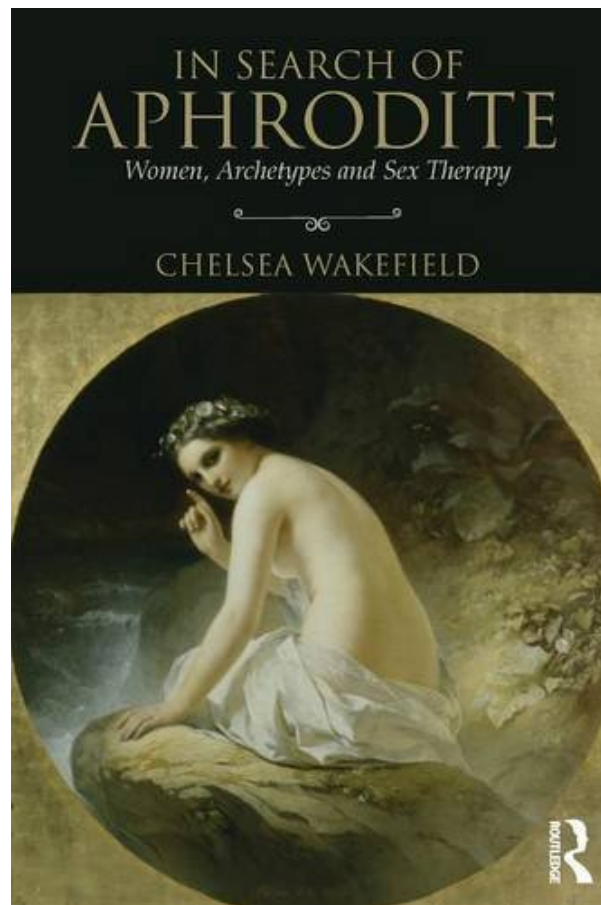


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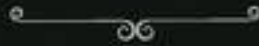


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About the Author

Chelsea Wakefield, PhD, LCSW is an international teacher and presenter on sexuality and the journey of individuation. She is a Jungian-oriented psychotherapist, couples therapist, AASECT-certified sex therapist, educator, creator of the Luminous Woman Weekend, and author of *Negotiating the Inner Peace Treaty: Becoming the Person You Were Born to Be*. Chelsea draws from a depth of clinical training and experience in archetypal, transpersonal, psychodynamic, parts psychology, developmental, and somatic methods of working. She facilitates people in moving beyond the wounds of the past, learning more about their unique sexual essence, embracing sexuality as a pathway of growth and individuation, learning how to communicate effectively with partners, and deepen sexual connection, meaning and pleasure. You can learn more about her work at www.chelseawakefield.com.

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What does it mean to be “in search of Aphrodite?” For most women, sex is complex, and more than a juxtaposition of body parts. Women sense the possibility of depth, meaning, even transcendence, but in a somatically disconnected, sexually superficial world, it can be difficult for a woman to discover her inner fire, define who she is sexually, and confidently communicate this to her partner.

Part philosophy, part treatment manual, *In Search of Aphrodite* addresses women’s sexual problems from an inspiring, creative perspective, integrating Jungian Psychology and sex therapy. Readers will deepen their understanding of the sexual psyche and how this realm impacts women’s lives, as well as what the author calls the journey of Sexual Individuation™.

Chelsea Wakefield covers a variety of topics such as healing ancient wounds, resolving inner conflicts, exploring sexual essence, identity, scripts, primal instinct, desire, fantasy, longing, and more. She offers pathways to sexual enrichment and improved communication with a partner. Sexual archetypes are introduced and organized around the author’s Sexual Essence Wheel. Gatekeepers and Eros-inhibiting archetypes are described, along with what to do when treatment stalls.

This book is appropriate for:

- Clinicians who are nervous about venturing into conversations about women’s sexuality
- Clinicians who are comfortable with sexual topics and are curious about new interventions
- Sex therapists who want a treatment model that acknowledges the multidimensional aspects of sexuality
- Jungian analysts and Jungian oriented practitioners who want helpful tools for addressing sexual issues as an invitation into individuation
- Pastoral counselors and spiritual guidance practitioners who seek to heal souls wounded by sexual trauma and sex-negative teachings
- Women who want to explore their sexual psyche and define their sexual essence, and men who wish to better understand the sexual depths of women.

Rich with case histories and an “Inner Cast of Characters” that clients can explore, this resource will help women discover joyful embodiment, innate eroticism, and sexual pleasure!

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in archetypal, transpersonal, psychodynamic, parts psychology, developmental, and somatic methods of working. She facilitates people in moving beyond the wounds of the past, learning more about their unique sexual essence, embracing sexuality as a pathway of growth and individuation, learning how to communicate effectively with partners, and deepen sexual connection, meaning and pleasure. You can learn more about her work at www.chelseawakefield.com.

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3 of 3 people found the following review helpful.

The importance of sexuality in individuation

By Dale Emmet

I had the awesome opportunity to experience Chelsea and her teachings live at a "Sexuality in Spiritual Direction" session at a retreat recently. There and in this book, Chelsea has such an interesting, integrating and easy to digest way of discussing the complex mystery of sex. By healing old wounds and scripts from family and society and understanding the sexual archetypes within us, women can access their own authentic sexual essence; develop a more comfortable connection to our own bodies; and bring forth the life force energy of eros. This embodiment of our instinctual self is vital to our mind-body-spirit balance and Chelsea is an important voice reminding us and educating us on the fact that sexuality is an important part of our individuation process. A highly recommend In Search of Aphrodite and Chelsea's Luminous Woman program.

3 of 3 people found the following review helpful.

Invite Aphrodite in! But you'll want this book as your guide!

By J Welch

This book describes a process I lived several years ago. Had this book been given to me then in my therapy sessions, I would have had a valuable resource with which to intellectually understand an ecstatic experience. Spirit wants us to know joy and pleasure, yet we aren't taught this by our mothers, by our religion or by our culture. Chelsea explains why this is, what good can come from the ecstatic experience, and how Eros evolves us. Eros is Spirit and God moving through us, softening the edges of the ego, helping us to know somatically the world as One. I value this thoroughly researched and compassionate overview of the Mystic's journey.

2 of 2 people found the following review helpful.

A must-read on the state of female sexuality in our society

By Wendi L.

I love this book and I would highly recommend it to anyone interested in exploring the state of female sexuality today. Chelsea Wakefield offers compelling insights throughout the book that can benefit any woman or practitioner working in the realm of women's issues. Wakefield's words and lessons are sure to be enlightening and eye-opening.

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