

MAY 5<sup>TH</sup> – 7<sup>TH</sup> 2023  
KARDINAL KÖNIG HAUS  
VIENNA

# Imago Days 2023

IMAGO &  
SEXUALITY

[imagocongress.at](https://imagocongress.at)

**“MY SEX IS ME AS MY MIND IS ME, AND NOBODY WILL MAKE ME FEEL SHAME ABOUT IT.”**

D. H. LAWRENCE (ENGLISH WRITER, 1885 – 1930)

IMAGO DAYS 2023 · IMAGO & SEXUALITY

**WEDNESDAY, MAY 3<sup>RD</sup> & THURSDAY, MAY 4<sup>TH</sup> 2023**

## IMAGO PRE-CONFERENCE WORKSHOP

**WEDNESDAY, MAY 3<sup>RD</sup>, 03 – 07 PM**

**THURSDAY, MAY 4<sup>TH</sup>, 09 AM – 01 PM**

**“THE FIFTEEN COMMITMENTS”**

**FACILITATOR: MAYA KOLLMAN, MA**

In English (no German translation!)

Venue: brehms+zentrum, Staudgasse 7, 1180 Wien/Vienna

Fee: 190,00 € per attendee

As we explore intimacy of all forms, emotional, sexual, intellectual and spiritual, we need to become more conscious of our commitments and also the contracts we make with one another. In this 2 half-days training, Maya will share with you the commitments she believes one needs to make to achieve the intimacy that we long for. With many interesting dialogues you will be able to explore your own unconscious longings and make them conscious so you can communicate them better in all your relationships. Everything we explore in this training will also help you guide your couples to more conscious interactions so they can build the relationships of their dreams.

IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**FRIDAY, MAY 5<sup>TH</sup> 2023**

**01.00 PM**  
**REGISTRATION**

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**02.00 PM**  
**OFFICIAL OPENING & WELCOME**

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**02.30 PM**  
**“LOW-SEX AND SEXLESS COUPLES – THE REDISCOVERY OF PLEASURE”**  
SPEAKER: DR. TAMMY NELSON  
**PRESENTATION & DISCUSSION**  
In English (no German translation!)

Lack of desire or desire discrepancy is the number one issue that brings couples into sex therapy. The issue of low libido or mismatched libido can be challenging for therapists, as its origin can be systemic in nature and may not be treatable in a single session or with homework assignments. Desire issues can be caused by relationship problems, anatomical issues, medication, illness, stress, exhaustion, orgasmic dysfunction, performance problems and put simply, bad sex. It is not pathological to avoid disappointing sex, in fact it may be a sign of good judgment. This lecture will focus on the low sex and no sex couples who present for treatment and discuss why current treatment models may not work. We will focus on three clinical strategies for desire discrepancies in relationships, 1) the crisis stage of resentment, betrayal and trauma, including affairs and 2) the integration of healing from pleasure disorders, 3) and creating a vision for the relationship that includes erotic recovery and an updated monogamy agreement. Within these three strategies there are interventions and tools to increase pleasure and decrease anxiety around sex.

IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**FRIDAY, MAY 5<sup>TH</sup> 2023**

**04.00 PM**  
COFFEE BREAK

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**04.30-06.30 PM**  
**3 PARALLEL WORKSHOPS**

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**04.30-06.30 PM**  
**WORKSHOP A**

**“LOW-SEX AND SEXLESS COUPLES - THE REDISCOVERY OF PLEASURE”**  
FACILITATOR: DR. TAMMY NELSON (USA)  
In English (no German translation!)

How much sex is too much, and how much is not enough? This workshop will uncover where lack of desire originates in sexless and low-sex couples and how to treat desire discrepancy using contemporary interventions and treatment models. Through real case studies, we'll focus on three areas that are often at the root of low- or no-sex marriages—pleasure resistance, pleasure avoidance, and pleasure rejection – and the most effective strategies to help couples achieve sexual empathy and long-term erotic recovery.

