- How about if we think of the problem at starting many frames before – to the scene where you each sit down in the den after the children have been put to bed.
- Let's suppose the fire is being kindled non verbally, by both of you, by how your body is oriented, what your eyes are doing and saying, how clenched your muscles are, the expression on your face – things like that.
- Can you help me develop that scene so we all agree what each of you are doing bodily as you enter the TV room? Can we re-enact it? And then redirect it?



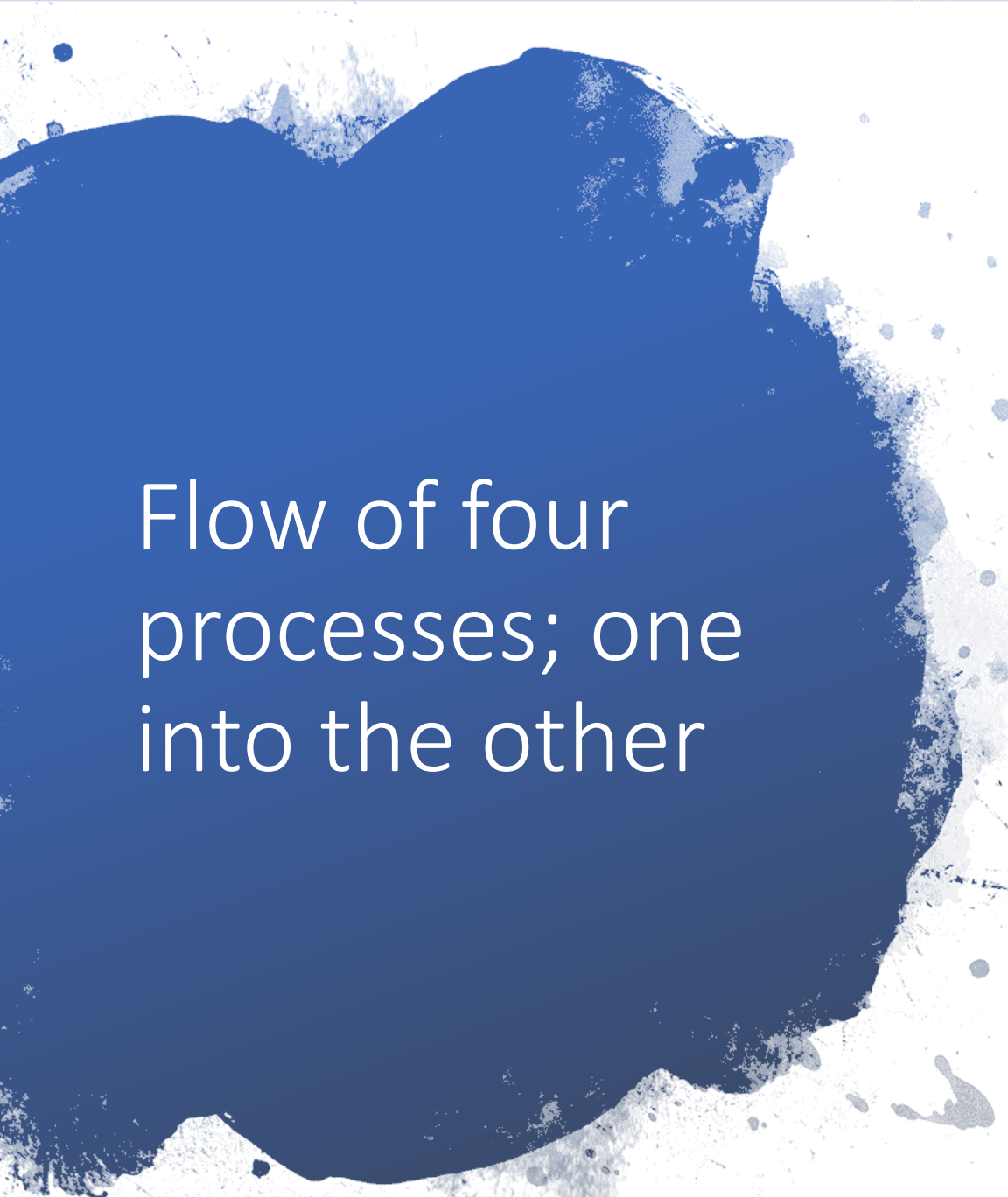
Relabel sex problems as attachment problems

