

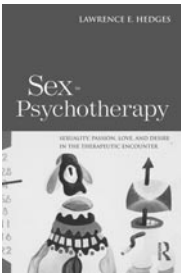
# Reviews

## Sex in psychotherapy: sexuality, passion, love, and desire in the therapeutic encounter

Lawrence E Hedges

Routledge 2011

ISBN 978-0415873529 £19.99



By the time I reached the second part of this book I was sure the exciting title was just a way to encourage people to buy what was looking like quite a dull volume. However, by the end I had changed my mind. I found myself moved and humbled by stories of courageous and skilful accounts of therapeutic work.

The book begins with a scholarly historical and cross-cultural survey of how sex and sexuality have been regarded over the ages. This is quite interesting, though for my taste at least, slightly dull. The rest of the book is divided into three parts. The first part sets out the different perspectives of sex and sexuality, beginning with the traditional heterosexual perspective (which Hedges robustly and rightly states has no place in the current day) through personal identity, race/ethnicity/sexuality, and ending with Hedges' own 'Relatedness Listening Perspectives' approach, which is not the snappiest of titles. He makes the interesting suggestion that perhaps in today's climate, our ethnic heritage may be less important than our sexual identity. Despite these interesting asides, this part of the book is nearly as dry as it sounds. It was at this point that my heart sank.

However, the second part of the book, an analysis of published accounts of different therapists (including Susie Orbach) working with erotic transference and

countertransference in dealing with issues of sex or sexuality, is as fascinating as the title promises. Much of the work described is with clients who were in long-term analytical therapy, and I confess to a pang of envy at the depth to which it is possible to go when time is not an issue. I did wonder why nearly all the clients described (though not the therapists) were men. The third part is analysed accounts of three of Hedges' own client work, written in the form of extended case studies. Again, this is absolutely fascinating, more especially as one client came only for three sessions.

Hedges is a psychologist/psychoanalyst steeped in psychoanalytical interpretations. I found some of his interpretations difficult to swallow (or to follow) although I appreciated the ways in which he has updated some Freudian truisms. (For example, sometimes a foot fetish is just a foot fetish.) The gist of the book is that erotic transference/countertransference happens and needs to be taken seriously and engaged with. If therapists are willing to do this, then work of enormous relational depth can happen. The therapists involved in the work demonstrate an enormous appetite for self-analysis and self-knowledge. The case studies are absolutely engrossing and thoroughly depressing. Fascinating because here are case studies of therapists working at the very edges of both their skills and acceptable boundaries, but depressing because the skills, the courage, and the dedication of these therapists are so far ahead of my own. Read the book and take from it, if nothing else, the reminder that good therapy demands constant vigilance of one's own process.

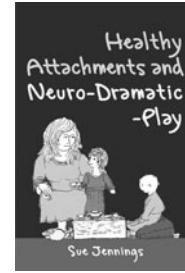
*Heather Dale, FBACP (Snr Accred) counsellor/psychotherapist in private practice and senior lecturer, University of Huddersfield.*

## Healthy attachments and neuro-dramatic-play

Sue Jennings

Jessica Kingsley Publishers 2010

ISBN 978-1849050142 £18.99



This book focuses on the practice of neuro-dramatic-play (NPD) as developed by the author, and shows how this can be implemented in various contexts, including, but not limited to, children with attachment needs, children on the autistic spectrum, children with learning difficulty and teenagers and young adults. It also devotes chapters to the definitions and theories of NPD and to NPD and attachment, play/play therapy, resilience and empathy, as well as exploring NPD during pregnancy and birth. Jennings emphasises the importance of NPD during this time, and in the first six months of the baby's life outside the womb and in her/his attachment to the mother.

The book is pioneering in drawing together some previous groundwork in attachment theory, neuroscience, drama therapy and play therapy, whilst adding some new dimensions and insights that open the way for further exploration and experimentation. Because attachment and relational needs are so fundamental to human development – not only in babyhood and childhood but also across the lifespan – this makes the book important reading for all areas of developmental and psychotherapy work. It will be useful for practitioners and students across various disciplines, from play therapy to arts therapies, psychology, psychotherapy and counselling, as well as students and specialists in neuroscience. It will also benefit pregnant women and new mothers as well as midwives, children's nurses and paediatricians

Disorders of Desire is the only book to tell the story of the development and impact of sexology-the scientific study of sex-in the United States. In this era of sex scandals, culture wars, "Sex in the City," and new sexual enhancement technologies (like erectile dysfunction drugs), its critique of sexology is even more relevant than it was when the book was first published in 1990. This revised and expanded edition features new chapters addressing:â€¢The diagnosis of "sex addiction" in the 1970s and its social.â€¢ The Cosmo girl was embroiled in the labyrinthine contemporary debate about sexuality and sexual desire. Sex in Psychotherapy takes a psychodynamic approach to understanding recent technological and theoretical shifts in the field of psychotherapy. Lawrence Hedges Free Shipping on all orders over \$10.â€¢ Sex in Psychotherapy : Sexuality, Passion, Love, and Desire in the Therapeutic Encounter. by Lawrence E. Hedges. No Customer Reviews. Sex in Psychotherapy takes a psychodynamic approach to understanding recent technological and theoretical shifts in the field of psychotherapy. Lawrence Hedges provides an expert overview and analysis of a wide variety of new perspectives on sex, sexuality, gender, and identity; new theories about sex's role in therapy; and new discoveries about the human brain and how it works. Sex Drive: In Pursuit Of Female Desire. Dr. Bella Ellwood-Clayton. For women, a common sexual problem is a lack of libido.â€¢ This book will explain how the medical profession has treated female sexuality and female orgasms. Well-researched, this short book combines serious scholarship with humour to chronicle the rise and fall of the vibrator. Buy it here. 04.â€¢ In this book, Segal examines feminist viewpoints on sexuality and asserts that while men are not the enemy, the language of sex is phallogocentric. She chronicles the history of female sexuality from the mid-60s to early 90s and also discusses male sexuality. Segal is unapologetic and honest in her views and critical of feminist thinking on sexuality at the time since they robbed women of all agency when it comes to their own pleasure. In his book, Sex in psychotherapy: Sexuality, passion, love and desire in the therapeutic encounter, Hedges is directly challenging accepted myths and preconceptions that distort our understanding of sex, gender and the erotic. He specifically focuses on psychoanalytic technique and the limited ways in which we, as analysts and therapists, think about sexuality in our consulting rooms, especially within ourselves in reaction to our patients. He argues, convincingly, that there is a need to actively engage our patients in the erotic transference/counter-transference.