

The Talk

Sexuality

28 Jan 2015

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**



Martha's Masturbation Story



What?

1. Sexuality defined
2. Why I became a sexologist
3. Sexuality issues
4. A case for your sexuality

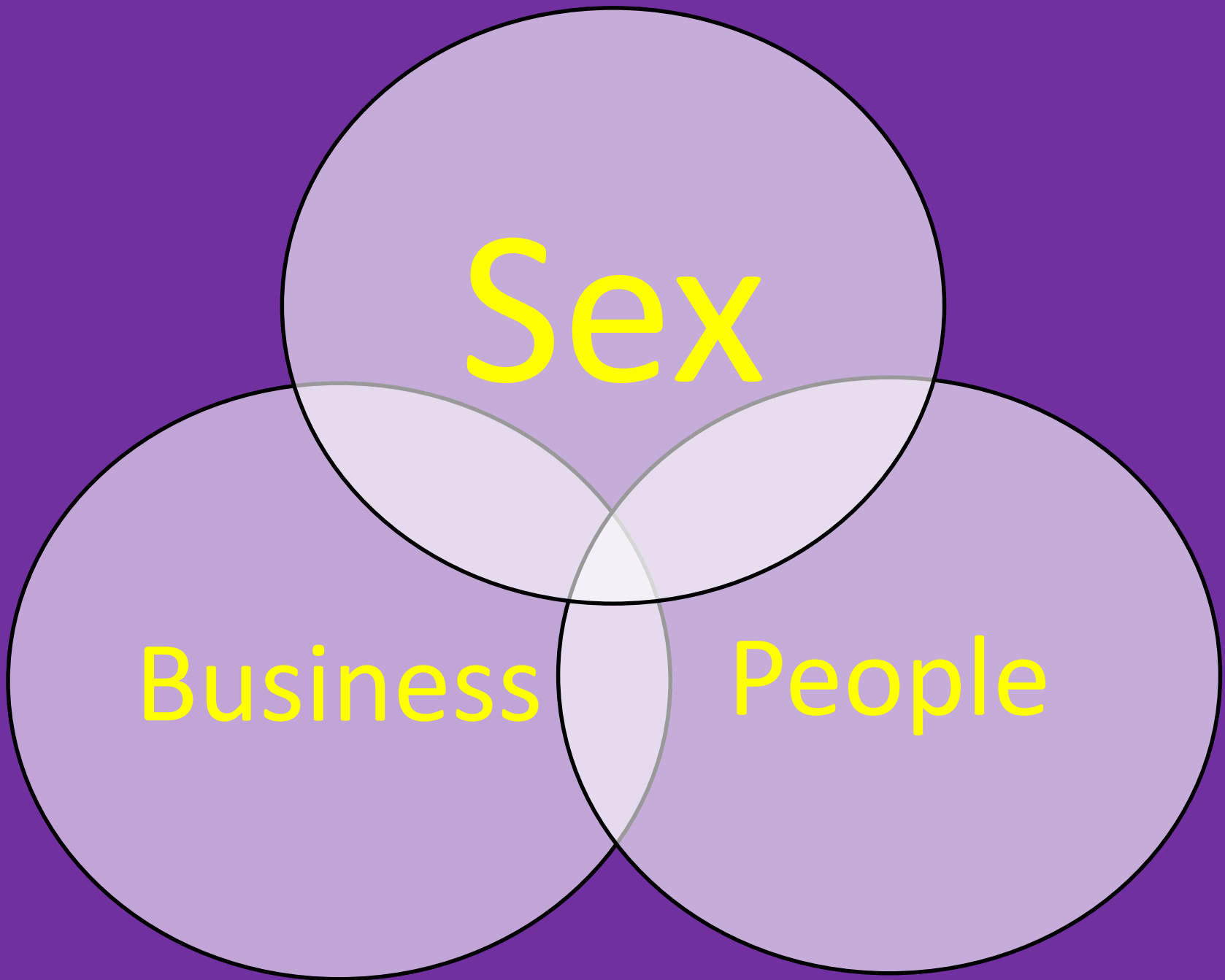
Martha's Masturbation Story



What is sex like?



Why I
became a
Sexologist



Campaigns

2011 – 1st Febulove (Emails)

2012 – 2nd Febulove (Emails)

2013 – 3rd Febulove, 1st Eco Sex, 1st Masturbation Month, Orgasmic Yoga, Crying Project

2014 – Weekly videos, 4th Febulove, 2nd Eco Sex, 2nd Masturbation Month, 1st Mother's Day, 1st Father's Day....

