

# Somatic Sex Education Certification Program

2018 Syllabus and Calendar



Somatic Sex Educators Association

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# Summary

## 2018 Syllabus

Imagine a life spent helping people access the joy and power of erotic energy, with the support of extensive training, professional associations, and clear guidelines for practice. This program, offered by the Institute for the Study of Somatic Sexology (ISSS) and endorsed by the Somatic Sex Educators Association (SSEA), teaches the professional practice of somatic sex education, and qualifies practitioners in this innovative healing and wholing modality.

Somatic sex educators help clients bring pleasure and aliveness into their erotic life and relationships. We work through body-based exercises and experiences that include somatic awareness, mindful masturbation, genital anatomy and mapping, sensual and erotic massage, and orgasm coaching. Through individual sessions, workshops, online coaching and ongoing groups, our clients can explore conscious breath, movement, and extended erotic touch in the container of safe professional relationship. They can practice feeling and expressing desires, and learning efficacy and empowerment in the erotic realm.

Through 5 core courses and 4 electives, you will learn to support diverse people on their unique journeys of reweaving sex and soul. You will understand how trauma becomes locked in the body, and how it can be carefully addressed through this work. Your studies will include interpersonal neurobiology and the neuroscience of brain and body in trauma healing. You will learn how to foster – and help others foster – a neurological allegiance to authentic pleasure. Loving presence and deeply embodied ethics are integral to the professional practice of somatic sex education. The program covers intake, assessment, empowering enthusiastic consent, ethics, boundaries, self-care, erotic energy cultivation, working with ritual, and varieties of sensual and erotic massage. You will be mentored and supported in finding the intersection

a professional training in somatic sex education and sexological bodywork

you will be mentored and supported in establishing a professional practice as a sex educator integrating this modality

between your own work in the world and these teachings, and establishing a professional practice as a sex educator integrating this modality. You will learn to see, support and celebrate a wide diversity of sexual orientations and gender identities and expressions. You will study how trauma, neglect, oppressions and micro-aggressions are inscribed on our bodies and souls, and find ways to resist and unwind the dominant culture of sex.

This training was developed by the teaching team of Corinne Diachuk, dr. liam captain snowdon and Caffyn Jesse. It includes and expands upon the original course of studies for Certified Sexological Bodywork. (The Certified Sexological Bodywork program developed by Dr. Joseph Kramer has been offered in California since 2003, and is now taught around the world.) Graduates are qualified for membership in the Association of Certified Sexological Bodyworkers and the Somatic Sex Educators Association.

# Core Courses

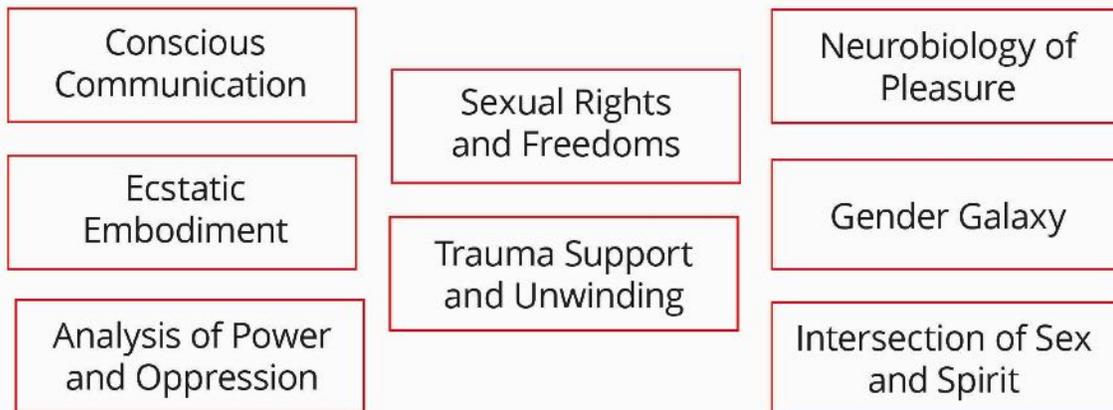
(all 5 are required)

1. **Foundations of Somatic Sex Education** (5 units online)
2. **Embodiment Workshop: Erotic Practice for Somatic Sex Educators** (1 week in person)
3. **Establishing a Somatic Sex Education Practice** (8 weeks online)
4. **Embodiment Workshop: Refining Your Practice as a Somatic Sex Educator** (1 week in person)
5. **Supervised Practice and Project**



## Core Competencies of Somatic Sex Education

Learn • Practice • Integrate • Teach



# Electives

(choose 4)

Your electives should be decided in consultation with the SSEA faculty and can include online and in-person courses on sex, sexuality and business development. Electives support each of our students in developing their competencies and following their passions while creating their own professional practice. The following courses are pre-approved electives. Up to two of these courses can be taken for credit before your acceptance to the program:

**Wheel of Consent: Like a Pro** with Betty Martin or a certified teacher

**Sexual Attitude Reassessment Program** with Elfi Shaw and dr. liam captain snowdon

**Intimacy Educator Training** with Caffyn Jesse

**Somatic Sex Educators Supervision** with Christiane Pelmas

**Yoga for Sexual Wellness** with Corinne Diachuk

Your electives can also include other relevant online and in-person trainings that are approved by the faculty. If you have already taken trainings that you think may be eligible as electives, you can make application for their approval after completing Core Course 1.

