



Love, Sex, and Intimacy Alexandra Solomon, Ph.D.

Clinical Assistant Professor, Department of Psychology, Northwestern University, lecturer at NU's School of Education and Social Policy, and licensed clinical psychologist at The Family Institute at Northwestern University. Author, *Loving Bravely* and *Taking Sexy Back*.

Interviewer: Eli Finkel, Ph.D.

Director, Relationships and Motivation Lab, Northwestern University. Author, *The All-or-Nothing Marriage*.

Thursday, March 5, 2020, 7:00 PM

Evanston Township HS Auditorium, 1600 Dodge Ave., Evanston, IL 60201

Grand Rounds:

"Sex Matters: Honoring the Challenges and the Opportunities of the Erotic"

Wednesday, March 4, 2020, 9-10:30 AM

New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093

Grand Rounds event is open to all. Clinicians, please register for 1.5 CEU hours at bit.ly/SolomonFAN

Presented by **Family Action Network (FAN)**,

in partnership with McGaw YMCA, Mindful Psychology Associates, and The Family Institute at Northwestern University.

These events are **#freeandopentothepeople** and will be recorded. Parental discretion advised. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: ALEXANDRA SOLOMON, Ph.D. – TWO EVENTS

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Thursday, March 5, 2020, 7:00 PM, Love, Sex, and Intimacy, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60201. Interviewer: Eli Finkel, Ph.D.

In the opening pages of her latest book, ***Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want***, the esteemed relationship expert **Alexandra Solomon, Ph.D.** quotes Neale Donald Walsch, one of her favorite spiritual teachers: “There are only two energies at the core of human experience: love and fear.” She then explores this dichotomy throughout the book, urging an understanding and experience of your own sexuality not from the “outside-in” but from the “inside-out.” She summarizes her case: “The journey toward greater sexual self-awareness is about moving away from fear and toward love. When sex is shrouded in fear, shame, pain, misinformation, and silence flourish. When sex is infused with love, healthy boundaries, mutuality, respect, and pleasure flourish.” *Taking Sexy Back* offers a powerful and holistic approach to help you reclaim your sexuality, communicate your desires, draw boundaries, be safe, and build satisfying relationships.

Dr. Solomon is a **Clinical Assistant Professor** in the **Department of Psychology** at **Northwestern University**, a lecturer in NU's **School of Education and Social Policy**, a licensed clinical psychologist at **The Family Institute at Northwestern University**, and is on faculty at **The Omega Institute**. She teaches the internationally renowned NU undergraduate course, “Building Loving and Lasting Relationships: Marriage 101.” Dr. Solomon is a highly sought-after speaker who works with groups like the United States Military Academy at West Point, Microsoft, and the American Association for Marriage and Family Therapy. She is frequently asked to talk about love, sex, and marriage for media outlets like *O, The Oprah Magazine*, *The Atlantic*, *Vogue*, NPR, and *Scientific American*.

Dr. Solomon will be interviewed by her colleague **Eli Finkel, Ph.D.** (FAN '17), author of the best-selling book ***The All-or-Nothing Marriage*** and Director of the **Relationships and Motivation Lab** at Northwestern University.

GRAND ROUNDS: Wednesday, March 4, 2020, 9:00-10:30 AM, Sex Matters: Honoring the Challenges and the Opportunities of the Erotic, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. 1.5 CEU hours available, www.bit.ly/SolomonFAN

Conversations sex tend to get stuck at the level of good/bad, right/wrong, taboo/titillation. We are long overdue for an approach to sex that celebrates it as a space of healing, expression, and play. Alexandra Solomon, Ph.D. has been studying relationships for over two decades as a professor, therapist, and author. Whether she is working with members of the military, business leaders, clinicians, or college students, Dr. Solomon thoughtfully and compassionately blends clinical theory, research, and cultural critique in order to offer tools for loving with courage and optimism. In this talk, she will introduce you to the idea of sexual self-awareness and explore how sex is *both* a behavior *and* a gateway into some of the deepest questions we encounter as humans: Do I matter? Am I OK? Are you with me? You'll leave with a new perspective and tools for approaching sex with empathy, curiosity, and self-compassion.

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