You'll discover:

- Techniques to work with couples around desire vs. arousal and performance vs. pleasure
- The ins and outs of helping couples create monogamy agreements and other interventions for renewing low- and no-desire relationships
- How to address the three areas of pleasure disorder, and why they often involve issues around betrayal, trust, identity, and self-esteem

IMAGO DAYS 2023 · IMAGO & SEXUALITY

**FRIDAY, MAY 5<sup>TH</sup> 2023**

**04.30-06.30 PM**

**WORKSHOP B**

**“DIALOGUE BETWEEN THE SHEETS. LET’S TALK ABOUT SEX, BABY.”**

FACILITATOR: EVA WESSELY (AUT)

In German (no English translation!)

How do I say what I want, when I don’t know what I need? Often, we must have clarity ourselves in order to speak with our partners about sex. Sometimes it is easier to talk about fantasies to someone else who doesn’t share a bed with us.

I want to take you on a journey of discovery on different levels: verbal, non-verbal and sensual.

I want you to invite you to experiment, to explore your own erotic space, to speak about fantasies and discover new things about the landscape of your own and your lover’s body. Also, ideas how to utilize all this in your clinical practice. Allow yourself to be surprised and seduced.

**04.30-06.30 PM**

**WORKSHOP C**

**“NEOSEXUALITIES. CULTURAL CHANGE OF SEXUALITIES AND TYPES OF RELATIONSHIP“**

FACILITATOR: JOHANNES WAHALA (AUT)

In German (no English translation!)

In Western industrial societies today, sexual relations are determined by four discourses: The liberal discourse of the 1960s and 1970s, which swept away sexual taboos. The self-determination discourse of the 1980s, which civilised the free love market created by liberalisation. The discourse on the primacy of heterosexuality of the 1980s and 1990s, which led to homosexuality as a diagnosis of a psychosexual disorder being eliminated from the ICD-10. The present-day gender discourse, which questions the traditional dichotomy of the sexes, reflects the diversity of gender identities and deconstructs the construct of the binary model.

This led to - as renowned sexologist Volkmar Sigusch calls it - the "Neosexual Revolution", in which a wide variety of sexual orientations and gender identities has become reality, which induced a variety of sexual experiences as well as various types of partnership and family.

This workshop wants to raise awareness of the diversity of sexual orientations and gender identities as well as specific issues affecting LGBTIQ\* people. It addresses the willingness to reflect on one's own hetero or gay or cis-normative imprints and presuppositions as well as an approach to gender that transcends a constructed binary model.

## IMAGO DAYS 2023 · IMAGO & SEXUALITY

### SATURDAY, MAY 6<sup>TH</sup> 2023

09.00 AM

#### “IMAGO COMMUNITY CONVERSATIONS. COMMUNOLOGUE – THE IMAGO GROUP EXPERIENCE“

This offer is an opportunity for participants to share their views on four topics, in the course of four so called Communologues. A Communologue is an Imago group dialogue (coined from „community“ and „dialogue“), which is moderated by a team leader. The first round starts with an introductory sentence stem which each participant completes and then goes on to introduce their own ideas on the topic. Everybody has the same amount of time for their contribution. The group leader mirrors a summary of every contribution. During the following two rounds, participants reflect on what they have heard and further explore the topic. Communologue can be used for conflict resolution, team building, brainstorming and project planning processes.

For every topic, there are eight spaces available in the inner circle for active participation. Everybody else participates passively in an outer circle, supporting the dialogue process through their listening and their presence. Communologues # 1, 2 & 4 will be conducted in German, Communologue # 3 in English (without interpretation)

The four Communologue topics are:

Language

1. Working with Couples recovering from Affairs
2. Sexuality – From Cradle to Grave
3. Polyamorous Couples
4. Sex as a Topic of Conflict

German  
German  
English  
German

10.30 AM

COFFEE BREAK



IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**SATURDAY, MAY 6<sup>TH</sup> 2023**

**11.00 AM**

**“SEXUALITY IS A WAY OF BEING” (A. LOWEN)**

**HOW CAN COUPLES ENJOY AN AUTHENTIC SEXUAL RELATIONSHIP FULL OF VITALITY?**

ELISABETH GATT-IRO AND STEFAN GATT (AUT)

**PRESENTATION & DISCUSSION**

In German (with English translation)

Many couples long for experiencing loving intimacy and pleasure beyond the romantic phase of their relationship. At the same time, this is one of the main challenges for long term couples. If they keep working on this issue, they will inevitably touch on their vulnerability, old wounds and what appear to be dead ends with no way out. If they face the challenges of the occasional trip to hell and back together, they will eventually be rewarded with an intimate, loving physical connection that enables them to flourish both individually and as a couple and live to their full potential.