Products

2013 – My 1st Book, Sex Jumpstart,
2014

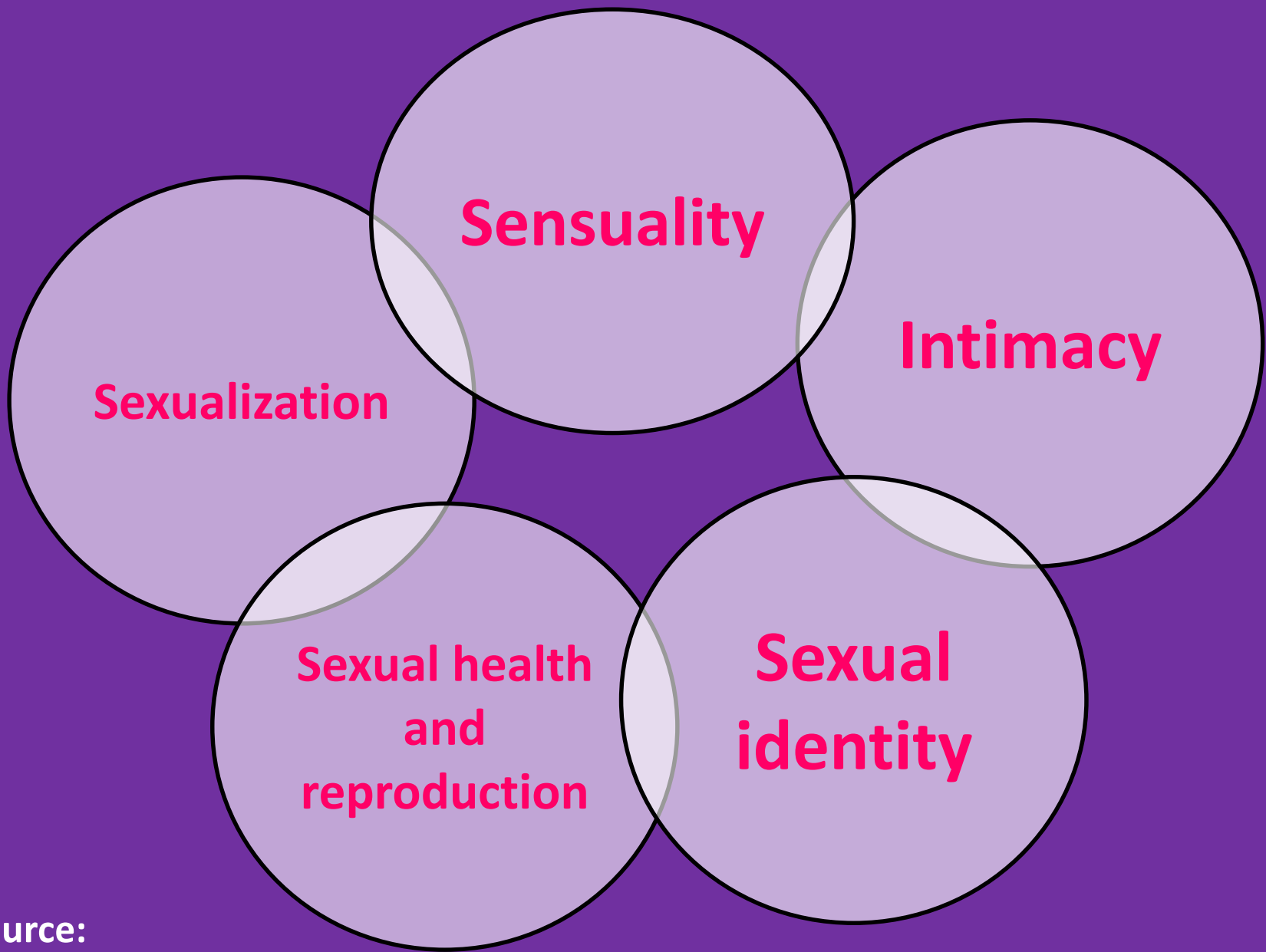
- Ready, Get Sex Go (P.E.)
- Sex Possible (Vaginismus)

2015

- My Heart's Song
- Sizzling Strokes (Hand)
- Funastic Fellatio (Bj)

What is

Sexuality?



