



IT'S A GUY'S THING



Self Introduction

Dr. Martha Tara Lee

Clinical Sexologist

- Doctorate in Human Sexuality
- Masters in Public Policy and Management
- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching





I'm here
about
the Blow
Job

AGENDA

- Introduction
- Sex Therapy
- Female Dysfunctions
- Male Dysfunctions
- Practical Exercises
- Communication Tips
- Sexual Enhancement



SEX

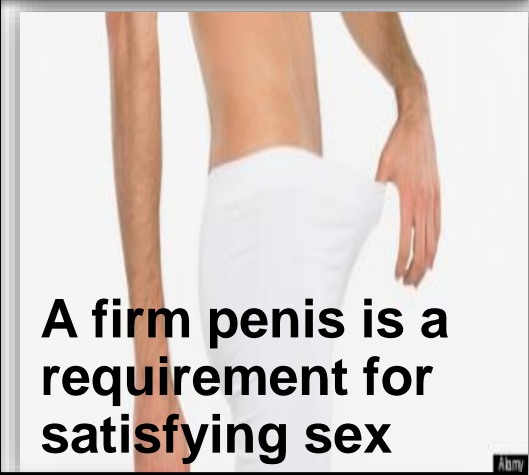
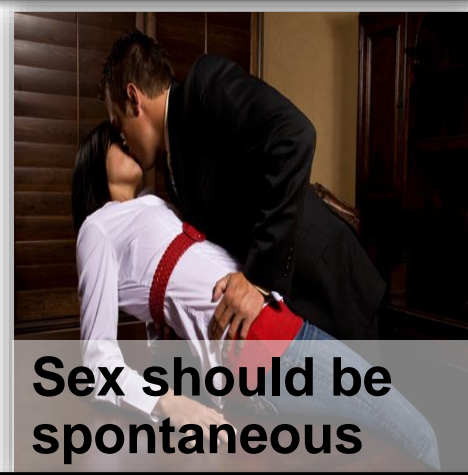
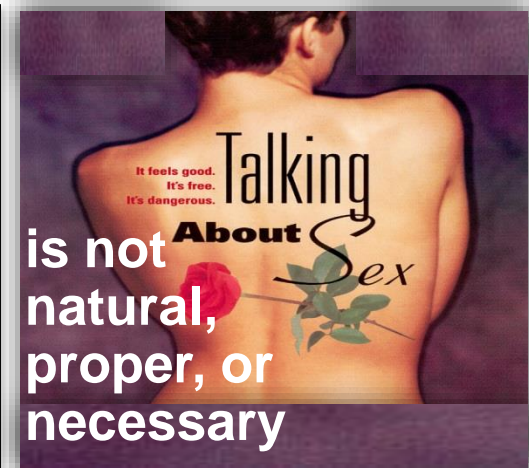
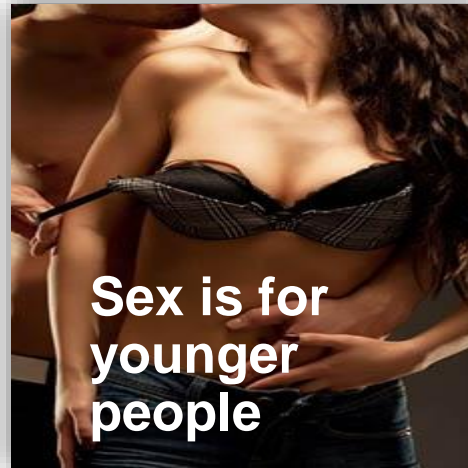


1. Sex Relieves Stress
2. Sex Boosts Immunity
3. Sex Burns Calories
4. Sex Improves Cardiovascular Health
5. Sex Boosts Self-Esteem
6. Sex Improves Intimacy
7. Sex Reduces Pain
8. Sex Reduces Prostate Cancer Risk
9. Sex Strengthens Pelvic Floor Muscles
10. Sex Helps You Sleep Better