Based on various theoretical and practical concepts illustrating the correlation between deep longing and immense fear, Elisabeth and Stefan will address how having been shamed in early life results in us sabotaging our vitality later in life and in our relationship, how comfort zones and neediness do not promote growth and how all this relates to our best self and our authentic vitality. In line with Alexander Lowen, according to who „Sexuality is not a part time activity, but a way of being“, they would like to inspire their audience to bursts of courage. The prerequisite being that people trust themselves and their bodies and dare open up to their loved one, addressing conflicts in order to eventually grow and flourish together.

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**12.30 PM**

LUNCH BREAK

IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**SATURDAY, MAY 6<sup>TH</sup> 2023**

**02.00 PM**

**“LISTENING TO LOVE: SLOW SEX”**

YELLA CREMER (GER)

**PRESENTATION & DISCUSSION**

In German (with English translation)

Slow Sex can last for hours, creates trust and closeness, nourishes the soul. Slow Sex does not need the right mood or an erection to start with, it's always good, it enables spiritual experiences, strengthens monogamous relationships, is relaxed and stress free. What's more, Slow Sex is a required skill for couples who want a happy and fulfilled sex life in the long term.

With Slow Sex, couples can use sex as source of energy in their daily lives, they learn a way to integrate sex easily into their busy lives. All this happens in an easy, relaxed way, you don't need to turn your life upside down, train for years or follow a new guru. Slow Sex offers an exit to the sexual matrix of "higher, faster, further" to more sensuality and consciousness, it deeply changes your love and relationship. It adds awareness and ease to your sexual connection.

Good sex does not happen by accident but is a decision. And it's possible to learn and practise good sex. Many people have the experience that sex was plenty and easy at the beginning of a relationship and then started to dribble out, often stopping completely eventually. This creates doubts: Am I incapable of good sex? Did I choose the wrong partner?

What if we or our partners weren't wrong and incapable, instead, what if we needed to change the way we think about sex? Everybody expects sex to just work, because we like sex and we love our partner. Wouldn't it be much wiser to think of sex like something we learn like a new language, a new instrument?

According to Yella Cremer, "Intimacy happens all by itself when we are really present in the moment". Presence is one of the key elements to Slow Sex, paired with relaxation to enable the body to sense what's actually happening during sex.

The talk introduces the key principles of Slow Sex and why they matter, the workshop will shine a light on necessary steps of learning and unlearning habits and introduce practical exercises.

IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**SATURDAY, MAY 6<sup>TH</sup> 2023**

**03.30 PM**

COFFEE BREAK

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**04.00-06.00 PM**

**THREE PARALLEL WORKSHOPS**

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**04.00-06.00 PM**

**WORKSHOP D**

**“SEXUALITY IS A WAY OF BEING” (A. LOWEN)**

**HOW CAN COUPLES ENJOY AN AUTHENTIC SEXUAL RELATIONSHIP FULL OF VITALITY?**

FACILITATORS: MAG.A ELISABETH GATT-IRO & MAG. DR. STEFAN GATT

In German (no English translation!)

Based on the speakers' presentation earlier in the day, this workshop will emphasise vitality, embodied presence and sexuality. With dialogues, body exercises and meditations, we will focus on our bodies and their intuitive wisdom. We will explore whatever gets in the way in step-by-step process that enables everybody to live the kind of sexuality that they yearn for – on their own or in relationships.

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**04.00-06.00 PM**

**WORKSHOP E**

**“LEARNING SLOW SEX: A PATH TO DEEPEN INTIMACY AND CONNECTION”**

FACILITATOR: YELLA CREMER (GER)

In German (no English translation!)

Based on the presentation of Yella Cremer earlier in the day, her workshop will shine a light on necessary steps of learning and unlearning habits and introduce practical exercises.

IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**SATURDAY, MAY 6<sup>TH</sup> 2023**

**04.00-06.00 PM**

**WORKSHOP F**

**“WHAT IS INTIMACY?”**

FACILITATOR: MAYA KOLLMAN, MA (USA)

In English (no German translation!)