Source:

Leader's Resource: Circles of Sexuality, Life Planning Education: A Youth Development Program, Retrieved 7-13-12

Sexuality

Issues

Common Sexological Issues

- **Body image and sex-negative conditioning**
- **Sexual desire**
- **Courtship concerns**
- **Obstacles to Intimacy**
- **Sexual development, maturation and aging**
- **Sexual communication and negotiation**
- **Medical considerations affecting sexuality**
- **Atypical sexual behaviours**
- **Sexual trauma**
- **Gender identity**
- **Sexual orientation**
- **Sexual education for parents**
- **Women's concerns**
- **Men's concerns**

DSM-5 Female Sexual Dysfunctions

- Hypoactive Sexual Desire Disorder
 - Sexual Arousal Disorder
 - ~~Sexual Aversion Disorder~~
 - Female Orgasm Disorder
 - Sexual Pain Disorder
 - Dyspareunia
 - Vaginismus
- Female sexual interest/ arousal disorder
- Genito-pelvic pain/penetration disorder

A Name is Just a Name?

Frigidity



Inhibited Sexual Desire
Disorder - DSM-3



Hypoactive sexual desire
disorder - DSM-3-R



Female sexual interest/
arousal disorder - DSM-5



DSM-4 Male Sexual Dysfunctions

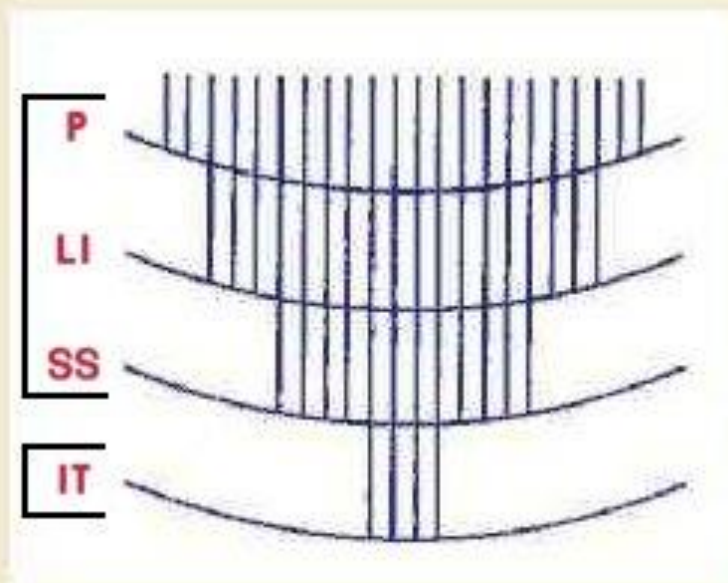
- Inhibited Sexual Desire Disorder
- Sexual Aversion Disorder
- Dyspareunia
- Premature Ejaculation
- Inhibited Ejaculation
- Erectile Disorder

A woman with long, wavy hair is shown from the chest up, wearing a purple dress. She is sitting and looking off to the side with a thoughtful expression, her hand resting near her face. The background is a plain, light color.

**So
How?**

The PLISSIT Model of Sex Therapy

(developed by Jack Annon)



P = Permission

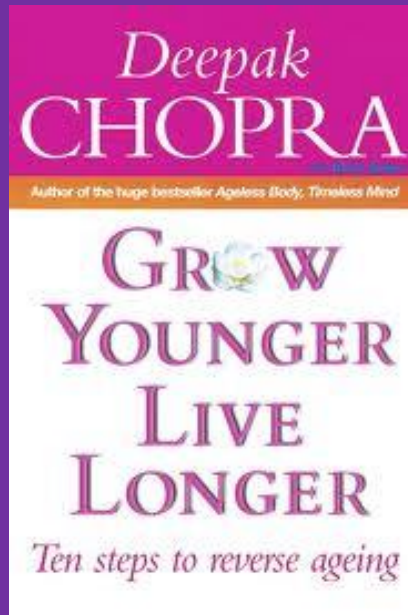
LI = Limited Information

SS = Specific Suggestions

IT = Intensive Therapy

What is Your Approach?

- **Sex-positive**
- **Non-judgemental**
- **Educational**
- **Client-centered**
- **Do no harm**



“Sexual energy is the creative energy of the universe. Sexual energy is sacred energy. When we have restored the sexual experience to the realm of the sacred, our world becomes divine, holy, and healed.”

— Deepak Chopra, in his book *Grow Younger, Live Longer* (2001: 197)

Connecting with **Martha**

ErosCoaching.com