

Workshop Presenter: Joe Kort, Ph.D.

# Reclaiming the Man in the Mirror

*A Workshop for Gay and Bisexual Men on Sex, Love and Intimacy*



Into the Light: Making Love Less Elusive

We live in a sexually illiterate society, with little to no permission to examine openly our sexuality in terms of orientation, behavior and fantasies. Most people do not know if their sexual fantasies and/or sexual acts are healthy versus unhealthy.

While men are more inclined to act out their sexual desires and fantasies more openly, there is still confusion as to what is positive and self-affirming and what is not.

There is also confusion about what is sex, what is love and what is intimacy. This workshop will explore the definitions of each of these and how to integrate them all together for all men.

Much of our culture as men, are confused about how to make this integration. There is also confusion about how to have healthy sex, love and intimacy without having to have all of them combined.

This workshop will help clarify all of this.

- How do you define sex?
- What is healthy versus unhealthy sex?
- Do you understand the secret logic of your sexual fantasies?
- What is your sexual shadow?
- Are you sexually addicted, compulsive or just have a large sexual appetite?
- Do you carry sexual shame?
- How do you feel about your body?
- Do you want to improve your sex life?
- Are you getting the love you want in your relationship?
- Are you keeping the love you find when you think you found the right person?
- What is your definition of love?
- What is your definition of intimacy?

These are just some of the questions we will be examining at the upcoming workshop. The workshop will include guided imagery, experiential exercises, communication exercises and lectures. We will explore sexual behavior and fantasies with understanding, compassion, and without judgment. No workshop participant will be required to share any private thoughts or fantasies. What I will do is help you translate your private thoughts, discover their origins and understand what they say about you. In my years of practice as a psychotherapist, I've learned that if you can uncover the coded material or story, the non-sexual parts of it, then I can help participants a lot better. It's not to pathologize—it's about knowing ourselves better as men.

**Joe Kort, Ph.D.**

*Joe Kort, Ph.D., MSW, Ma is an American psychotherapist, coach and author. He specialises in Gay Affirmative Psychotherapy and Imago Relationship Therapy. Joe is also a Certified Sexologist, specialising in sex therapy and sexual identity and a Certified Sexual Addiction Therapist working with childhood sexual, psychological and emotional abuse, chemical dependency, mixed orientation marriages, coming out, depression and anxiety. In the States Joe runs a gay men's group therapy. Joe is a well-known contributor on sex and sexuality issues in the media.*

## UPCOMING WORKSHOP DATES

Thursday, May 5, 2011

10 AM—1 PM

OR

7 PM—10 PM

Location: CCPE,  
Beauchamp Lodge, 2,  
Warwick Crescent,  
London, W2 6NE

Cost: £60 per individual.

Payments can be in cheque,  
money order and credit card.

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**Joe Kort, Ph.D.**  
AND ASSOCIATES

# "Reclaiming the Man in the Mirror" Registration Form

The registration fee includes the workshop itself, workbooks, and coffee and tea. Meals and accommodation are not included in the workshop price. You will receive a confirmation letter once we have processed your registration fee. Details of the venue are: Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE, UK.

Please complete and return the form to Mic Austen at 36, Warley Hill, Brentwood, Essex, CM14 5HA with a cheque for the fee.

I wish to register for: "Reclaiming the Man in the Mirror" in London on May 5, 2011

10 AM – 1 PM OR

7 PM – 10 PM

## Contact Information

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_

County: \_\_\_\_\_ Post Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Payment Details

Payment details: Cost: £60 per individual.

Cheque: Payable to "Mic Austen"

**Cancellation Policy:** *If you have to cancel and do so at least 7 days before the workshop, all but £25 of your registration fee will be refunded to you. No refunds will be made if (1) you cancel less than 7 days before the workshop; (2) you do not attend; and (3) you do not complete the workshop.*