This conference is about Imago and Sex. Does intimacy have to include sex, or is the tenderness of a gaze or a deep conversation what describes what you experience as intimacy? Is it both? Are there other ways to explore intimacy? Is the cultural pressure to be sexual helping us or hurting us? Is sex overrated? Is our cultural hyper focus on sex a first world problem? Is sex self absorption and personal pleasure at a high level at a time when we need to be less focused on ourselves and more conscious of what the world needs from us - OR - is it a vehicle to help us be more connected with ourselves so we have the energy to contribute?

In this Workshop, Maya will explore what it means for you to be truly intimate with another person. This will be a unique time for you to do some deep reflection. She will also explore what intimacy means through the life of a person, whether one chooses a single life, having serial monogamous relationships, multiple partners at the same time, living in a longterm relationship, or continuing to be intimate at an older age even after the loss of a partner. In addition to you having a chance to explore your own idea of intimacy, Maya will present ways to work with couples to help them understand their different experience of closeness and find a way to meet one another that is both satisfying and growth producing.

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**06.00 PM**

ACCOLADES DURING CHAMPAGNE RECEPTION  
with finger food buffet



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**SUNDAY, MAY 7<sup>TH</sup> 2023**

**09.30 AM**

**"FROM MORALS TO JEWELS – THE NEW FREEDOM TO BE FAITHFUL"**

DR. SABINE AND ROLAND BÖSEL

**PRESENTATION & DISCUSSION**

In German (with English translation)

Are you a back number if you consider sex as a matter between two people? Exclusive intimacy, often referred to as "fidelity", is old. At the same time, is it also a counter movement to polyamorous ways of living that have become popular and signify freedom for some and a destructive compromise for others? The novelty in our day and age is that when it comes to fidelity, it is no longer the church, family traditions or neighbours that have the final say – but the couple. Therefore, exclusive intimacy has become a present you give to yourself and your partner by your own choice. In a liberalised society, especially, this present turns out to be a stabilising treasure, a true blessing for relationships.

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**11.00 AM**

COFFEE BREAK

IMAGO DAYS 2023 · IMAGO & SEXUALITY  
**SUNDAY, MAY 7<sup>TH</sup> 2023**

**11.30 AM**

**"EXPLORING LOVE & SEXUALITY"**

DR. BETTINA FRAISL

**PRESENTATION & DISCUSSION**

In German (with English translation)

Couples long for connection and passion. In long term relationships, challenges with regard to sexuality are a sign of 'normal', i.e. healthy, processes. As in other areas, a couple's relationship dynamics also become apparent in their physical interaction. How they deal with it and talk about it will, among other factors, determine the further course of their relationship.

Often, however, speaking about sexuality is an endeavour full of obstacles: What do I perceive, from myself, from my partner? What am I sensing, what of it can I verbalize and what can I expect my partner to put up with? What nourishes my longing for physical intimacy and what inhibits it? What kind of pleasure do I desire? What is it about lack of desire and why, in heterosexual relationships, does it mostly affect women?

The search for answers to questions like these produces more questions:

What is the usual condition of sexuality in our minds? Does the mind react to the body or vice versa? How do scientific findings and societal attributions and conditions relate to this? Participants are invited to join in this exploration.

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**01.00 PM**

**CLOSING WITH MAYA KOLLMAN**

## IMAGO DAYS 2023 · IMAGO & SEXUALITY

### SPEAKERS



**ROLAND BÖSEL** is a psychotherapist and Imago Workshop Presenter. Qualified in Imago Couples Therapy, Integrative Gestalt Therapy, Concentrative Movement Therapy, Systemic Family Therapy, Intimacy and Sex Therapy as well as Brain Spotting, he is also an author.

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**DR. SABINE BÖSEL** is a psychologist, psychotherapist, and Imago Workshop Presenter with qualifications in Imago Couples Therapy, Systemic Family Therapy, Talk Therapy, Biodynamic Body Psychotherapy, Intimacy and Sex Therapy, and Brain Spotting. She is also an author.

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**YELLA CREMER**, used to run a tantric massage practice and is the founder of LoveBase, a workshop centre for love and sexuality. For over 20 years, she has been exploring and teaching sex and personal development as an author, teacher, and coach. She is also the author of books on tantric massage, the G-spot, Yoni massage and Slow Sex. The new and extended version of her 2017 German online course “Slow Sex” was published in 2022.

