

# **HUMAN LOVING: SEXUALITY AND INTIMACY**

**A MULTIDISCIPLINARY HOLISTIC APPROACH**

**WILLIAM H. MASTERS**

**VIRGINIA JOHNSON MASTERS**

**BERNIE ZILBERGELD**

**CAROL ELLISON RINKLEIB**

**JAY MANN**

**PENNY BAUER**

**DEANE SHAPIRO, JR.**

**ERIK PEPER**

**GEORGE R. BACH**

**ANN DREYFUSS**

**WILLIAM S. KROGER**

**Sexual Response and Dysfunction**

**Male and Female Sexuality**

**Enhancing Sexuality Throughout Life**

**Biofeedback and Meditation**

**Reichian Body Therapy**

**Creative Aggression Therapy**

**Hypnosis and Imagery Conditioning**

## THE PROGRAM

Friday, September 29/October 6

6:30 PM Registration

7:30 PM Conference Introduction and Welcome

8:00 PM HUMAN SEXUALITY AND SEXUAL DYSFUNCTION



**William H. Masters, M.D.**  
**Mrs. Virginia Johnson Masters**  
In their keynote address, Dr. and Mrs. Masters will provide an overview of their pioneering research in human sexual response and the treatment of sexual dysfunction. This overview will include a discussion of both the psychological and physiological aspects of human sexuality. In addition, they will discuss some of the areas of current research at the Reproductive Biology Research Foundation. Ample time will be provided for questions from participants.

Saturday, September 30/October 7

8:30 AM Introduction and Late Registration

9:00 AM MALE AND FEMALE SEXUALITY: SOCIAL PRESSURES, ROLE MODELS AND DYSFUNCTION



**Bernie Zilbergeld, Ph.D.**  
**Carol Ellison Rindkeib, Ph.D.**  
The dominant models of male and female sexuality have had a powerful influence over members of society. Drs. Zilbergeld and Rindkeib will discuss how these models are learned, how they are changing, and the consequences of accepting them. In addition, they will explore the current pressures on men and women for sexual activity, athleticism, and participation in fadish behavior, and their effect on true sexual freedom and intimacy.

10:00 AM FORECASTING YOUR SEXUAL FUTURE



**Jay Mann, Ph.D.**  
**Penny Bauer, M.P.H.**  
Can people forecast their sexual future? It is now understood that the sexual attitudes, practices, and relationships that people experience before middle age are likely to shape the ways in which they will express their sexuality later in life. Mr. Bauer and Dr. Mann will present strategies that can be used at any time in adult life to establish a personally satisfying pattern of expression that can be adapted in the later years.

11:00 AM BIOFEEDBACK, MEDITATION AND SEXUAL CONSCIOUSNESS: AN EAST/WEST APPROACH



**Deane Shapiro, Jr., Ph.D.**  
**Erik Peper, Ph.D.**  
The use of Western self-regulation techniques, such as biofeedback and Eastern techniques, such as meditation, will be examined as they relate to human sexual responsiveness. These self-regulatory techniques will be couched within a larger philosophical context through which consciousness, intimacy, and sexuality are explored on a personal, interpersonal and spiritual level.

12:00 Noon Lunch Break

1:30 PM SPECIALIZED SEMINARS

Participants may choose one of the following 2-hour workshops, designed to provide a more detailed and experiential exposure to topics presented in the morning session.

(1) Dealing with sexual difficulties and social pressures

**Bernie Zilbergeld, Ph.D. & Carol Ellison Rindkeib, Ph.D.**  
Ways of dealing with the difficulties resulting from male and female role-scripting, including approaches and experiential exercises that do not require the help of a partner.

(2) Enhancing Sexuality Throughout Life

**Jay Mann, Ph.D. & Penny Bauer, M.P.H.**  
A chance to experience and explore in greater depth some ways of maintaining personally satisfying patterns of sexual expression throughout life.

(3) Biofeedback, Meditation, and Sexual Consciousness

**Deane Shapiro, Jr., Ph.D. & Erik Peper, Ph.D.**  
An opportunity to experience mind/body awareness techniques, visualizations, and meditative practices as a means of examining in greater depth the relationship between consciousness, human sexuality, and intimacy from both Eastern and Western perspectives.