Benefits of Sex

Joy Davidson - PhD, a New York psychologist and sex therapist

Common Myths about Sexuality



Misconceptions of Sexual Function & Satisfaction



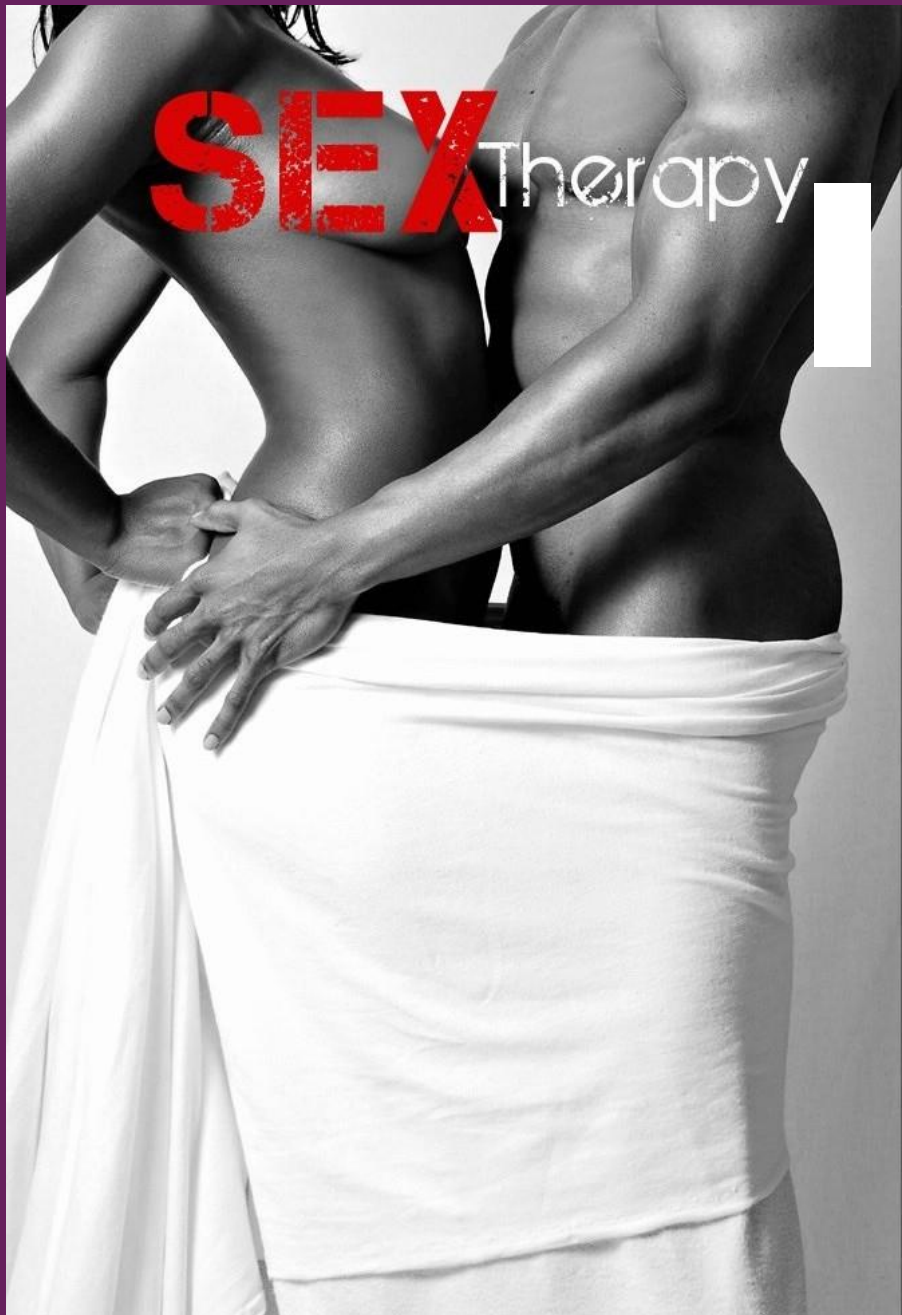
- Men want sex more than women
- Women care about intimacy more than men
- If you love your partner, sex will be wonderful
- My partner should know what I want
- Good sex is spontaneous
- Movies and TV portray sex as it really is
- Bigger is always better

Facts about Sexual Function



- Both women and men enjoy sex / intimacy
- Fulfilling sex often requires planning / effort
- Changes in function occur with life stress, aging, illness, and many medications
- Lifestyle adaptations preserve sexual satisfaction in many circumstances

Laumann EO, Paik A, Rosen RC. Sexual dysfunction in the United States: prevalence and predictors. JAMA 1999;281:537-544.



S

- A Bio/ Psycho/ Social modality
- Looks at multi-dimensional aspects of sexual expression
 - Individual
 - Relational/ Interpersonal
 - Psychosocial
 - Biological

