



THIS BRIDGE HAS BEEN DEDICATED
TO LOVERS

TO SYMBOLIZE ENDURING LOVE,
ATTACH A PADLOCK PERSONALIZED
WITH INITIALS, NAMES OR A DATE
AND TOSS YOUR KEY INTO THE
SWALE BELOW

THIS TRADITION, NOW POPULAR
IN EUROPE, IS THOUGHT TO HAVE
STARTED IN CHINA WHERE PARTNERS
"LOCK THEIR SOULS" TOGETHER

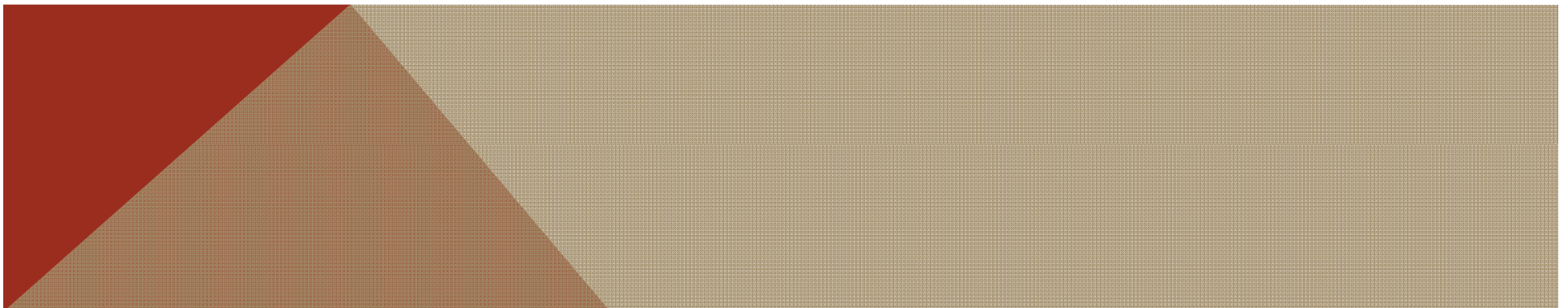
HELPING COUPLES BRING BACK THE PASSION

I.o.v.e.e.

Helping couples bring back the passion –through helping them practice



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COUPLE'S AND SEX THERAPY: PRACTICING WITH L.O.V.E.E

L.O.V.E.E.

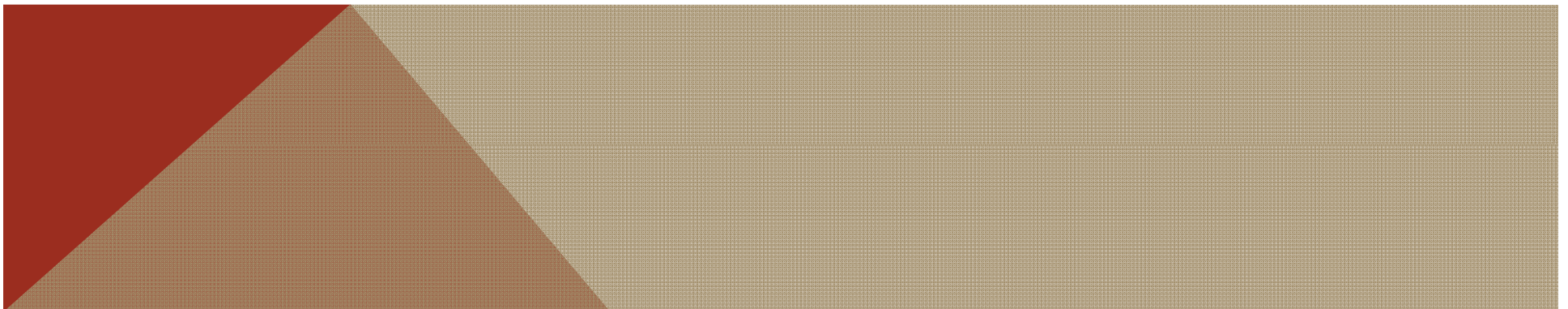
L-listen

O-offer support/acceptance

V-validate

E-explore childhood relationships traumas/past relationships

E-educate and teach skills



HOMework,HOMework,HOMework



Curriculum of homework assigned
to reinforce skills discussed

WHAT BRINGS COUPLE'S TO COUNSELING?

- ❖ 43-67% marriages end in divorce
- ❖ 6yrs into problem before they come



THE MOST COMMON PROBLEM:

**„BETRAYAL REALLY LIES AT
THE HEART OF ALL FAILED
RELATIONSHIPS.“** dr gottman



BETRAYAL:

