



**Mike Lousada: Intimate Change: World Change**

How Healing Your Attachment Patterns Can Create an Evolutionary Paradigm Shift



Mike is Psychosexual Somatic® Practitioner, a licensed sexologist, and sex coach. He pioneered a new approach to sex therapy that integrates all of his professional training and experience, called Psychosexual Somatics® Therapy (PST), which is also an accredited post-graduate program. Learn how to understand your attachment patterns and use the wisdom of your body to begin to re-experience a sense of wholeness, move beyond fragmentation towards integration and connection.

**TOP EMBODIMENT TIP:** Say YES to your inner experience and allow it.

Any Attempt at Division or Separation Holds Us Back from Evolving:

- Any binary opposites being stated as superior or having the answers is a splitting and separation.
- Integration means re-connection with our inner self will propel true connection with others.
- Integration with our inner self begins with acknowledging the parts of us we don't like and accepting them.
- **We need to find our inner archetypal energies of both masculine and feminine.**

The Solution is Integration:

- **We accomplish full integration by connecting.**
- Sexual issues arise out of dysregulation of the nervous system, which is caused by either developmental trauma or event trauma.

Disconnect Caused by Dysregulation Due to Trauma:

- **Second wave trauma** is what we experience in adulthood that are replayed from events in childhood.
- **First wave trauma** is the initial trauma in childhood and all are attachment issues & usually pre-verbal.

Healing the Connection:

- **Connecting with the body must be accomplished in healing the connection.**
- Acknowledging all parts of ourselves is needed for full re-connection with ourselves.

Resources

- ❖ **Books:** *Real Sex: Where Everything You've Learned About Sex is Wrong*, 2017
- ❖ **Courses:** [6 Month Intensive](#)
- ❖ **Website:** [psychosexualsomatics](#); [mikelousada.com](#)
- ❖ **References:** Wife and fellow therapist Louise Mazanti, PhD



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

**#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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