



The sexuality programme

Thirty-eight years ago, we began working in the area of sexuality with the clear intention of making it possible for information and personal awareness about sexuality to be available to the people who are most entitled to it - those of us who use it and want it in our personal lives. We wanted to make it possible for men and women to explore their sexuality as an integral part of themselves, rather than an isolated and disembodied part with little or no relationship to the rest of their lives. We knew it was important to be able to work in a safe and supportive atmosphere and hoped that knowing more about sexuality would lead to our knowing and feeling good about ourselves sexually.

In developing the sexuality programme as a team, we have kept these original goals as a constant and, over the years, we have played a part in helping hundreds of men and women in many countries feel more comfortable with their sexuality.

The sexuality programme was Spectrum's first programme and was created by [Jenner Roth](#). It has stayed an essential part of our work and beliefs at Spectrum, as well as being instrumental in the formulation of our own sexual ethics as an organisation. As a team, we are always looking at the programme to update it and keep it appropriate to the participants.

The team is made up of Spectrum core staff members [Paul Allsop](#), [Maggie McKenzie](#), [Oriell Methuen](#), and Spectrum practitioner [Lora Wignall](#). Maggie is director of the programme. The sexuality programme stays fresh and exciting because of the commitment of the participants and staff. We hope you, too, enjoy being part of it.

Sexuality is an area that is often avoided, missed or passed over when people begin to look at themselves. We believe that our sexuality is not separate from who we are, as we are not separate from our sexuality. The sexuality programme is one method of knowing ourselves better and having a better quality of life and vision of ourselves.

People come to the sexuality programme for a variety of reasons: curiosity about their own sexuality, to be in a situation where they can talk about sex, ask questions or be informed. For many it is their first group, while others may have extensive group experience and now want to focus on their sexuality. Some take part because of an apparent sexual dysfunction or because a partner or friend has recommended it. Therapists, doctors and other professionals may come because they do not have the training, experience or self-confidence to deal with sexuality in their work. The people who participate may have a great deal of sexual experience or none at all, they may or may not be in a relationship.

All the groups are experiential and allow people the opportunity both to inform themselves sexually and to actually work with their sexuality.

People who come to the sexuality programme may find spending time with themselves in the homeworks both challenging and difficult, which often turns into a real appreciation of the importance of taking responsibility for their own needs. These groups are often the first and safest place men and women find to explore and discuss their sexuality and this frequently leads to a growing sense of self-confidence.

We have divided the programme into three stages called the basic, intermediate and advanced groups which are explained in greater detail below. While each of the groups is complete in itself, if you wish to do the full programme, the groups must be done consecutively as each group acquires shared information and experience from the previous group. In progressing through the whole programme, we work towards a fuller perspective on, and integration of, our sexuality.

Participants are required to attend all sessions of each group and so we ask that you do the workshops only at a time when nothing will interfere with the weekly sessions or the homework. We reiterate that participants must attend all sessions.