Psychosocial Issues

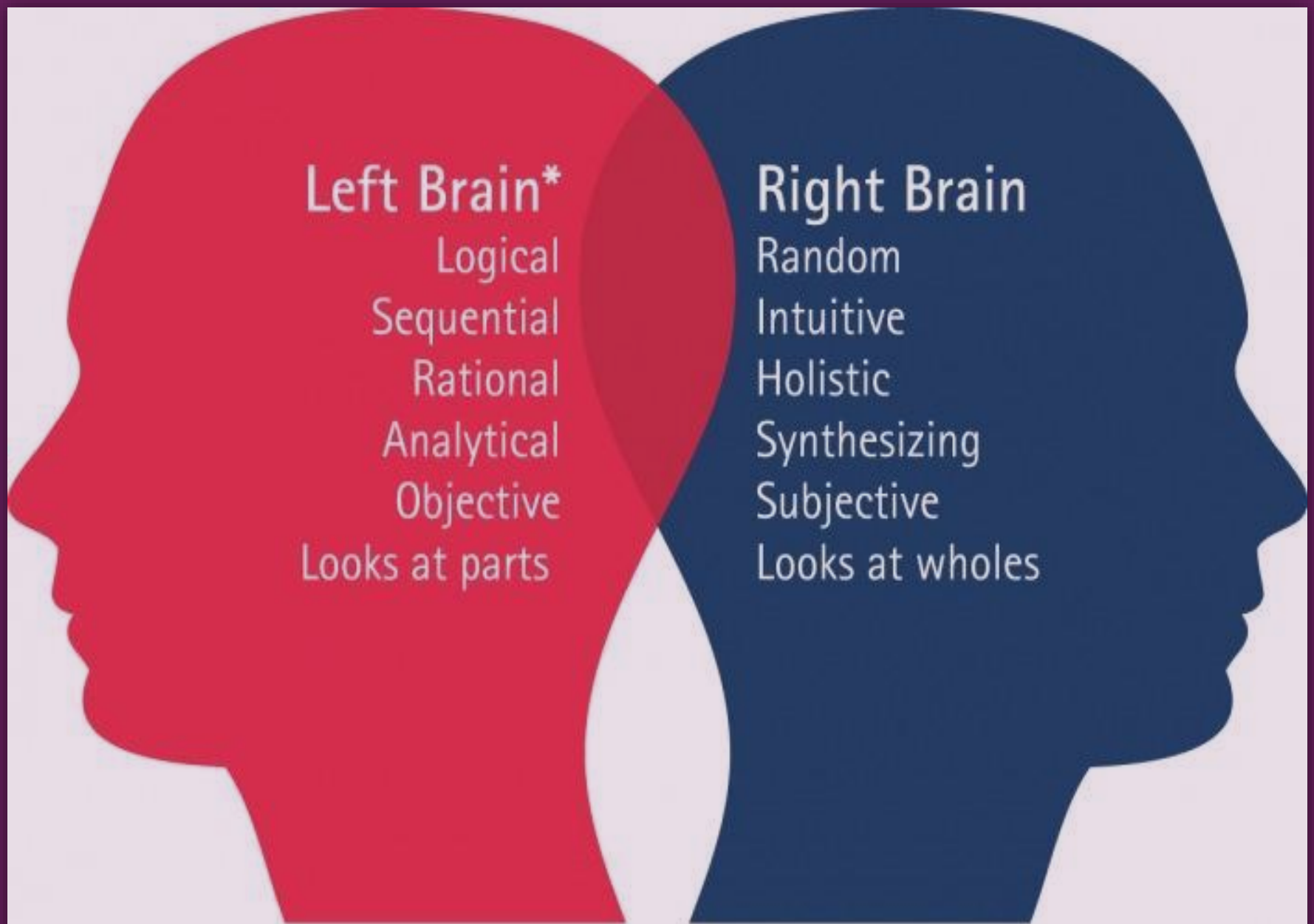
- Lifelong or acquired
- Symptom or situational
- Unresolved history of sexual abuse or trauma
- Body image/ Self-esteem issues
- Psychiatric history
- Stress, anxiety, sadness
- Relationship conflict
- Partner's sexual dysfunction



Relationship Problems

- Anger
- Poor Communication
- Criticism
- Neurotic Interactions
- Incompatible Sexual Fantasies
- Alcoholism & Sexual Abuse
- Phobic Avoidance of Sexual Intercourse
- Unconscious Conflict About Sex, Commitment, Pregnancy
- Sexual Abuse Issues

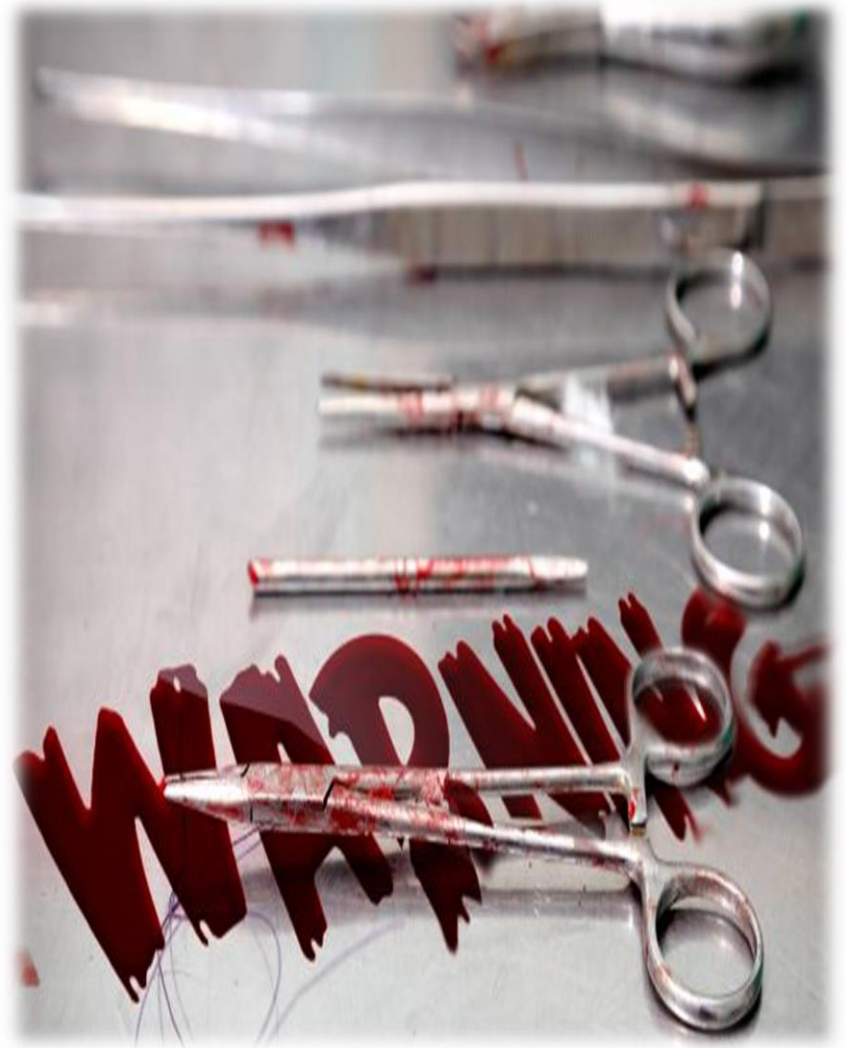




*Source: Funderstanding.com, Inc., New Jersey

Medical Factors

- Chronic medical illness
- Medications
- Pelvic trauma or surgery
- Neurological illness
- Endocrinological illness
- Infection/ Sexually transmitted diseases
- Depression/ Major mental illness