Conditional commitment

Nonsexual affairs

Lying

Keeping secrets

Forming a coalition against your partner

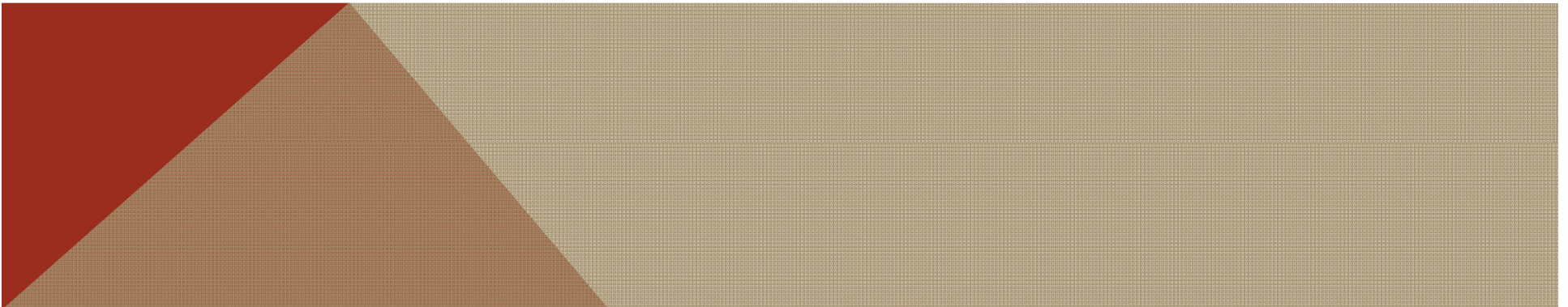
Coldness/absence

Withdrawing sexually

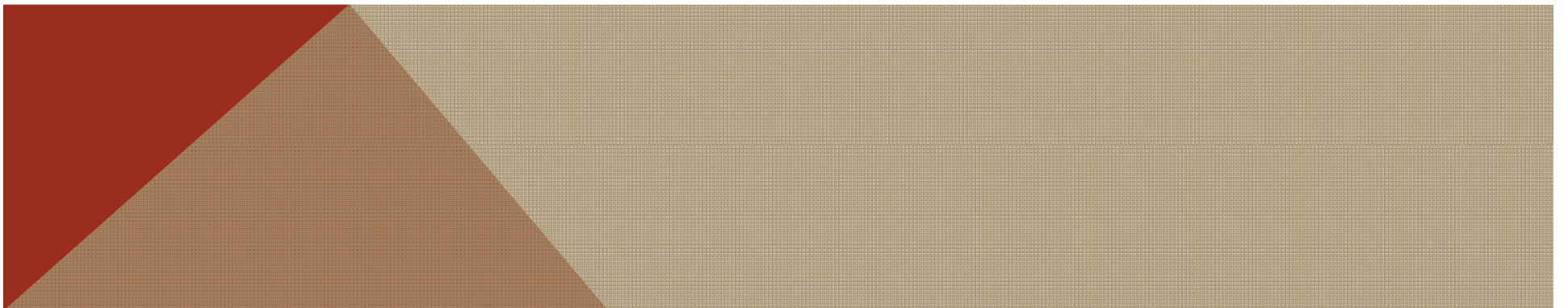
Disrespect

Unfairness

Selfishness and breaking promises

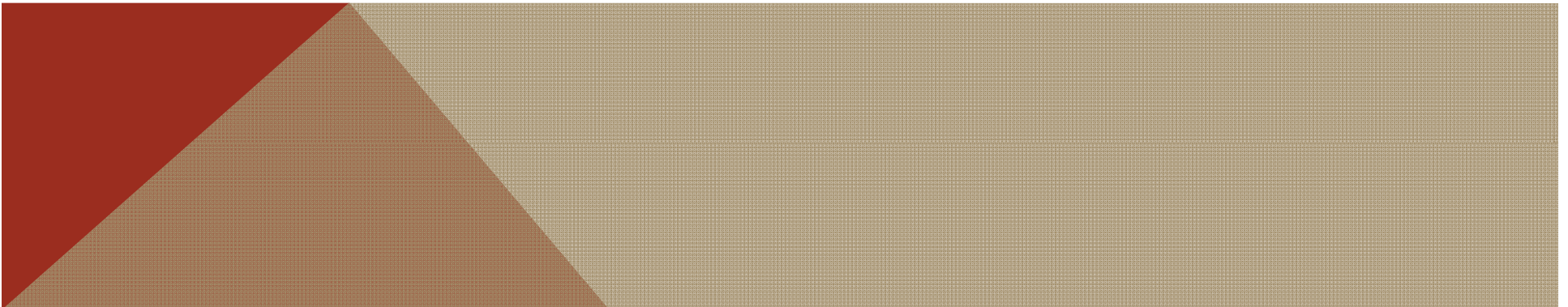


PRIMAL PANIC



PRIMAL PANIC

- ❖ Demanding or clingy
- ❖ Negative reactions create disconnection
- ❖ See things through a Negative filter
- ❖ Sense threat or danger to relationship
- ❖ Real or imagined/external or inner dialogue
- ❖ Most suicides and intimate homicides follow attachment loss



HELP!!!!!!!

So what do we do????



What's the best/worst relationship advice you've been given?



MOST COMMON NEEDS:

- ❖ Needing to feel listened to, understood, complimented, desired and comforted-Dr Gottman
- ❖ Embracing each other's needs, being emotionally intelligent, attuned to your partner, being aware of their needs and understanding, honoring, respecting each other and the relationships



PHASES OF LOVE:

Phase 1-limerance

Phase 2-will you be there for me? Can I trust you?

Phase 3-building trust and loyalty; cherish and nurture each other or nurture the resentment of what is missing



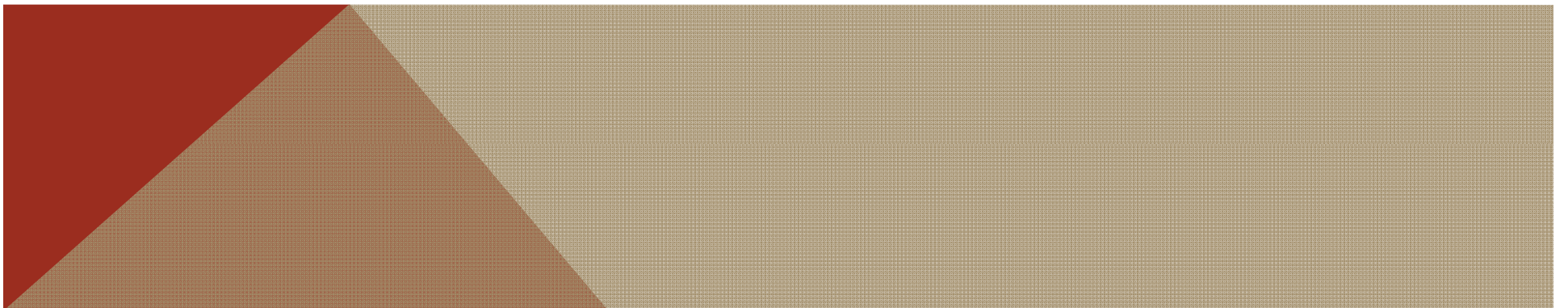
COMMUNICATION

She's/He's not listening!!!