4:00 PM PANEL DISCUSSION - Joan C. Gianatasio, moderator

**Drs. Zilbergeld, Rindkeib, Mann, Shapiro, and Peper and Ms. Bauer will answer questions from participants and discuss the day's presentations.**

5:30 PM Social Period with Faculty (no-host cash bar)

7:00 PM Dinner with Assemblyman John Vasconcellos



Assemblyman Vasconcellos is well known for his work in upgrading the health care of the people of California. An excellent example of his work is Assembly Bill 4175 requiring mental health professionals to receive training in human sexuality in order to be eligible for licensing in California. In his dinner address, Mr. Vasconcellos will discuss his views on the importance of sex education and the implication and relevance of his legislation to those in the helping professions.

NOTE: Space is limited and reservations will be filled on a first-come first-served basis.  
Cost: \$12.50

Sunday October 1/October 8

9:00 AM SEX AND AGGRESSION:

FAIR FIGHT THERAPY FOR LOVERS



**George R. Bach, Ph.D.**  
**Luree Nicholson**  
It has been clinically shown that sex can be used as one of the most lethal means of expressing hostility and aggression in relationships. Dr. Bach and Ms. Nicholson will present techniques for recognizing and dealing with dysfunctional means of communicating, what Dr. Bach calls "sexual crazy making", and explore techniques of training designed to aid couples in discovering their own individual balance of affection and aggression.

10:00 AM VITALITY, ALIVENESS, AND RELAXATION: A BODY THERAPY APPROACH



**Ann Dreyfus, Ph.D.**  
Dr. Dreyfus believes that we live within a life force, one aspect of which is our sexuality. Frequently, we block our full potential for experiencing sexual enjoyment because we are not fully aware of and in harmony with our bodies. In this presentation, Dr. Dreyfus will discuss the importance of tuning in to this constantly changing life force from a Reichian perspective.

11:00 AM HYPNOSIS AND IMAGERY CONDITIONING IN TREATING SEXUAL DYSFUNCTIONS



**William S. Kroger, M.D.**  
The mind can become a means for overcoming sexual dysfunctions through the utilization of imagery conditioning under hypnosis. Dr. Kroger will discuss how imagery is constructed on the basis of a patient's feedback of information as to what he or she finds sexually stimulating. Under hypnosis, this imagery is then used in conjunction with appropriate suggestions to facilitate the desired sexual response.

12:00 Noon Lunch Break

1:30 PM SPECIALIZED SEMINARS (Choose one)

(1) Creative Sexual Aggression Therapy

**George R. Bach, Ph.D. & Luree Nicholson**  
A chance to observe and experience the "Creative Aggression" approach to expressing sexuality in optimal ways which are stimulating and assertive as distinguished from alternating, destructive and hostile.

(2) Experiencing and Enhancing Aliveness

**Ann Dreyfus, Ph.D.**  
An opportunity to experience various methods which will enable one to be more in tune with one's body and to become aware how aliveness and sexual energy are blocked and enhanced.

(3) Hypnosis and Imagery Conditioning

**William S. Kroger, M.D.**  
Dr. Kroger will expand on this morning's discussion supplemented by case material and tape demonstrations of his work.

4:00 CLOSING COLLOQUIUM - Joan C. Gianatasio, moderator  
Drs. Bach, Dreyfus, and Kroger and Ms. Nicholson will answer questions from participants discuss the day's presentations.

## SYMPOSIUM FACULTY

**George R. Bach, Ph.D.** is the founder and director of the Institute of Group Psychotherapy in Los Angeles, and a consulting psychologist specializing in individual and group psychotherapy, family therapy, and marriage counseling. He originated and developed Creative Aggression Therapy and many other innovations. Dr. Bach is the founding President of the Western Regional Chapter of the Society for the Scientific Study of Sex, a faculty member at UCLA, and author of such well known books as *The Intimate Enemy*, *Pairing*, *Creative Aggression*, and the classical textbook, *Intensive Group Psychotherapy*. Dr. Bach will be assisted by Ms. Luree Nicholson who has worked closely with him for six years, and has toured Europe several times as a representative of the Institute of Group Psychotherapy conducting Marathon, Couples, Pairing and Fair Fight Training groups.