Factors Influencing Sexual Response

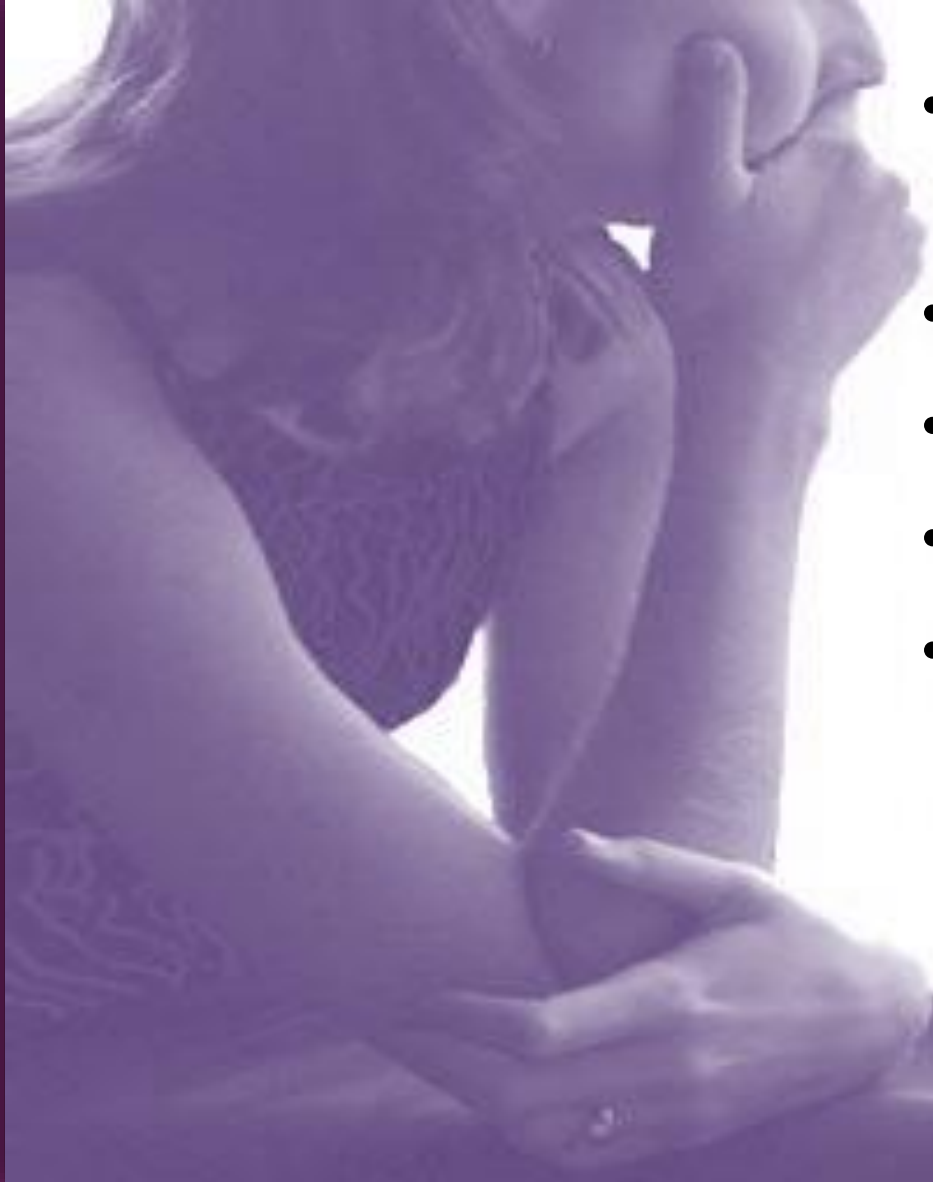
- Vascular (*Blood Vessels*)
- Neurological (*Brain*)
- Hormonal
- Psychological (*Mental mind*)
- Relational
- Psychosexual skills



Female Sexual Dysfunctions



Female Sexual Dysfunctions



- **Hypoactive Sexual Desire Disorder**
- **Sexual Aversion Disorder**
- **Sexual Arousal Disorder**
- **Female Orgasm Disorder**
- **Sexual Pain Disorder**
 - **Dyspareunia**
 - **Vaginismus**



Just a decade ago, only 25% of women reported experiencing orgasm as a result of intercourse. Recently, this number has risen to about 45%. In contrast, over 80% of women report experiencing orgasm through oral sex.

Endorphin released during sexual activity create a euphoria similar to that produced by opioid drug use. These same endorphin also act as extremely effective pain killers.



Male Sexual Dysfunctions



Male Sexual Dysfunctions



- **Inhibited Sexual Desire Disorder**
- **Sexual Aversion Disorder**
- **Dyspareunia**
- **Premature Ejaculation**
- **Inhibited Ejaculation**
- **Erectile Disorder**



My penis is so
polite, it stands
up so girls
have a place to
sit down

Erectile Disorders



Persistent or recurrent inability to attain, or maintain erection until completion of the sexual activity, an adequate erection.