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**MAG. ELISABETH GATT-IRO & MAG. DR. STEFAN GATT** have been a couple since 1998 and discovered Imago in 2022. Since 2007, they have been running couples workshops, seminars and groups for couples and managers together.

Elisabeth Gatt-Iro is a clinical and health psychologist, psychotherapist, supervisor, and coach with an independent practice in Linz. She is qualified in Body-oriented Psychotherapy and Group Dynamics, Imago Couples Therapy and Crucible Therapy. She is also an Imago Workshop Presenter and certified NARM therapist.

Stefan Gatt works as a life coach with men, women, and couples individually or in seminars. As a coach and trainer, he runs team and management development programmes. He is a qualified systemic coach, sports scientist as well as Imago Professional Facilitator and Workshop Presenter.



## IMAGO DAYS 2023 · IMAGO & SEXUALITY

### SPEAKERS



**DR. BETTINA FRAISL** is a psychotherapist (Psychodrama), clinical and health psychologist, Imago couples therapist, Imago Professional Facilitator and Imago Workshop Presenter.

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**MAYA KOLLMAN, MA** is a psychotherapist, Imago Master-Trainer, Imago Clinical Instructor and Imago Workshop Presenter.

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**DR. TAMMY NELSON PHD** is a board-certified sexologist, an AASECT certified sex therapist, an Imago Relationship therapist, a licensed professional counselor, and the author of six books including Open Monogamy; Co-creating Your Ideal Relationship Agreement. She is the Director of the Integrative Sex Therapy Institute and Director of the PhD and Masters program in Human Sexuality and Sex Therapy at Daybreak University in Southern California. She is the host of the podcast The Trouble with Sex and a TEDx speaker.

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**MAG. JOHANNES WAHALA** is a psychotherapist and sex therapist, sexologist and educator. He is the head of the COURAGE advice centres focussing on LGBTIQ\*+ ways of life and the president of the Austrian Society for Sexologies.

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**EVA WESSELY** is a psychotherapist, systemic sex therapist, Imago Workshop Presenter for couples and individuals, Imago supervisor and Neurographics specialist. She trained in Imago Couples Therapy, Emotional Reintegration and Dynamic Group Psychotherapy with Dan Siegel, Barbara Fredrickson, Ulrich Clement and Hedy Schleifer. She also works as a grief counsellor and supports bereaved parents of infants.

## IMAGO DAYS 2023 · IMAGO & SEXUALITY

### CONFERENCE FEE

	Early Bird I until Dec 31 <sup>st</sup> 2022	Early Bird II until Feb 28 <sup>th</sup> 2023	Normal rate from March 1 <sup>st</sup> 2023
Member of Imago Austria	€290,00	€ 330,00	€ 370,00
Member of Imago Austria in training or certification	€ 240,00	€ 280,00	€ 320,00
No member of Imago Austria	€ 340,00	€ 380,00	€ 420,00
Bring-a-friend rate	€ 610,00	€ 690,00	€ 770,00

### ADDITIONAL INFORMATION

**Rate for members of Imago Austria in training or certification:** This rate is for all members of Imago Austria, who are currently in training or certification (CT/IPF).

**Bring-a-friend rate:** The bring a friend rate is valid in case of a registration of a member of Imago Austria together with a person that isn't a member of Imago Austria. The rate is for two people (rate for Imago Austria members + rate for people, who aren't members of Imago Austria minus 20 € discount)

### **ACCOMMODATION AND BREAK REFRESHMENTS**

The coffee break refreshments (Friday to Sunday) as well as the lunch meal (Saturday) at Kardinal König Haus are already included in the conference fee. If you wish to book a room at Kardinal König Haus, please use the corresponding section in our online registration form. We will forward your reservation to Kardinal König Haus. You can find more information about the room facilities and the room cost on our congress website [www.imagocongress.at](http://www.imagocongress.at).

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### **ONLINE-REGISTRATION**

Please use our online registration form which you can find on our congress website as well.

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### **COVID-19**

In case that the Imago Days 2023 have to be cancelled due to COVID-19 regulations, already paid attendance fees are refunded.

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