

READING, REFERENCES AND RESOURCES

Jung's Alchemical Process of Growth into Wholeness

- 1) Calcination – life reduced to ashes; falling apart/confrontation with shadow, depression (Nigredo)
- 2) Purification, cleansing, sorting the seeds, letting go of what needs to fall away (Albedo)
- 3) Awakening, insight, integration of opposites – transcendent third appears (Citritinis)
- 4) Connection with Self; re-integration; stabilization; birth of the new personality; start of new cycle (Rubedo)

Hedy Schleifer TED talk - <https://www.youtube.com/watch?v=HEaERAnlqsY>

BETTY MARTIN – The Circle of Consent - The Art of Giving and Receiving

[The Art of Receiving and Giving: The Wheel of Consent® - Book Trailer 2 - The Art of Receiving - YouTube](#)

5 minute intro [What is the Wheel of Consent? - YouTube](#)

The 3 Minute Game [How to play the 3-Minute Game - YouTube](#)

The 4 Quadrant Wheel of Consent [The Wheel of Consent - YouTube](#)

BOOKS Theology, Philosophy, History, Cultural, Archetypal perspectives

Sexuality and the Religious Imagination by Bradley TePaske (more Jungian/archetypal)

The Soul of Sex: Cultivating Life as an Act of Love (Jungian perspective – somewhat philosophical)

by Thomas Moore- who also wrote on Soul Mates)

Sacred Pleasure: Sex, Myth, and the Politics of the Body by sociologist and feminist historian Riane

Eisler (this is an excellent book- but a long one)

The Erotic Impulse: Honoring the Sensual Self Edited by D. Steinberg

Our Whole Lives – A wonderfully outlined sexuality program that invites reflection and conversation, begins with developmentally appropriate modules for children and covers

the life-span – a collaborative effort by the United Church of Christ and the Unitarian

Universalists.

The Marriage of Sex and Spirit Edited by Geralyn Gendreau

Sacred Sexuality – The Erotic Spirit in the World's Great Religions by Georg Feuerstein

In Search of Aphrodite – Women, Archetypes and Sex Therapy by Chelsea Wakefield

SEXUAL COMPULSIVITY/PROBLEMS OF PORNOGRAPHY/RECOVERY PRACTICES

Treating Out of Control Sexual Behaviors: Rethinking Sex Addiction – Douglas Braun-Harvey

Living a Life I Love: Healing Sexual Compulsivity, Sexual Addiction, Sexual Avoidance, and Other Sexual Concerns by W. Edwards

Erotic Intelligence: Igniting Hot, Health Sex While in Recovery by A. Katehakis

The Couple's Guide to Intimacy by B. and G. Bercaw (a guide for rebuilding intimacy after recovery)

Out of the Shadows by Patrick Carnes (classic work in the addiction model of treatment)

The Porn Trap by W. Maltz

Sexual Anorexia: Overcoming Sexual Self-Hatred by P. Carnes

SEXUAL HEALING/SEXUAL ABUSE

Coming Home to Passion: Restoring Loving Sexuality in Couples with Histories of Childhood Trauma and Neglect by Ruth Cohn

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse by Wendy Maltz