- Primary/ Lifelong
- Secondary/ Acquired

H O M E R E M E D I E S

ONE

1. Change your lovemaking schedule.
2. Pay attention to the rhythms of his body.
3. Look for new positions that maximize blood circulation to his penis.
4. Standby lube.
5. If on top, the woman should pay attention to how the weight of her body may be cutting off circulation to his penis.
6. If erection window is narrowing, let the foreplay focus on you.

H O M E R E M E D I E S

TWO

7. Have sex before meals.
8. Don't just lie there, do something.
9. If he's tired, encourage him to take a twenty-minute nap.
10. Don't ask: 'What's wrong?'
11. Don't rush.
12. Minimize distractions.
13. Pay attention to her geometry
14. Practice in the off-season.
15. Watch the thermostat.

Male Ejaculation Disorders

- Premature ejaculation
- Inhibited ejaculation
 - Retarded ejaculation
 - Retrograde ejaculation
 - Inhibited orgasm



Part 2

**Move It,
Move it**

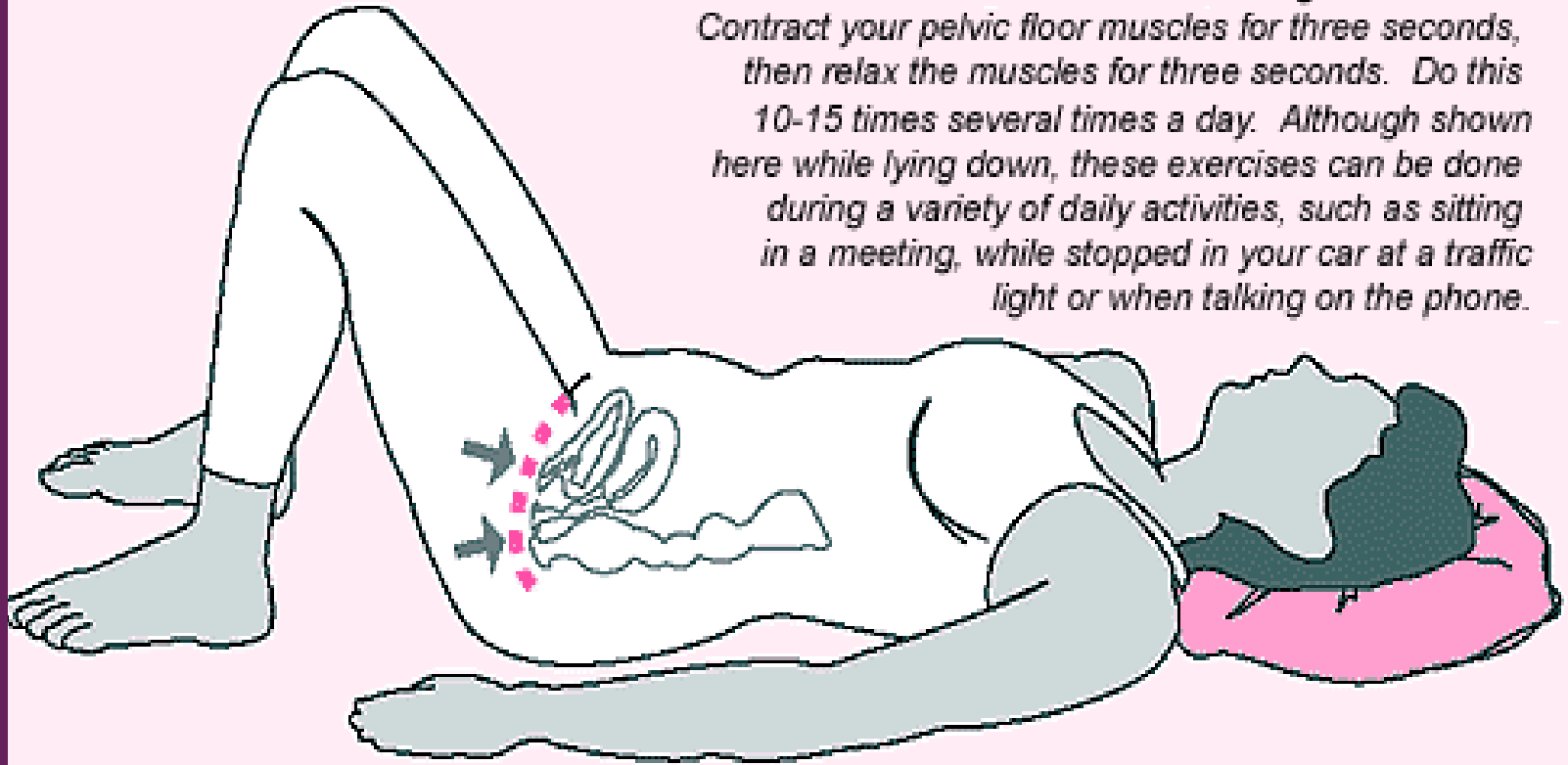


Practical Exercises

One K E G E L S

Kegel Exercises:

Contract your pelvic floor muscles for three seconds, then relax the muscles for three seconds. Do this 10-15 times several times a day. Although shown here while lying down, these exercises can be done during a variety of daily activities, such as sitting in a meeting, while stopped in your car at a traffic light or when talking on the phone.