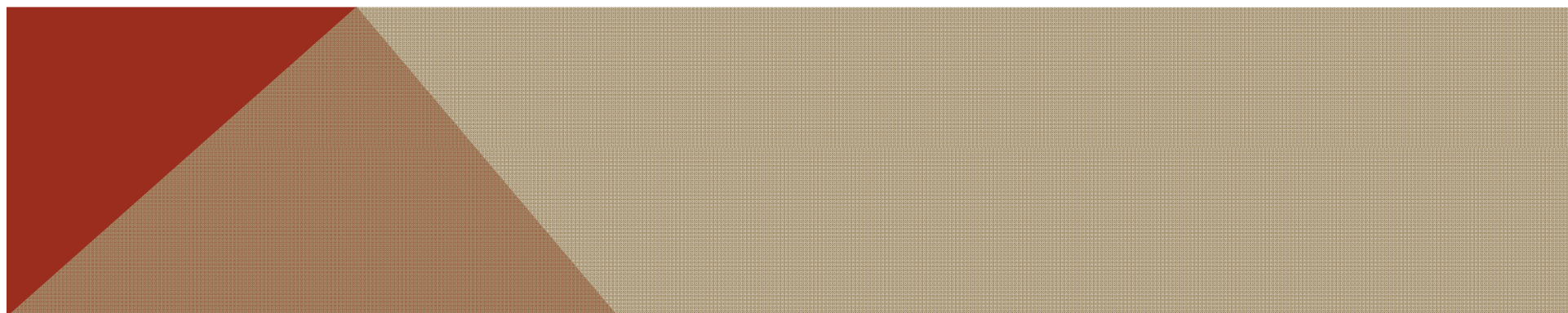
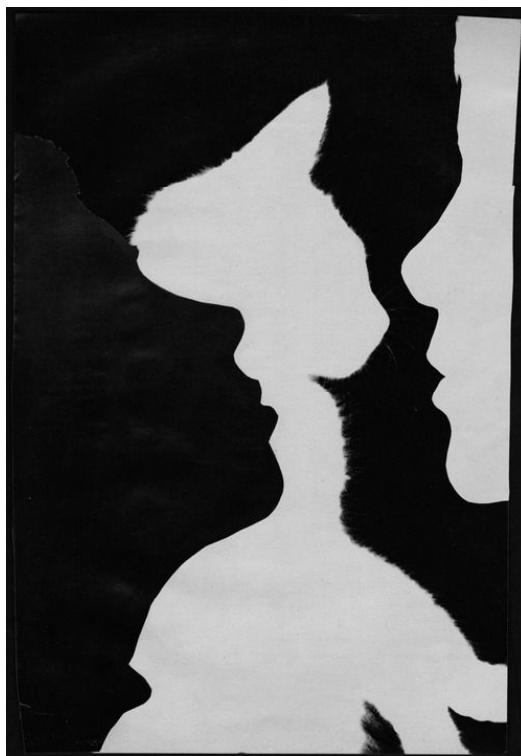


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DIFFERING PERSPECTIVES:



WHAT DO YOU SEE?





<http://www.puzzlersworld.com>



WHAT ABOUT NOW?



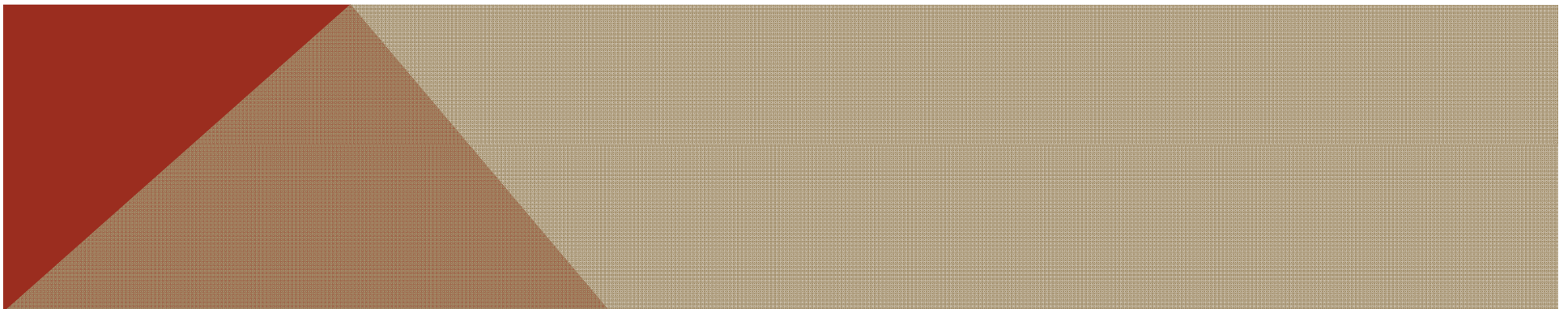
FOUR HORSEMEN OF THE APOCALYPSE

Criticism

Defensiveness

Contempt

Stonewalling



DO IT DIFFERENTLY

- ❖ Gentle start up
- ❖ I feel...about what...I need...
- ❖ explore your own and your partner's emotional heritage
- ❖ Understanding gender differences



WHAT DO MEN WANT?

