



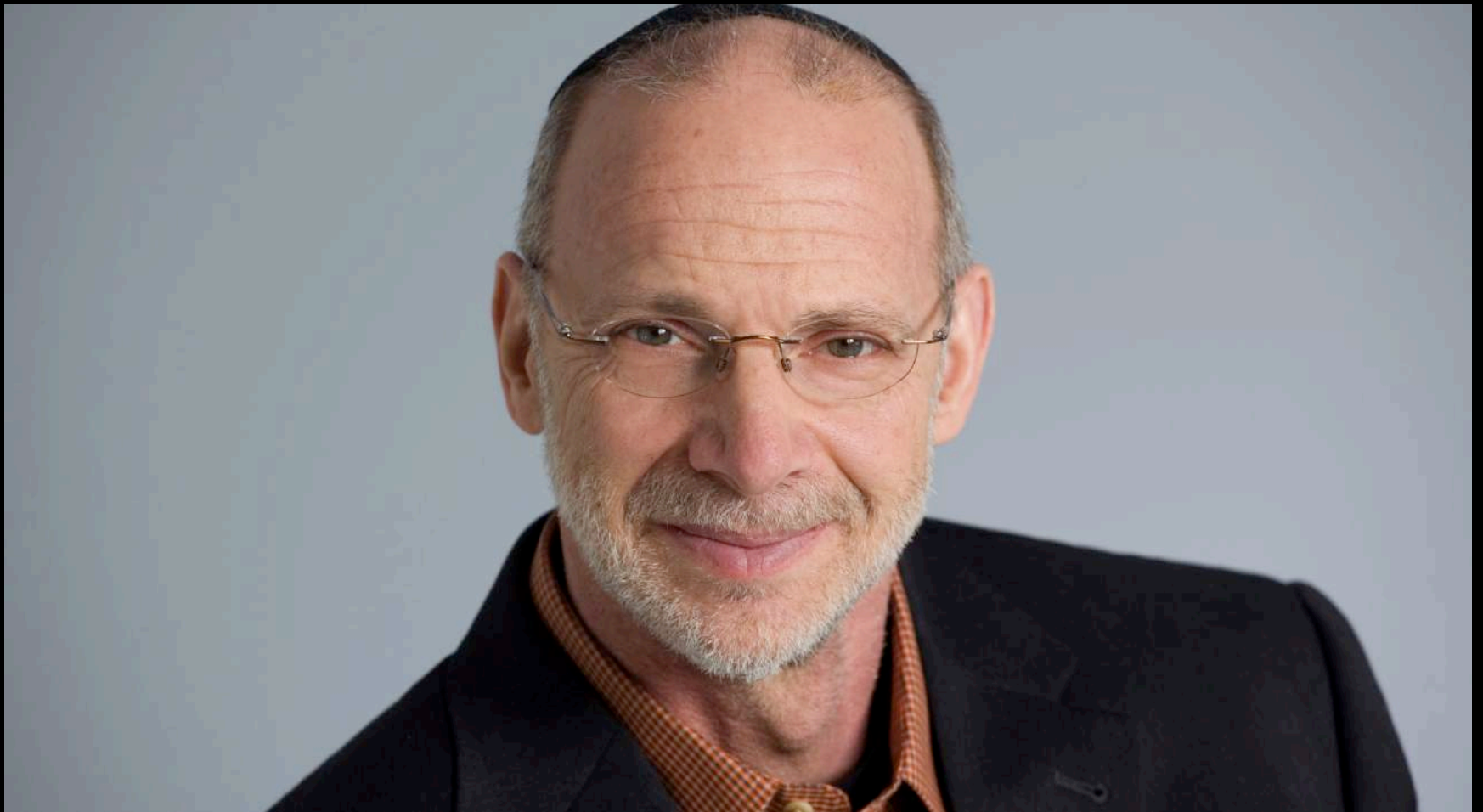
Webinar Series

United Spinal Association

Webinar title: Five Secrets to Pleasure and Connectedness (and a peek into flirting)