Practical Exercises

Two

**S
H
A
K
E**

DOWN



Practical Exercises

Three **P E L V I C** Thrusts

These pelvic thrust exercises will come in handy one day when I can finally convince a woman to sleep with me.



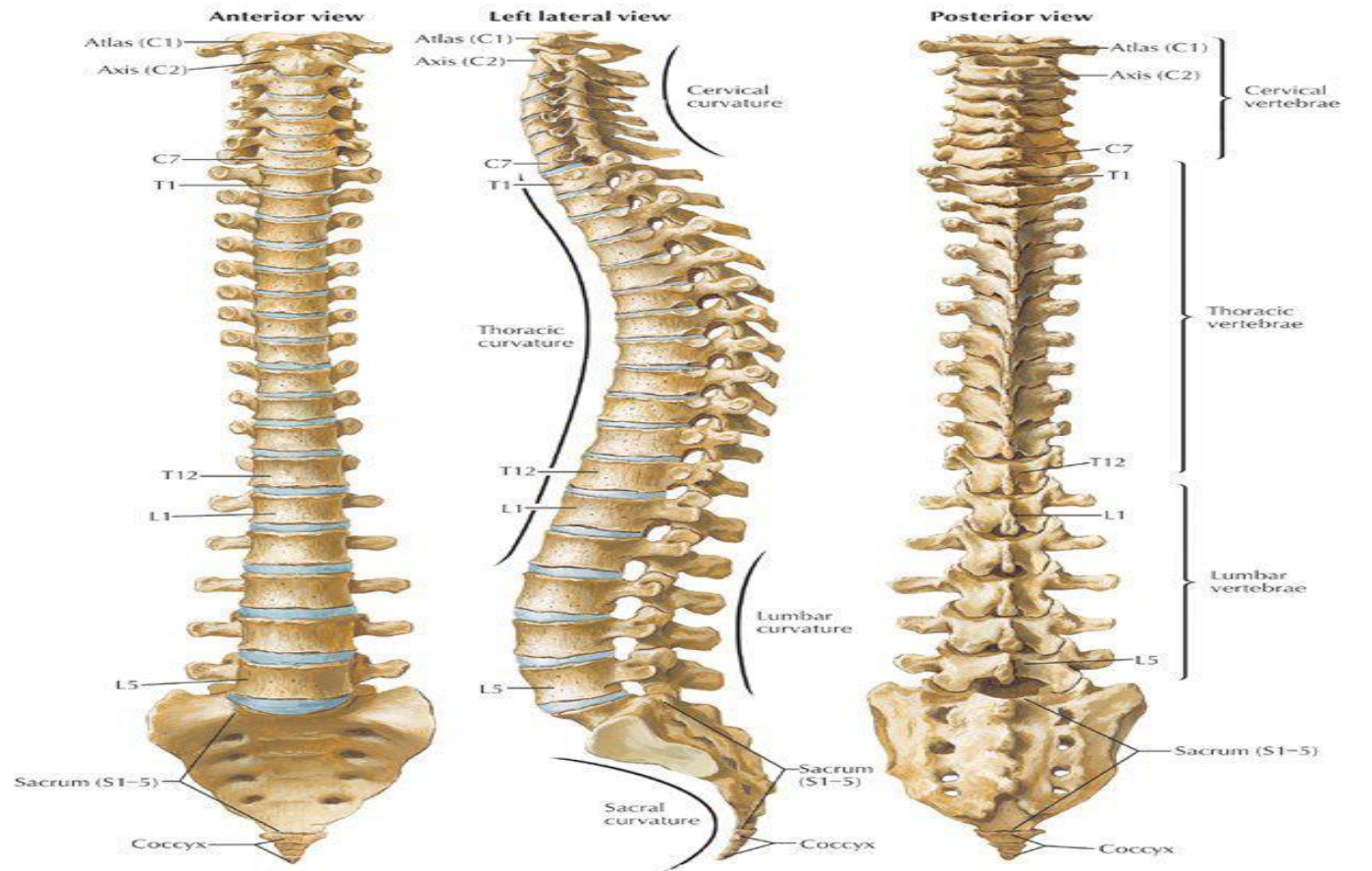
Practical Exercises

Four
**H
I
P
CIRCLES**



Practical Exercises

Five B O D Y WAVE



Practical Exercises

Six

**B
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BREATHING





