



Sex, heart and attachment as a relationship creating framework

People have different needs, sexual preferences and attachment experiences in the context of love relationships.

This gives rise to a wide variety of expectations of the other person. These entrance doors, target doors and trap doors that arise in the process must be managed together in contact.

In this workshop I address different relationship levels, as well as the regulation of expectation management in the trinity of sex, heart and attachment. The aim is to perceive the different needs. By bringing these into contact with one another without discounting, intimacy is created.

In the workshop I combine TA concepts, such as the relationship contract by Hans Jellouschek, the stroke model by E. Berne, with approaches based on sexology, body therapy and attachment theory.

Date: 16.02.2021 19.00 o'clock Swiss time (18.00 o'clock British time)

Registration: enquires@thelinkcentre.co.uk

Professional profile

Patricia Matt

- Teaching Transactional Analyst in Counselling TSTA-C
- Couple & Sex Therapist (Dr. Jellouschek, Stuttgart & DGfS)
- Clinical Sexologist (ISI)
- Psychosocial counsellor with federal diploma (SGfB)
- Certified Feldenkrais teacher

- Trainer and Supervisor for Transactional Analysts, Couples & Sex Counsellors, Teams
- Establishment and management of the Centre for Sexual Issues in the Principality of Liechtenstein (1994-2012)
- Since 2012 Head of the Institute for Transactional Analysis, Couples & Sexual Counselling, Coaching & Supervision in Schellenberg, Principality of Liechtenstein