Presenter/presenters: Mitchell S. Tepper, PhD, MPH
Ligia Andrade-Zuniga, MA

Mitchell S. Tepper, PhD, MPH



Dr. Mitchell Tepper

Coaching | Consultation | Speaking | Training

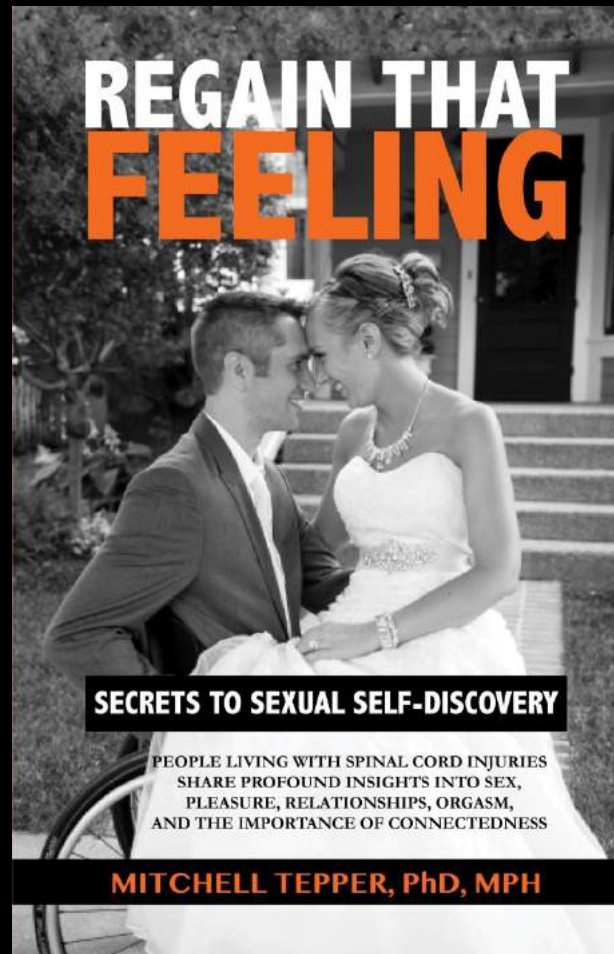
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Five Secrets to Pleasure and Connectedness





Pleasure Not Merely A Physical Sensation

- Positive state of consciousness
- Perceived through our senses
- Shaped by attitudes, beliefs, knowledge, desires, and life experiences
- A vital component of mental health and overall quality of life
 - The inability to experience pleasure is a symptom of depression.
- Pleasure is a centrally motivating factor
 - not simply a lifestyle choice or a form of luxury

Orgasm Happens Between Your Ears, Not Just Between Your Legs

- Traditional definitions focused on measurable changes in the genitals
- Newer definitions based on state-of-the-art research sees orgasm as more of a mental phenomenon that is not qualified by reflexes, contractions, or spasms
- Stimulation of the mind, and/or internal organs, and/or outer walls of the body, can all generate orgasm

Trust, Safety and Connectedness Matter More Than Physical and Genital Function

- Level and completeness of SCI does not determine sexual satisfaction
- Or differentiate those who experience orgasm from those who don't
- Peak sexual experiences occur within the context of trust and emotional safety
- The most constantly significant factor that affects post-injury sense of sexuality is a relationship with a significant other

Excerpted from *Regain That Feeling: Secrets to Sexual Self-Discovery*

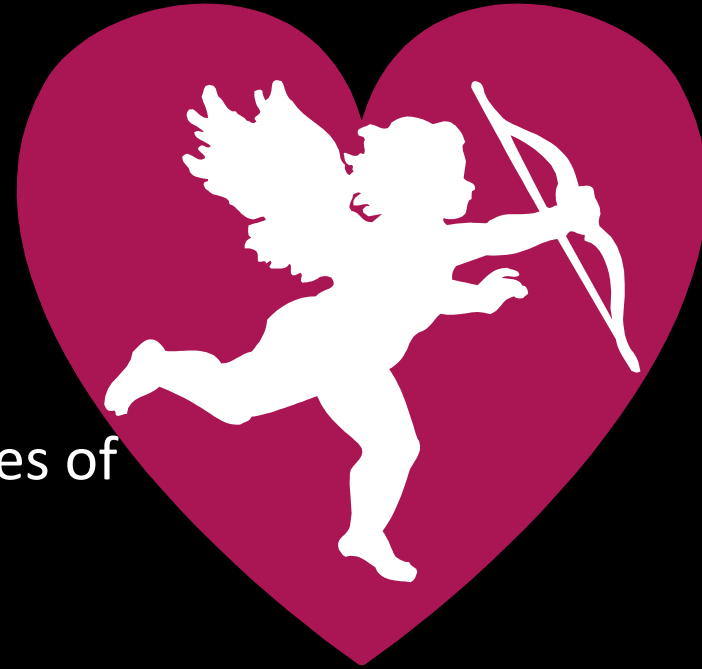
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The Calling Card for Intimate Connection is Desire

- Not just about hormonally influenced sex drive
- What your heart wants, what your soul needs, and what your gut says
- Desire to be accepted and unconditionally loved
- When desire is fulfilled, you feel energized, revitalized and fully alive, as a valuable person who matters

Love is an action not a feeling

- Western view of love is embodied in Greek mythology
 - It just happens to us
 - We literally fall in love
 - It's out of our control
- When love actively focuses on the virtues of another person, it is intellectual
 - It is our choice
 - We are in control
- Conscious intention, energy, work, and time



A Peek Into Flirting

- Knowing who you are, what you have to offer...
- What is your intention?
- Confidence: What you send out, will come back...
- Smile, be approachable...
- It's not always what you say, but how you say it...
- Got the cold shoulder, no worries, there will be others...
- Have fun, it's not that serious...

Let someone love you just the way you are – as flawed as you might be, as unattractive as you sometimes feel, and as unaccomplished as you think you are. To believe that you must hide all the parts of you that are broken, out of fear that someone else is incapable of loving what is less than perfect, is to believe that sunlight is incapable of entering a broken window and illuminating a dark room.

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—Marc Hack



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