

Interactive Workshop on Creative Arts Therapies CAT for intimacy and Sex Therapy

Duration: 2 hours

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Introduction

Intimacy and sex are fundamental for happy

Is there a role for art therapy, drama therapy, dance movement therapy in boosting intimacy and sex in healthy individuals and/or treating individuals suffering from sexual disorders and relationship discord?

How about special populations like cancer patients and substance abuse population?

Novel research and data reflects on CAT boosting effects for self-image, self-esteem, body image, sense of the body and the ability to become intimate in an enjoyable sexual relationship and overall impact on resilience and quality of life.

Content

This workshop will present models of couple therapies using CAT technique participants will experiment with some of those techniques in individual, dyadic and group setting.

Requisites

No prior experience is required
Comfortable breathing clothes
Preferably cotton
Ready to move