



Supporting psychological approaches to enhancing Jewish identity and defeating antisemitism

# Sexuality and Judaism or Which Way to Transcendence?

## Objectives

1. Participants will be able to distinguish between myths about Jews and sexuality versus the reality of Jewish law/teachings on sexuality.
2. Participants will be able to identify two elements that lead to sexual transcendence.

## A brief synopsis of the book:

The history of sexuality and Judaism is markedly different from the history of attitudes towards Jews and sexuality. Why the discrepancy? In this presentation, Jewish laws related to sexuality will be reviewed. They will be contrasted with how antisemitism has historically created and exploited sexual myths about Jews to marginalize Jewish people. The differences in these two histories are often lost, particularly in an American context. Psychologists have much to gain from learning about the reality of Jewish teachings on sexuality. The parallel between these teachings and current research on optimal sexual experiences will be explored.

**Peggy J. Kleinplatz, Ph.D.**, is Professor in the Faculty of Medicine and Director of the Optimal Sexual Experiences Research Team at the University of Ottawa. Please see [www.optimalsexualexperiences.com](http://www.optimalsexualexperiences.com).

She is a Certified Sex Therapist and Educator. Her research focuses on optimizing sexual experience, with a particular interest in sexual health in older adults, people with disabilities, chronic illness and other marginalized populations. Kleinplatz has edited or authored six books including *New Directions in Sex Therapy: Innovations and Alternatives*, winner of the American Association of Sexuality Educators, Counsellors and Therapists (AASECT) 2013 Book Award and with A. Dana Menard, Ph.D. *Magnificent Sex: Lessons from Extraordinary Lovers*, winner of the 2021 Society for Sex Therapy and Research Consumer Book Award. In 2015, Kleinplatz received the AASECT Professional Standard of Excellence Award.



Her research, writing, teaching and clinical work have been intended to challenge, expand and diversify the field of sex therapy. Her clinical work focuses on eroticism and transformation. Dr. Kleinplatz is a Fellow of the American Psychological Association.