**Penny Bauer, M.P.H.** is a licensed Marriage, Family and Child Counselor in private practice in Palo Alto. For several years she was an associate staff member of the Human Sexuality Program, University of California Medical School, and has conducted numerous educational and training programs in the areas of communication, sexuality, and decision making.

**Ann Dreyfuss, Ph.D.** is a pioneer in the use of body work and fantasy in the context of group encounter and Reichian group therapy. Formerly on the faculty of California State College, Sonoma, Dr. Dreyfuss is now a Reichian therapist in private practice in San Francisco and a member of the National Training Laboratories, where she trains group facilitators and leads workshops on the "Life Cycle". She has written chapters in several books, the latest being "My Body is Me" in *Humanistic Perspectives: Current Trends in Psychology*.

**William S. Kroger, M.D.** is the founder and Executive Director of the Institute for Comprehensive Medicine in Beverly Hills. A pioneer since 1932 in sex education, Dr. Kroger is a Co-Founder and past President of the Academy of Psychosomatic Medicine and Co-Founder of the American Society of Clinical Hypnosis. In addition he is the author of several books, including *Psychosomatic Gynecology*, *Kinsey's Myth of Female Sexuality* (with E. Bergler), *Clinical and Experimental Hypnosis*, and *Childbirth with Hypnosis*. Dr. Kroger is also advisory editor for a number of professional journals, including the *Journal of Sex Research*.

**Jay Mann, Ph.D.** is one of the founders of the human sexuality program at the University of California Medical School in San Francisco, and was for five years its Associate Director. He is a member of the clinical faculties of Stanford University and the University of California, San Francisco. Currently, he trains family therapists for the Veterans Administration and is in private practice in Palo Alto.

**William H. Masters, M.D.** and **Virginia Johnson Masters** are acknowledged as two of the country's foremost experts on human sexual behavior, and are internationally known for their pioneering research in human sexuality and the treatment of sexual dysfunction. They have published widely in the field of sexology, and are the authors of *Human Sexual Response*, *Human Sexual Inadequacy*, and *The Pleasure Bond: A New Look at Sexuality and Commitment*, and the editors of *Ethical Issues in Sex Therapy and Research* (with Robert C. Kolodny, M.D.). In addition, Dr. and Mrs. Masters are the Co-Directors of the Reproductive Biology Research Foundation in St. Louis.

**Eric Peper, Ph.D.** has published widely in the area of biofeedback and is the editor of the book *Mind/Body Integration: Handbook for Biofeedback*. He is the Biofeedback Director at the Orinda Rehabilitation and Convalescent Home, and an instructor and lecturer at San Francisco State University. In addition, Dr. Peper is a past president of the Biofeedback Society of America, a member of the American Association for Sex Educators and Counselors, and maintains a private holistic biofeedback practice.

**Carol Ellison Rinkleib, Ph.D.** is an associate staff member of the Human Sexuality Program at the University of California, San Francisco, and a contributing author to the book *Understanding Sexual Interaction*. Dr. Rinkleib is in private practice in Oakland and Davis, specializing in work with women and sex therapy, and has made presentations on sexuality for many organizations and institutions.

**Deane H. Shapiro, Jr., Ph.D.** is President of the Institute for the Advancement of Human Behavior, Portola Valley; Dean of Academic Affairs at the Pacific Graduate School of Psychology, Palo Alto; and a Clinical Instructor, Department of Psychiatry and Behavioral Sciences, Stanford University Medical School. In addition to his recent book on Eastern and Western self-management strategies, *Precision Nirvana*, Dr. Shapiro is the co-editor of two forthcoming books: *Meditation* (Aldine) and *Beyond Health and Normality* (Van Nostrand), and the author of *The Psychology of Self-Control* (in preparation).

**Bernie Zilbergeld, Ph.D.** is the author of *Male Sexuality: A Guide to Sexual Fulfillment*, and Co-Director of Clinical Training of the Human Sexuality Program at University of California, San Francisco. He has developed a number of individual and group treatment formats for men, and conducted many workshops exploring male sex roles and family planning. Dr. Zilbergeld is in private practice in the East San Francisco Bay area, specializing in work with men and sex therapy, and has lectured widely on sexuality and sex therapy.