- From “I don’t like to initiate” to
“I am afraid of rejection”
or
“It is scary for me to say what I
want”
or
“It is hard for me to feel safe”



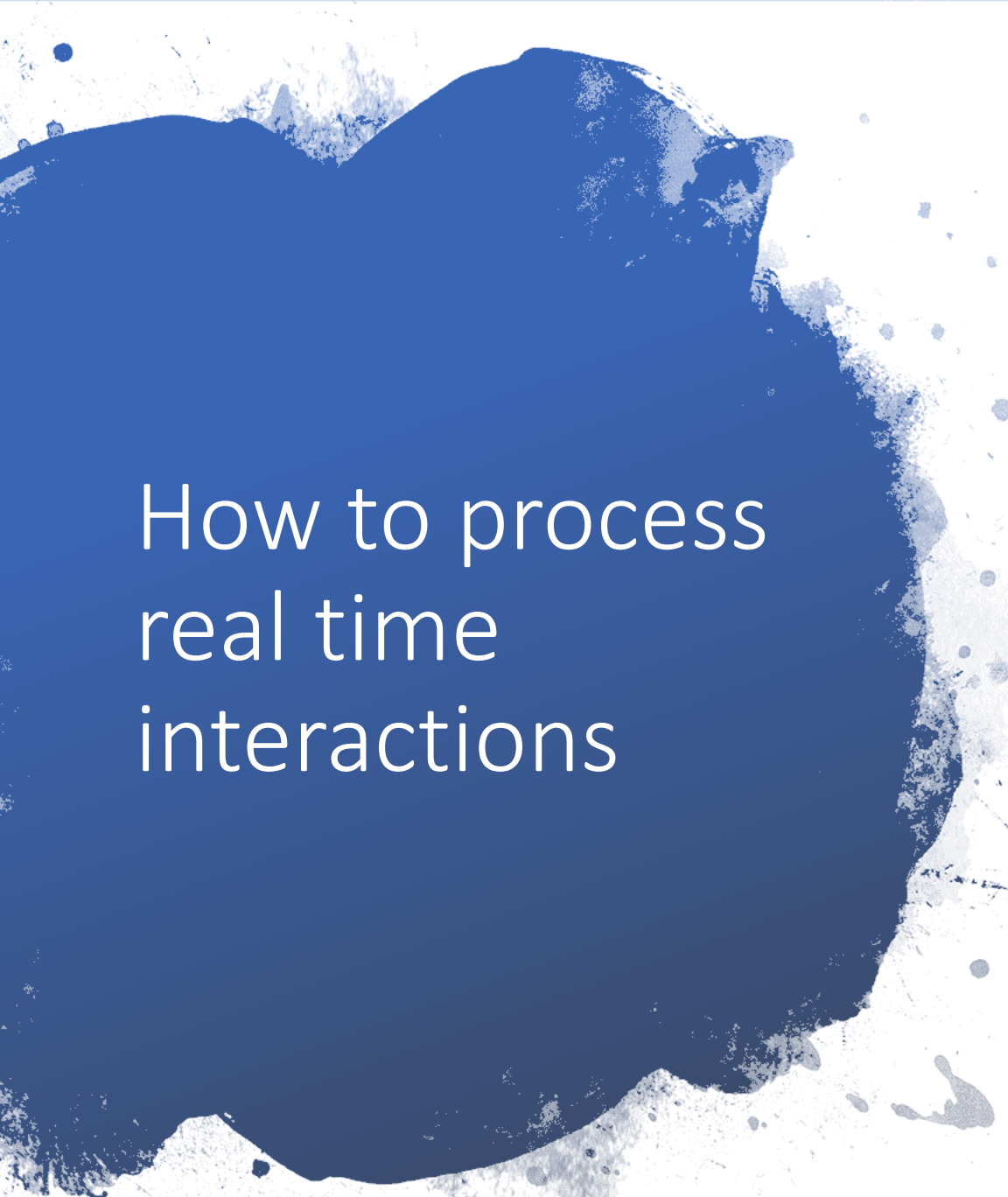
Childhood trauma, pain and shame

- Let's explore the type of traumas and disappointments you experienced as a child and what you might have learned about intimacy and safety in those situations?