# Community of Practice Video Calls

Students have the opportunity to join a weekly online circle of support. These calls are facilitated by a member of the SSEA faculty. Attendance is optional.

## Core Course # 1

### Foundations of Somatic Sex Education

#### **online**

*No prerequisites: People come into this field from many different paths. You are welcome to register for the first Core Course if you have a passion for this exploration, and are willing to live and learn outside the box!*

*Course includes workbook and readings, video viewing, somatic inquiries, online discussions and assignments moderated by SSEA faculty, plus a 1-hour private coaching call with an SSEA faculty member. Included in your course fee is access to the wealth of online materials at [www.OMGYes.com](http://www.OMGYes.com).*

Registration for this course is open after February 1, 2018.

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**Course Textbooks** (must be purchased separately)

Caffyn Jesse, *Erotic Massage for Healing and Pleasure*

Sheri Winston, *Women's Anatomy of Arousal*

Douglas Abrams and Mantak Chia, *Multi-Orgasmic Man*

Mel Reiff Hill, Jay Mays, Robin Mack, *The Gender Book*

Caffyn Jesse, Cassie Moore and Mehdi Darvish Yahya, eds. *Healers on the Edge: Somatic Sex Education*

**Unit 1: Basic Practices and Principles**

This unit begins with readings and discussion on what somatic sex education is and how it works. You will learn about breath coaching, somatic awareness and erotic energy cultivation. You will be guided in somatic inquires into the impact of the social on the soma, with discussion of oppression, liberation and the body.

**Unit 2: Mindful Erotic Practice**

Unlocking sexual feeling in the body and opening to the ecstasy of conscious arousal is healing for individuals and for our world. This unit is focused on the development of your own mindful erotic practice. You will explore using breath, sound, movement, imagination and touch to cultivate your personal erotic energy.

**Unit 3: Empowering Choice and Voice**

Somatic sex educators actively create learning environments where clients are empowered to exercise their choice and voice. In this unit you will

learn about barriers to empowerment in people we are touching, and how to integrate components of intake, assessment and client-directed touch in a somatic sex education session.

#### **Unit 4: Genital Anatomy and Mapping**

This unit focuses on genital development, homology and anatomy. The wide diversity of genital structures and changes with engorgement and arousal are explained. Information about little-known aspects of internal and external genital anatomy, genital scars, the science of expanded sexual response, and the nerves and processes involved in arousal and orgasm help us understand and support people on their diverse arousal journeys.

#### **Unit 5: Conclusion and envisioning**

This unit you will have a chance to focus on the readings and somatic learnings that particularly interest you. Receive guidance and talk about your goals with a faculty member, and consider how and whether you want to proceed with the study of somatic sex education.

# Core Course # 2: Embodiment Intensive

## Erotic Practice for Somatic Sex Education

*7 days on Salt Spring Island, British Columbia, Canada*

This is the first of two required in-person intensives. We will begin with creating a “safe enough” container for the cohort to develop skills and comfort with facilitating each other in somatic practice, and feeling into intentional, professional, erotic practice space. Business and personal practices that demonstrate professionalism are discussed. We cultivate capacity to feel and communicate body sensations as we increase our somatic literacy. This course includes a deeper dive into the science of somatic sex education, interpersonal neurobiology, and the methodology of communal erotic practices.

Students practice intake and assessment, ethical frameworks for somatic sex education, mindful erotic practice, masturbation witnessing and coaching, genital anatomy and genital mapping, plus sensual and erotic massage. All activities are done through the lens of empowering choice and voice.

Students will expand their embodied understanding of social locationality. They will learn about how we somatize oppression and privilege, and practice somatic technologies for unwinding it all. This course focuses on our own erotic and somatic journey as foundational for developing a professional practice as a somatic sex educator.



## Core Tools of Somatic Sex Education

Learn • Practice • Integrate • Teach



# Core Course #3: Establishing a Somatic Sex Education Practice

**(8 weeks online)**

*Course includes reading, video viewing, somatic inquiries, online assignments, whole-class calls, small-group support and one-to-one support from faculty. Students have access to a wealth of learning materials at [eroticmassage.com](http://eroticmassage.com) and [orgasmicyoga.com](http://orgasmicyoga.com).*

4 online class meetings Mondays 9:00-10:30

4 small-group POD calls of up to 5 students, with a coach

This program requires a minimum time commitment of 10 hours a week.