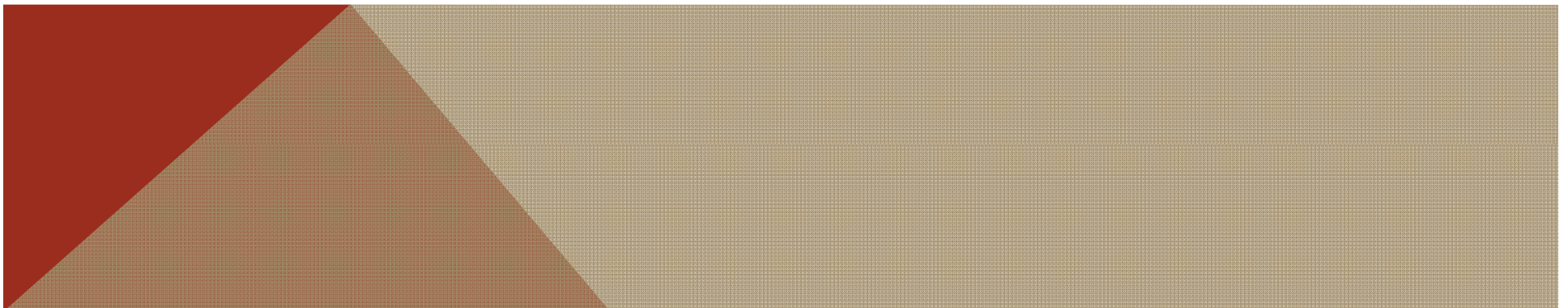
- ❖ Desired
- ❖ Appreciated and approved
- ❖ Less conflict
- ❖ More sex

❖ **RESPECTED**

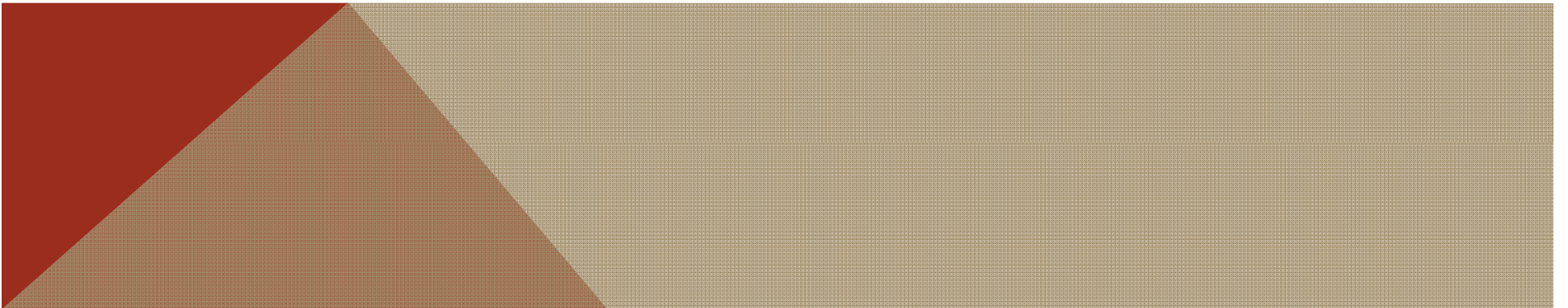


WHAT DO WOMEN WANT?

- ❖ Trustworthiness
- ❖ Reliability
- ❖ Accountability
- ❖ Safeguard their heart
- ❖ Intimacy-not necessarily sex



“Understanding must precede advice”



ATTUNEMENT

SPEAKER'S JOB

- ❖ A-AWARENESS
- ❖ T-TOLERANCE
- ❖ T-TRANSFORMING CRITICISMS INTO WISHES

LISTENER'S JOB

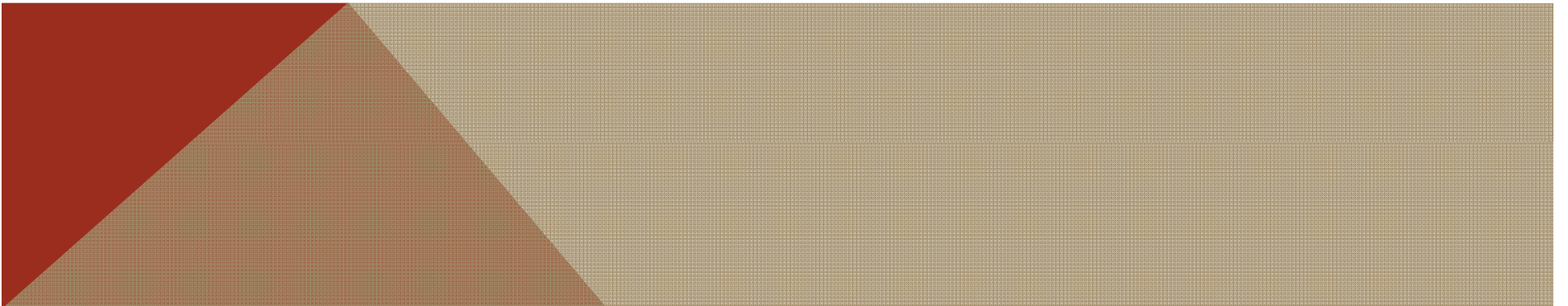
- ❖ U-UNDERSTANDING
- ❖ N-NONDEFENSIVE LISTENING
- ❖ E-EMPATHY



CONNECTION

“SMALL THINGS OFTEN”

