In the years since Ireland begun the often painful process of owning and healing institutional abuse, much of it sexual, a countrywide conversation and reflection has spread on sex and sexuality in Irish society. The inspirational courage of abuse survivors, the growing fearlessness to address personal and societal responsibilities and the emerging safety to challenge stigmas and dogmas have been critical factors in fermenting the restoration of ancient energetic psychosexual healing practices side by side with new recovery techniques visible in counselling and psychotherapy. Through the blend of their shamanic and psychotherapeutic practices, John and Karen are dedicated to the “re-spiritng” of individual and collective sexualities. Their experiential workshop will offer an introduction and overview of their educational and clinical approaches as well as inviting participants into accessible, safe and powerful “healing adventures” into one’s sex and sexuality. Their grounded approach is deeply influenced by wisdom traditions and by many years of assisting people transcend beyond not just victimhood, but even survivorship. They hold a deep reverence that our sexual wounds are spiritual wounds and that these wounds can be gateways to a recovery of integrity, identity and power that lies untouchable and beyond the limiting conditioning of many societal norms and dogmas.

Husband and wife John Cantwell and Karen Ward are co-directors of Slí An Chroí (Pathway of The Heart) Shamanism, an organisation dedicated to mind, body and spiritual health shamanic practices, particularly as held in their native Irish (Pre-Celtic & Celtic) tradition. Since 2005, they have brought private therapy clinic practice, a training school, community gatherings and international expeditions together as a way of offering resources of their indigenous healing and wisdom lineage. In July 2013, they presented at “Union”, Ireland’s first symposium on Sexuality and Spirituality and in 2014, they presented at the 2nd Biannual Irish Sexuality Studies Conference, “Self, Selves & Sexualities”. Both are university graduates of UCD & UL and Karen is currently pursuing
her PhD at DCU. Her psychotherapeutic practice also includes substantial experience in
addressing sexuality issues on that platform. John’s primary dedication is facilitating and
drawing from grassroots practices, building “bottom up” evidence based foundation for
new shamanic, creative approaches to health and wellbeing. He has an established
practice harmonising identity, sexuality and spirituality through shamanic wisdom.