Sunflower

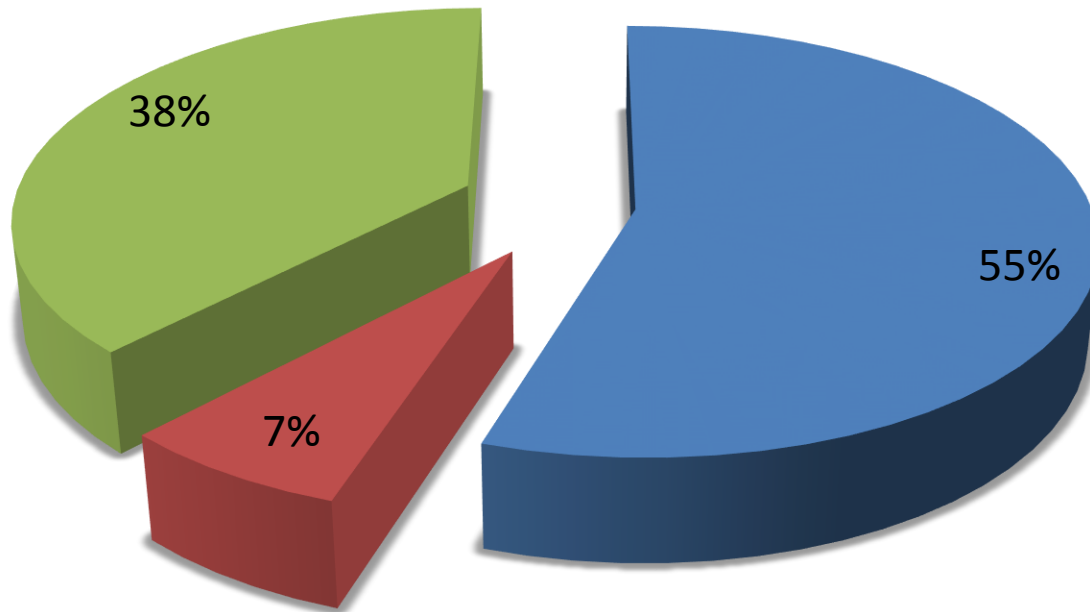


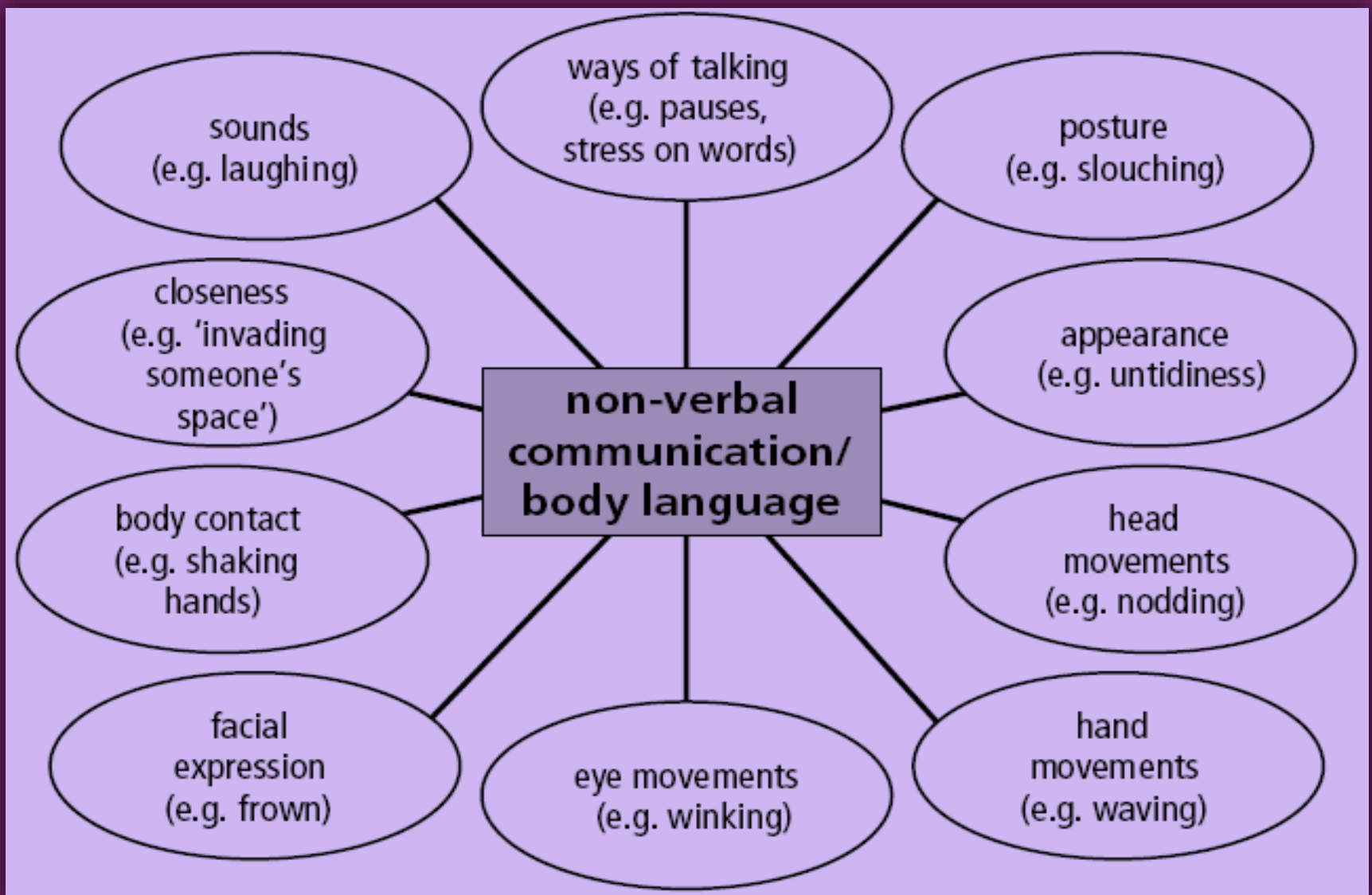
Lotus

7%-38%-55% rule by Albert Mehrabian

Effectiveness of Communication

■ Non-Verbal Cues ■ Spoken Words ■ Tone of Voice





Communication Tips

**Communicate
More..**



Communication Tips

**Communicate about the way
you communicate**



Communication Tips

**Don't need
to solve the
world's
mysteries**



Communication Tips

I have not failed.

