Infidelity is generally regarded as a symptom of a troubled relationship, and the revelation of an affair triggers a crisis of trust and connection. Conventional practices mandate therapists to insist upon full disclosure, never keep secrets, and view the infidelity as a traumatic event. Working on the premise that, when it comes to affairs, there is no one size fits all, this presentation will explore the multiple motives and meanings behind affairs and examine the cost/benefit analysis of truth-telling and transparency. This workshop will address the following questions:

- How can couples turn the crisis into an opportunity?
- How can couples rebuild trust and intimacy?
- What obstacles/anxieties arise when our quest for secure connection conflicts with our hot pursuit of passion?
- How do we reconcile empathy with the need for mystery?
- Are affairs sometimes aimed at stabilizing a marriage and can they prevent its dissolution?

**ABOUT THE PRESENTER:**

Nobody reframes conventional therapeutic thinking about hot-button issues like the changing nature of intimate partnerships, female and male sexuality, and the real meaning of infidelity quite like Esther Perel. Recognized as one of the world’s most original and insightful thinkers about couples, sexuality, and the peculiar paradoxes besetting modern marriage in the Western world, her workshops are an excursion into the new relationship paradigm of the 21st century.

Fluent in nine languages, Esther brings a rich multicultural perspective to her clinical practice, teaching, and many publications. She is a master trainer, lecturer and workshop leader invited to present around the globe. She serves on the faculty of The Family Studies Unit, Department of Psychiatry, New York University Medical Center, as well as The International Trauma Studies Program and The Ackerman Institute for the Family. She is an AASECT certified supervisor and sex therapist, a member of the American Family Therapy Academy and the International Society for Sex Therapy and Research.

She is currently at work on her new book, “Affair: Cheating in the Age of Transparency.” Her second TED talk: “Rethinking Infidelity…A Talk For Anyone That Has Ever Loved” received one million hits in the first week. Her first TED talk on “The Secret to Desire in a Long-Term Relationship” has more than seven million viewers.