



## **Men & Sex Fantasies & Realities Challenges and Guideposts**

a one-day workshop for men

### Understanding Our Instincts and Desires:

- normalising the challenges;
- learning from the stumbling stones;
- dealing with the allure of pornography;
- setting personal goals and strategies;
- orienting ourselves towards life and relationships.

### Resourcing Ourselves for Life's Realities:

- dealing with loneliness, boredom, emptiness and pain;
- retraining the brain and the heart;
- driving and maintaining change;
- strategies and accountabilities that work;
- dealing with relapse and regret;
- holding your focus and your goal.

This workshop will combine input, private reflection and discussion. It is for all men open to reflecting on their sexuality and their relationships within a non-judgemental and holistic framework.

**Saturday August 31<sup>st</sup> 2013**

**9:00-4:30**

**Venue: Swanbourne**

*Address to be advised upon registration*

**Investment: \$220**

**Registrations close: Tuesday 13 August 2013**

*To register see attached registration form*

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Noel Giblett (BA, BSW, MAASW Acc) is a Medicare accredited Individual and Relationship Counsellor in private practice. He has been counselling men and couples for thirty years. He is the former manager and supervisor of a not-for-profit counselling service and the author of several articles on men's issues and marriage. For more information, go to [www.noelgiblett.com.au](http://www.noelgiblett.com.au)