

**Sexuality in the Brain:
How to Support Healthy, Healed and Whole Intimacy
with Relational Neuroscience**

with Sarah Peyton,
CNVC Certified Trainer and internationally published author

March 10, 2018
The Hutchinson Center, University of Maine
80 Belmont Ave, Belfast, Maine
\$150 / \$100 if participating in March 7-9 workshop
Lunch included

Trauma acts like superglue in the brain, mixing things together that don't belong together, like fear and sexuality; this can make intimacy scary, difficult and impossible. Yet everyone has a sexuality circuit. It may be asleep or worried, but it belongs to each of us and is the center of our being, bringing our unique individual selves into adulthood.

When societal influences and/or the direct actions of others disrupt the natural pace of the sexuality circuit, it can become entangled with other emotional circuits, having long-term effects on the individual.

This interactive day will explore the Sexuality Circuit documented by Jaak Panksepp. Sarah will guide our understanding of how the circuit develops in a natural and self-paced way.

Registration and payment options at: <http://opencommunication.org/schedule.html>

For more information about Sarah: <http://www.empathybrain.com>

For more information about Jaak Panksepp: <http://www.oupcanada.com/catalog/9780195178050.html>