DR GOTTMAN



TALKING

THE ART OF INTIMATE CONVERSATION
IS “YOUR TICKET TO YOUR
PARTNER’S WORLD” dr gottman



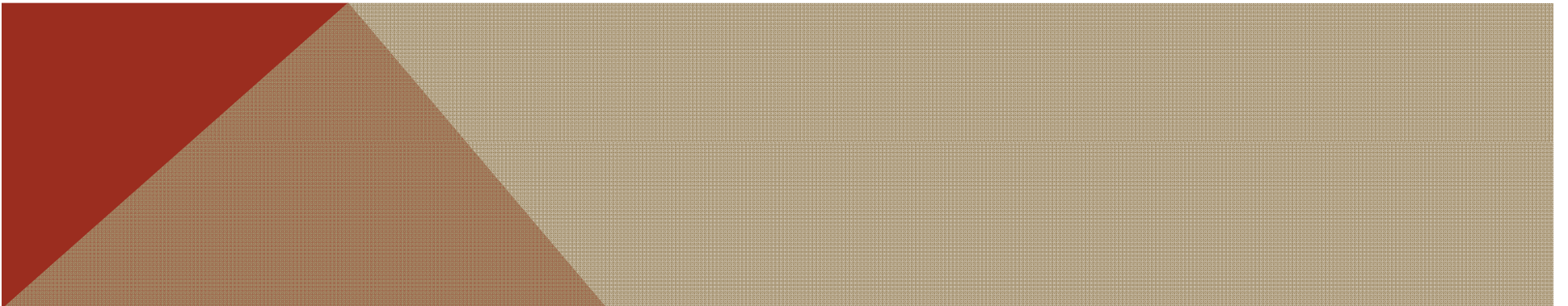
EXERCISES TO BUILD CONNECTION

- Relationship vision
- Making the marriage a priority
- Love language
- Love maps
- Fondness and admiration daily
- Couple's gratitude journal
- Bids for affection/turning towards your partner
- 6 magic hours
- Building rituals of connection



CONFLICT RESOLUTION

**GOAL OF CONFLICT IS
UNDERSTANDING**



WHAT TRIGGERS THE CONFLICT?

- ❖ Childhood wounds
 - ❖ Past relationships
 - ❖ Dreams within conflict
-
- ❖ But are they really....
 - ❖ Protests against emotional disconnection



COMPROMISE?

- ❖ Meet in the middle
- ❖ Yield to win-areas of flexibility and non negotiables
- ❖ Allowing influence
- ❖ Repair attempts

Those that yield are
not always weak

Jacqueline Carey

IGNITING INTIMACY AND PASSION



- ❖ Based on Dr Barry McCarthy's work
- ❖ Number one sexual problem couples face=Secondary Inhibited sexual desire
- ❖ Number two=Discrepancies in sexual desire



POISONS TO SEXUAL DESIRE:

- ❖ Guilt
- ❖ Anger
- ❖ Anxiety
- ❖ Shame



MALE SEXUAL DYSFUNCTION

- ❖ Erectile dysfunctional
- ❖ Premature ejaculation
- ❖ Ejaculatory inhibition
- ❖ Secondary Inhibited sexual desire



FEMALE SEXUAL DYSFUNCTION

- ❖ Inhibited sexual desire-primary and secondary
- ❖ Nonorgasmic response
- ❖ Painful intercourse
- ❖ Arousal dysfunction

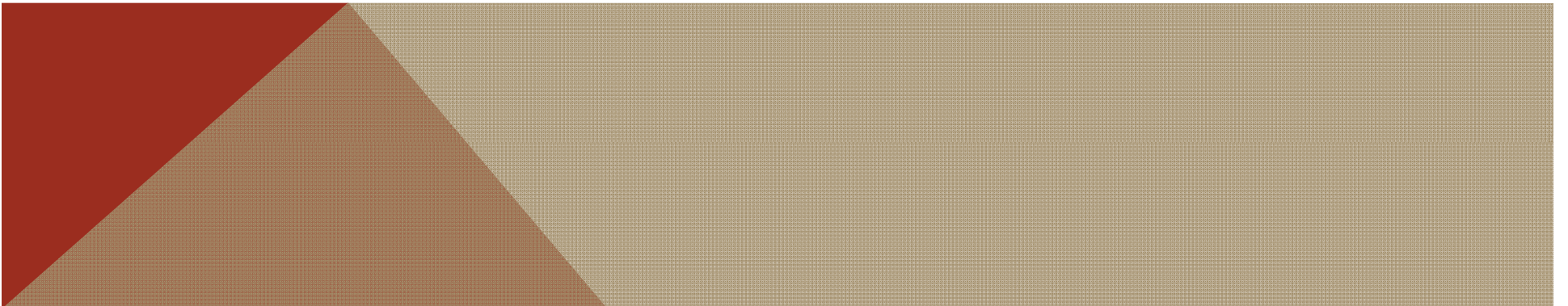




**Positive anticipation is the key to desire
and the core of sexuality.** Dr. McCarthy



Desire problems are the most frequent complaint of those seeking sex therapy.



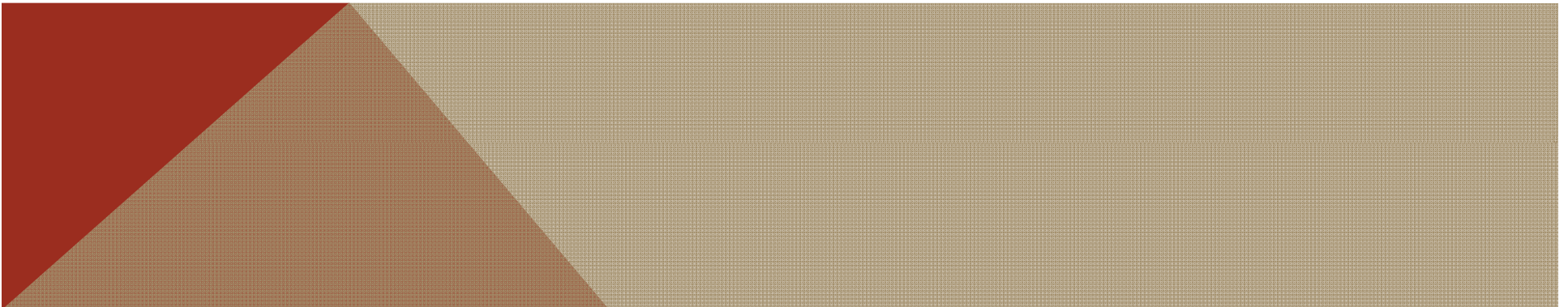
WHAT CAUSES ISD?