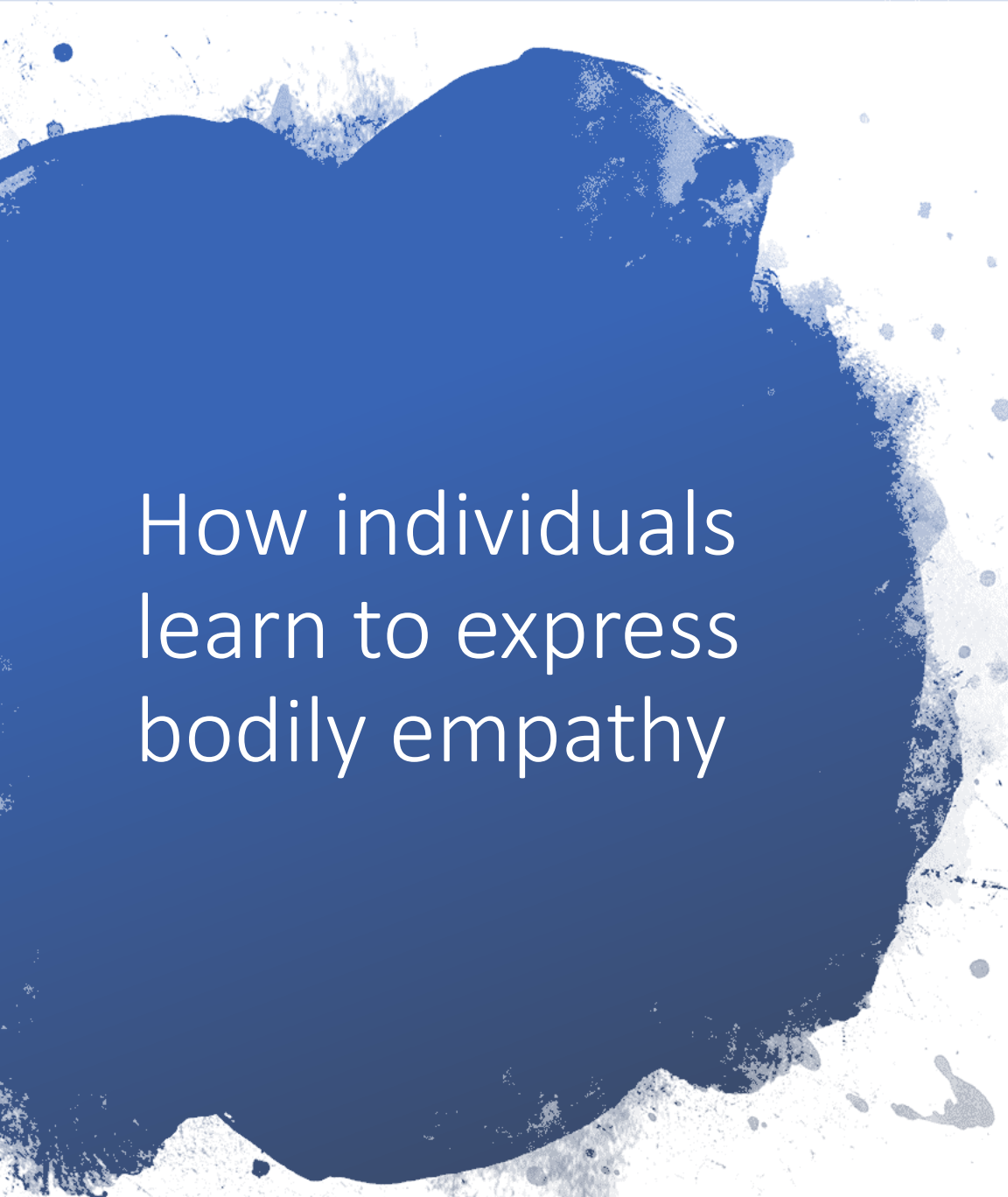
Flow of four
processes; one
into the other

- a *cognitive* reframing of the problem
- a *somatic* focus on the body and the senses,
- processing cognitions and affect in real time interactions,
- reaching desired *behavioral* and sexual goals.



How to process real time interactions

- Each partner is mindfully present and attentive
- Body based empathy (registering the pain, love, or fear expressed through the other's body within your body)
- Using eyes and facial expression as a healing mirror to create body empathy
- Down-regulating stress in partner



How individuals
learn to express
bodily empathy

- Practice – Feedback – Practice –
Feedback -Practice – Feedback –
Practice - Feedback



The Supportive Spouse and the Box of Stress Relievers

