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# In Pursuit of Brain Compatible Intimate Relationships

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# **In Pursuit of Brain Compatible Intimate Relationships**

## **Abstract**

*This session comprises a highly interactive and creative format designed to provide a maximum of information and conceptual integration regarding human relationships. The presentation style embodies creativity and scholarly intent that leads the audience through brain and contextual processes that severely limit or lovingly spiritually enhance male/female relationships.*

## **Saleef Kafajouffee, Ph.D.**

Associate Dean, Olivet College

The audience will participate in the unveiling of an encouraging approach to understanding what seems to make the difference in the crafting of both long and short-term healthy intimate relationships. And yes, I do believe that an intimate relationship that is built upon a healthy commitment to mutuality and respect can be framed, as appropriately, by a short duration as a duration that is much longer. Relationships are not linear. In other words I believe that the life journeys called relationships take place within the inner space of spherical realities. People in a relationship are not merely traveling through time in a linear progression through points on a time line. Rather the partners of a relationship are moving, ever moving within a geometric temporal reality. And as the radius of this spherical reality, which can be understood as the expressed mutuality of the relationship, grows and extends from a common spiritual center that comprises a point of convergence of two peoples' commitment to a dual imperative wherein individual and joint development are in perpetual juxtaposition, the total volume of relationship potential is increased in direct proportion to the extended radius of mutuality.

I have sought to synthesize relevant thinking from the areas psychology, sociology, biology and spirituality into a practical and yet more scientific theory of intimate relationship building. We will explore what appear to be salient avenues of successful relationship management en route to sustained happiness and productive growth and development for partners in relationships. We will discover that there are many relationships that have faltered and failed not due to any absence of desire on the part of partners to "work things out" but, rather as often due to a lack of understanding these partners exhibit regarding human attributes and relationship dynamics that become indispensable in establishing and managing relationships for maximum success.

The phrase "brain compatible intimate relationships" is intended to convey the idea that relationships ultimately can be no more than perceptions, mental imagery and associative adaptive behaviors that originate in the brain. These are the major landmarks that will be visited and revisited during the journey of human involvement known as an intimate relationship.

This presentation seeks to provide an understanding of important brain-based human development issues that influence, indeed, that are essential to all relationships, those that are healthy as well as those that are psychosocially toxic. Relationships must be

understood in accordance with the way the brain causes behavior in a general way and within a gender based way. I believe there is value in understanding what brain research discloses in regards to how men and women differ in brain structure and how these differences might manifest behaviorally. Possessing a knowledge of potentially redemptive features of the brain along with its allied social and psychosocial dynamics make possible the creation and maintenance of relationships that are defined by good memories, growth and development and inspired intimacy as opposed to more frequently found relationships that are more easily defined in terms of the weight of time spent, spent dreams and painful familiarity. This presentation is enhanced by the use of 140 colorful, original, power-packed power-point slides designed by author and presenter.

### **Presenter**

**Dr. Saleef Kafajouffe** is currently an Associate Dean at Olivet College, responsible for International and Multicultural Education. His B.A., M.S. and Ph.D. are all from Michigan State University. He is married to Curlada Eure-Harris who is a licensed professional counselor at Lansing Community College. They have three children, Myles, a son 30 years old; Trinell, a daughter 21 years old and Jnaubah, a daughter who is 16 years old. Dr. Kafajouffe, or (Dr. K) as he is called by his students, is an academician who has a scholarly interest in the dynamic interaction between history and psychology and the resultant impact upon human identity formation. Dr. K has twice, in his three years at Olivet College, received the College's prestigious "Teaching Excellence Award." He is a trained visual artist, having had several one-man-shows during his career. His interest in African percussions began in 1992 when he was fortunate enough to be exposed to the wonderful medium of drum and dance through the Pashami Dancers, an African dance troupe directed by Dr. Dorothy Harper Jones. His interest in African percussions has continued to grow to point where he now cannot imagine himself not playing the drum. The rhythm of the drum is, for him, The Rhythm of Life.