- ❖ Sexual secrets
- ❖ Childhood sexual abuse
- ❖ Guilt over masturbation or pornography
- ❖ Homosexuality or a hidden sex life
- ❖ No love



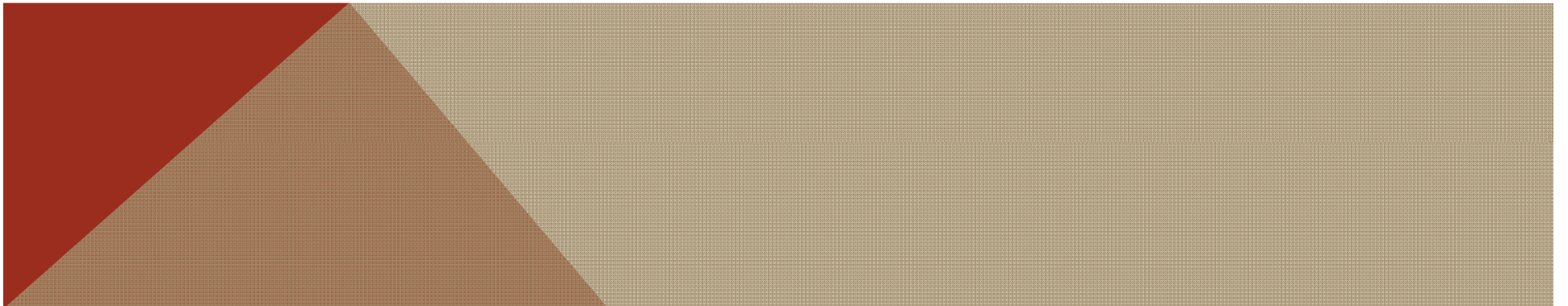
IS SEX THE SX OR THE CAUSE?

- ❖ Not that simple
- ❖ Most common issue is a good relationship but the couple struggles with ISD
- ❖ Or, the relationship has conflict and the anger is played out through sexual avoidance
- ❖ Infertility is common cause



RENEW INTIMACY

- ❖ Expand definition of sex
- ❖ Engage in nondemand pleasuring
- ❖ Add erotic scenarios and techniques
- ❖ Positive realistic sexual expectations



