



## RECOVERY OF INTIMACY & SEXUALITY – WHAT IS IT?

Everyone needs safe (physical) contact. Traumatic experiences, inflicted by someone else, can lead to a lack of trust in others. Trauma-focused therapy can, by processing the trauma, reduce distrust.

To improve your body experience and intimate contact with another person, new positive physical experiences are needed. These new experiences can be gained in this module.

## OBJECT

The objective of this module is threefold:

1. Acquiring a more positive body experience.
2. Taking better care of yourself.
3. Becoming better at setting (sexual) limits in contact with someone else.

## WHY IN A GROUP?

Precisely in a group reactions to others become tangible. In contact with group members and the therapists, alternative behaviour can be practiced.

Practising gives you the opportunity to have 'corrective experiences'.

## HOW DOES IT WORK?

In this group you can explore, within a safe therapeutic setting, your boundaries and needs. You can experience which sensations you find pleasant or unpleasant, learn how to tell the other person what you like or dislike or what you want. But also talk about pleasurable intimate & sexual behaviour and contact.

The basis for a healthy, safe and pleasant relationship with yourself is knowing and experiencing what feels good for you or not, and what you find pleasant or unpleasant.

To feel confident and be able to express your needs to someone else.

## HOW TO JOIN

In an intake session with the therapist(s) involved, we will discuss with you whether the group therapy matches your therapeutic needs. Also more information is given about the group.

Personal goals will be set together with you, based on questionnaires. These will be re-evaluated.

Upon reaching your personal goals we will determine your last group session together.

## WHEN AND WHERE 2025

DATE	Starts: 12 March Ends: 2nd July
TIME	Wednesday 15.30 - 17.30 hrs
PLACE	Adagio • Plantage Middenlaan 52-A, Amsterdam

## FOR MORE INFORMATION



020 – 7761042



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## PRACTICALITIES

- The module consists of 13 sessions, in which a structure is made of first experiencing and discovering yourself and then practicing what you've learned, in contact with the other.
- The module takes place in a closed group of 6-8 people, with only women or only men.
- You can join the group after (almost) completion of a trauma-oriented therapy.
- The module consists of psychoeducation and many experiential exercises.
- The working language is English. Reasonable understanding and basic speaking skills are required.
- For more information please contact Saskia Bieleveldt:



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## THERAPISTS

- Saskia Bieleveldt,  
Psychomotor therapist (PMT)  
/ Sensorimotor therapist
- dr. Valerie Harskamp,  
sexologist
- Mercedes Espinosa, dance -  
movement therapist