

Making Love Last

Creating and Maintaining Intimacy in Long-term Relationships

Instructor: Lawrence E. Hedges, PhD., PsyD., ABPP

Course Description:

We have long known that physical and emotional intimacy diminish or actually die out during the course of long-term relationships. There have been many speculations as to why this is so, and couples' therapists have generally, without any real basis, promised that intimacy can be restored. Psychoanalyst Stephen Mitchell's question, *Can Love Last?* and anthropologist Helen Fisher's question, *Why We Love?* have stirred recent controversies and fostered a series of radical re-formulations regarding the development and restoration of intimacy and love.

Further, methodological and technological advances in neuroscience, infant research, anthropology, sociology, and relational psychology over the past decade have yielded startling new insights into sex, sexuality, gender, and gender identity that have massive implications for our intimate relationships—how we form them and how we can keep them. We now know that we are a relational species—that our brains are actually shaped by, and our biological regulatory systems fully responsive to, the intimate relationships we are exposed to in infancy and throughout our lifetimes.

Something in us continues to believe that love can last. But cross-cultural and historical research makes clear that we have always been a species generally given over to serial monogamy. Dr. Hedges will present recent theory and research findings that point us in new directions for how we can establish more rewarding intimate relationships and how we can work together to make love last. The course material extends to all intimate relationships—including the psychotherapy relationship.

Topics to be considered:

- The Web of Intimacy: Lust, Love, and Attachment
- Intersubjective Engagement: Oneness and Separateness
- Intimacy and Brain Research—The Split Brain, The Triune Brain, The Re-entry Brain, The Synaptic Brain, The Cluster Brain, and The Transcendent Brain
- Intimacy and the Baby Watchers
- The Evolution of Human Emotions, Intimacy, and Sexuality
- Motivation Systems and Intimacy
- Why We Love And Can Love Last?
- Intimacy and the Psychotherapeutic Relationship

Learning Goals:

- To identify the ways that relationships affect our neurological systems
- To assess what infant research has to say about intimate relationships

- To compare how the complex motivational systems of human life interact
- To analyze the current thinking on long-term relationships
- To critique the anthropological research on intimacy
- To assess how "otherness" can be integrated into intersubjectivity
- To describe relational approaches to developing intimacy

About the Instructor:



Lawrence E. Hedges, PhD., PsyD., ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute where he is a supervising and training psychoanalyst. He is Assistant Professor at The University of California Irvine Medical School, the Department of Psychiatry. Dr. Hedges is author of numerous papers and books on the practice of psychoanalytic psychotherapy including *Listening Perspectives in Psychotherapy*; *Facing the Challenge of Liability in Psychotherapy*; *Practicing Defensively*; *Sex in Psychotherapy: Sexuality, Passion, Love, and Desire in the Therapeutic Encounter*; and *Relationship: The Essence of Psychotherapy and Supervision*.

Course Outline:

Part I. Perspectives on the Nature and Development of Intimacy

1. The Evolution of the Anthropoids—That's Us!
2. The Web of Intimacy: Lust, Love, Attachment, and Intersubjectivity
3. Intersubjectivity: My Private World—and Yours
4. Intersubjectivity: Oneness and Separateness
5. Intimacy and Brain Research
6. Intimacy and The Baby Watchers
7. Intimacy, Sexuality, and Emotions
8. Intimacy and The Human Motivational Systems
9. Psychological Concepts for Understanding Intimacy
10. Functional Emotional Development

Part II. Perspectives on Maintaining Intimacy

1. Facing the Dangerous Uncertainties of Love
2. Understanding Each Other's Subjectivity
3. Mentalizing Intimate Experiences
4. Defeating the Energetic Upper Limits on Love
5. Tricking the Human Brain

Part III. Perspectives on Restoring Lost Intimacy

1. Emotionally Focused Engagement: Susan Johnson
2. The Dance of Connection and Disconnection: Harriet Lerner
3. Imago Relationships: Harville Hendrix
4. The Sexual Crucible: David Schnarch

Part IV. Developing Intimacy Skills

1. Learning to Pay Close Attention to Ourselves and to Our Partners
2. Examining Our Negative Projections
3. Developing the Courage to Relate
4. Resisting the Dullness of Attachment
5. Representing and Tolerating "Otherness"
6. Sustaining the Tension of Uncertainty and Insecurity
7. Learning Nonviolent Communication
8. Making Contact With Seven Deadly Fears
9. Becoming Fully Alive in Love and Life!