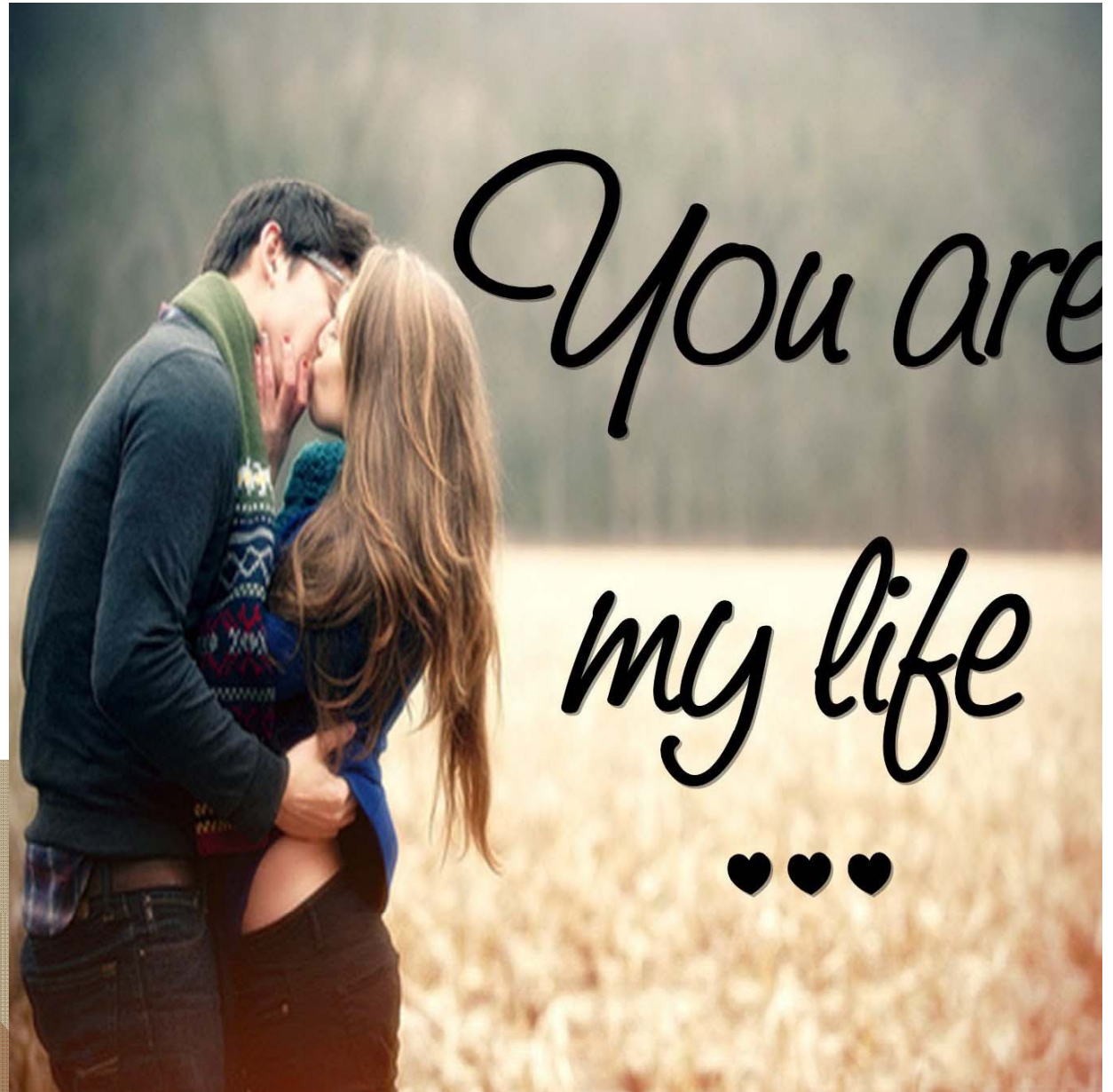
❖ BECOME A TEAM

- ❖ Become a intimate sexual team
- ❖ View sexual desire as a couple problem
- ❖ Take responsibility for own sexuality-find out what feels good and communicate that to your partner