I have just found 10,000 things that do not work.



**Know that it's
A for Effort**



Gentle Leader

Be gentle
and you can be bold

be frugal
and you can be liberal

avoid putting yourself
before others

and you can become
a leader for others.

Lao Tzu



IN A GENTLE WAY,

YOU CAN SHAKE

THE WORLD.



Sexual Enhancement

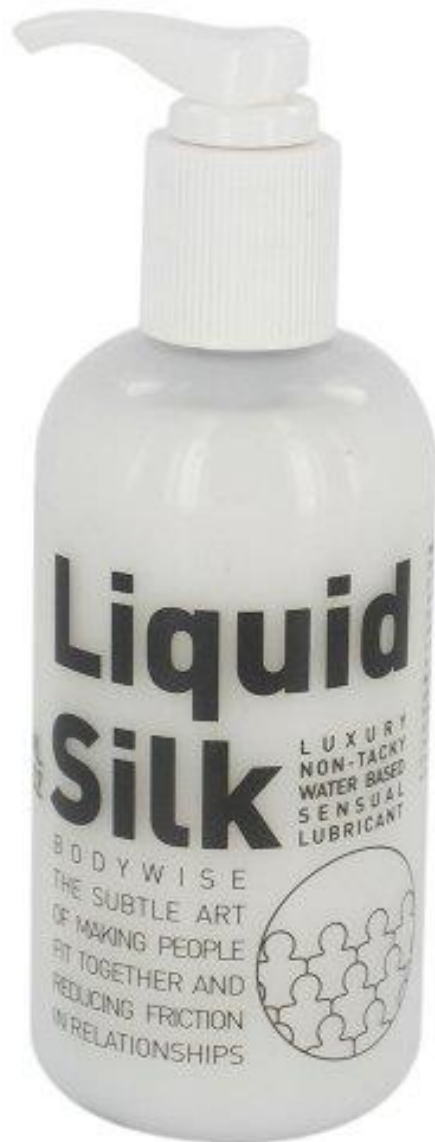


stroke 29[®]

**CAN YOU MAKE
IT TO THE 29th
STROKE?**











ZINI DEUX



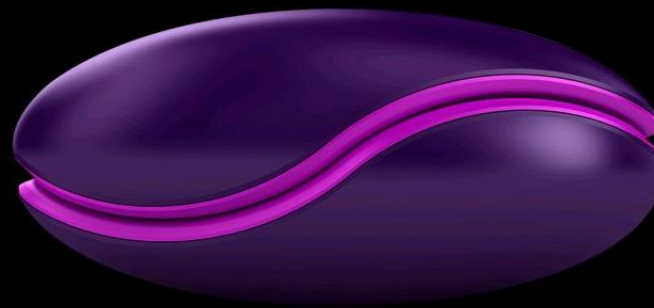
reddot design award
winner 2010

2 IN 1, SHARING WITH THE PARTNER

Every couple wants to share same feeling each other.
DEUX is a must-have item for sexual foreplay for couples .



Story of DEUX



DEUX

Coupling is the beautiful love interaction harmony of Yin and Yang.
However, nothing should be more perfect than coupling sharing ecstasy with DEUX.





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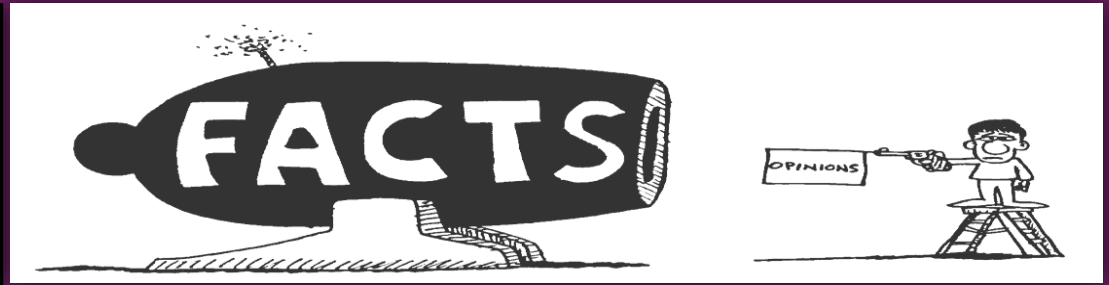
Cool and gentle breeze
Carrying a groaning rustle
Bamboo silhouetted against the moon
My lover in the moonlight



ZOOK
ZINI

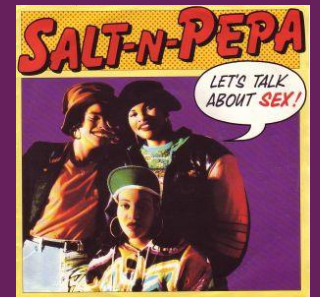
MORE!

We Need



Service Offerings

- ✓ **Sat Aug 31 - Blow His Mind for Ladies**
- ✓ **Sat & Sun Sept 21 & 22 – Sexual Attitude Restructuring**
- ✓ **Private Sexuality Coaching**





Thank you ...

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