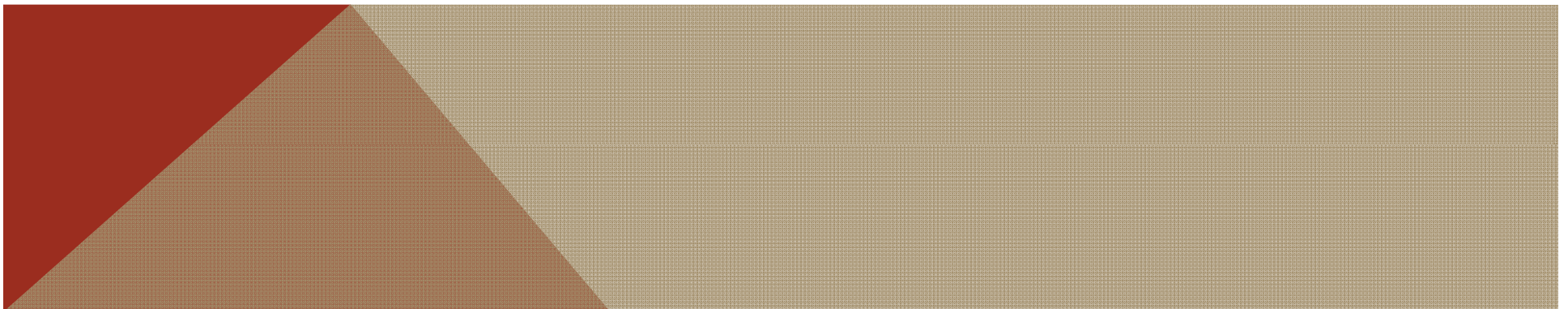
NONDEMAND PLEASURING

- ❖ Sensuality
- ❖ Playful touch
- ❖ Sensate focus



EROTOCISM

- ❖ Broad range
- ❖ Not limited to intercourse
- ❖ Discussing fantasies



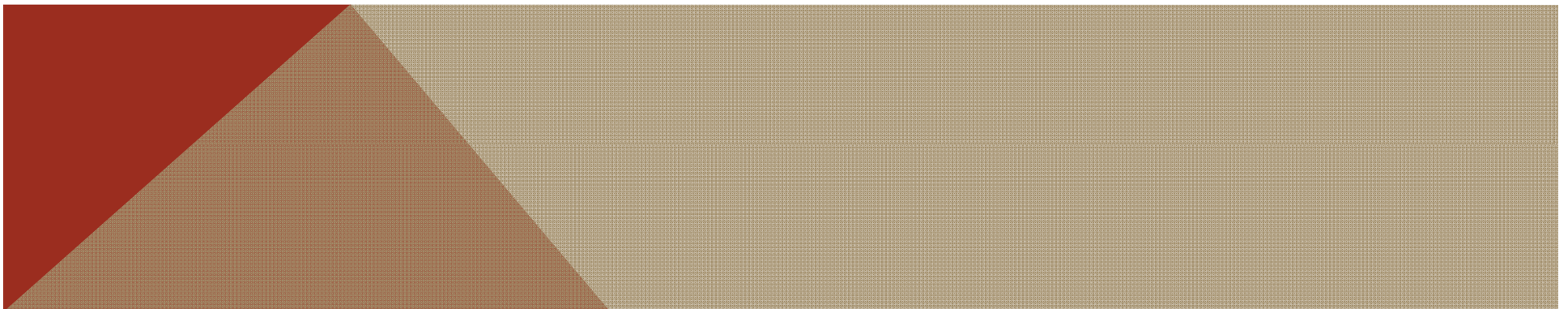
EXPANDING DEFINITION OF SEX

- ❖ Feelings
- ❖ Attitude
- ❖ Experiences
- ❖ Perceptions/values



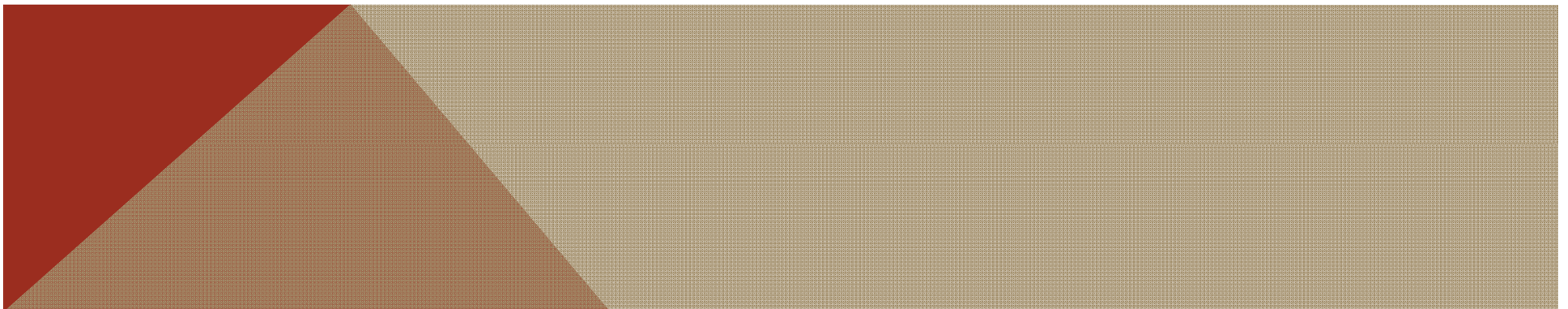
POSITIVE REALISTIC SEXUAL EXPECTATIONS

- ❖ 5-15% of the time sex is mediocre or unsatisfying
- ❖ Sometimes it's good for one but not both
- ❖ Most women don't orgasm at each sexual encounter-1/3 of women never or almost never orgasm through vaginal sex alone; only 20% are multiorgasmic
- ❖ Establish GES idea-good enough sex-orgasm doesn't necessarily have to be the goal



MONOGAMY AGREEMENT

- ❖ Concept by Dr Tammy Nelson
- ❖ Defining what is acceptable
- ❖ Establishing boundaries for social media

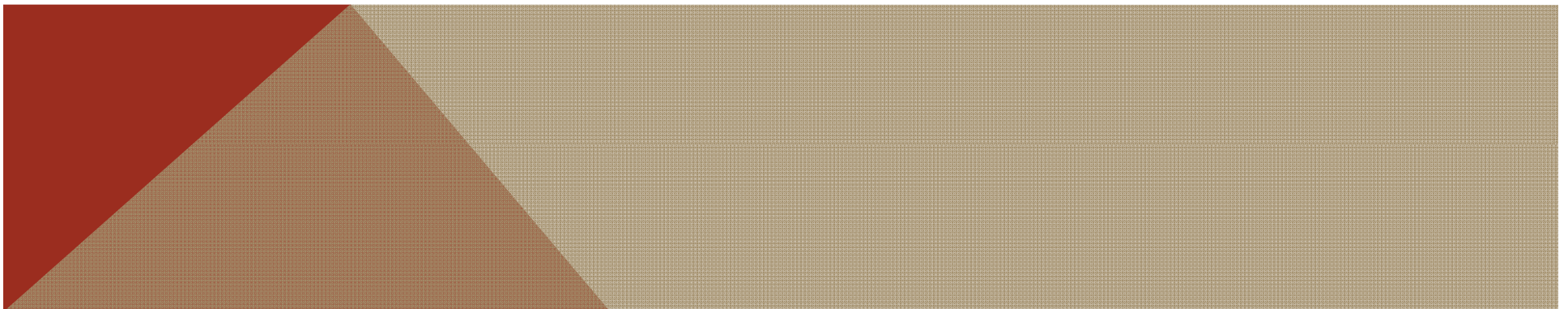


FREQUENCY

- ❖ Sexual avoidance
- ❖ No sex/no touch



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❖ BEST WAY TO A GREAT SEX LIFE

- ❖ Trust/friendship and conversation
- ❖ Kiss
- ❖ Make sex a priority
- ❖ Talk about sex



HOMEWORK AGAIN

- ❖ Learn each other's sexual love maps
- ❖ What conditions need to be met for good sex
- ❖ Strategies to facilitate sexual desire
- ❖ Love calendar
- ❖ Exploring fantasies
- ❖ Saying no to sex

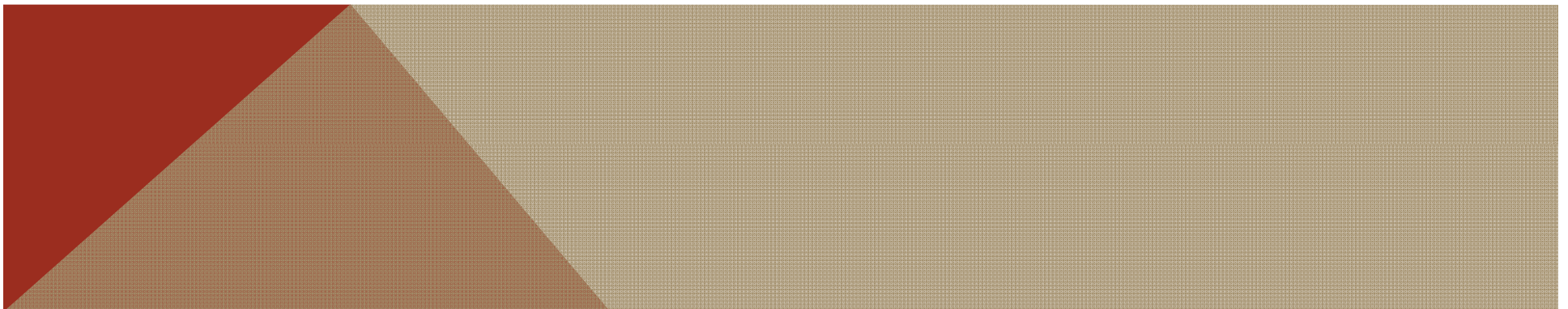




Practicing l.o.v.e.e.



BETWEEN STIMULUS AND RESPONSE THERE IS A SPACE. IN THAT SPACE IS OUR POWER TO CHOOSE OUR RESPONSE. IN OUR RESPONSE LIES OUR GROWTH AND FREEDOM. VIKTOR FRANKL



Choose l.o.v.e.e.