## **Course Textbooks**

Patti Britton: *The Art of Sex Coaching: Expanding Your Practice*

Christiane Pelmas: *Trauma: A Guide for Working with Body and Soul (a somatic sex educator's handbook)*

Caffyn Jesse, *Science for Sexual Happiness*

Caffyn Jesse, Cassie Moore and Mehdi Darvish Yahya, eds. *Healers on the Edge: Somatic Sex Education*

### **Week 1: Welcome and Orientation, Orgasmic Yoga**

This week the focus is on Orgasmic Yoga. Profound embodied learning takes place with mindful self-pleasure practice. Conscious repetition is how humans learn; thus the yoga model of education is central for learning sex. Most of your learning and expanding your erotic capacities will happen through your own embodied practice. New developments in neuroscience have furthered our understanding of the central importance of mindful erotic practice in somatic sex education.

### **Week 2: Working with Trauma**

Staci Haines says that recovering from sexual trauma involves completing and transitioning out of the automatic responses that trauma can leave behind in the body. “Finding pleasure on purpose” is central to healing. Her approach to somatic healing from sexual abuse is taught in this unit. Additional readings are from clients who have experienced healing from somatic sex education, and practitioners who have trauma healing as a focus of their practice.

### **Week 3: Pelvic Scar Tissue and Genital De-armouring**

Scar tissue impairs genital sensation for many people. Massage on the scar tissue can bring back sensation. Sessions focused on “genital de-armouring” help clients to connect with sensation and emotions that are held in the tissues of the pelvis.

### **Week 4: Erotic Touch and Erotic Ritual**

Erotic touch is perhaps the most controversial, and yet the most important, aspect of the bodywork practices offered by somatic sex educators. This week we learn about the science behind the practice. We learn about technologies for creating erotic rituals that are appropriate to the level of empowerment and vulnerability we assess in our clients.

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### **Week 5: Active Receiving**

Moving while receiving erotic touch, plus communicating with empowered choice and voice, can be a radical departure from habitual ways of experiencing the erotic. This unit includes a discussion of “Erotic Massage Dancing.” Students learn how shame can manifest as distractions that take us out of the present moment, and how to support people in staying present with pleasure.

### **Week 6: Anal Mapping and Massage**

This week we focus on anal pleasure, anal anatomy, sexual shame and the anal taboo. This is one of the most nerve-rich pleasure centers of the body. Work in the anal area is crucial for full and deep embodiment. Attention is given to how in exploring the contours of the body we are also exploring the contours of the psyche, the soul.

### **Week 7: Ecstatic Erotic Massage**

This unit discusses how we can guide our clients in accessing and making use of erotic trance. Ecstatic erotic massage engages the biochemistry of

ecstasy. We discuss how ecstatic erotic massage can be crafted to be safe-enough for survivors of sexualized violence.

### **Week 8: Developing your Unique Contribution as a Sex Education Practitioner**

Informed by the learning of the past 8 weeks, feel into your unique offering. Given all the learnings you bring to this work, your personal values, your sense of what the world needs from you, and your vision of your future, consider your gift to the world. Move into a space of creative contribution to the field of somatic sex education, and make a plan for your practice. Readings and video viewing on basic business practices, envisioning your business, and marketing for somatic sex educators.

# Core Course # 4: Embodiment Intensive

## Refining Your Practice as a Somatic Sex Educator

*7 days on Salt Spring Island, British Columbia*

At this week-long Embodiment Intensive you will step deeper into the role of facilitator and practitioner while continuing to hold space for your own erotic unfolding. In this course we will continue to layer your personal

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learnings from Core Course Three with more hands-on practice with real time feedback in the following modalities: scar tissue and genital de-armouring, sensual massage, internal and external anal mapping and massage, erotic massage dancing and Ecstatic Erotic Massage. You will deepen your understanding and skills in working with trauma, develop session arcs and plans for clients presenting with common sexual concerns, and have opportunities to practice facilitating somatic sex education in groups.

# Core Course # 5

## Supervised Practice and Project

This is your practicum - 3 months of learning with a mentor who is working in the areas of special interest to you, and alignment with your specific goals and visions. They will review your practice sessions with clients, guide you in offering workshops and group sessions, and support you in developing your unique contribution to this field. Student and mentor agree on a unique plan that is approved by the faculty. You can arrange to work with one of the SSEA faculty members, or another qualified somatic sex educator approved by the faculty.

# Faculty

## Corinne Diachuk



Corinne Diachuk is an advanced teacher of Therapeutic Yoga and a Certified Somatic Sex Educator. She has been offering “Yoga Therapy for Sexual Wellness” from her private studio in Victoria BC for several years. She is the SSEA President. Corinne is passionate about courageous communication and radical self responsibility as tools for intimacy and sacred sexuality. You can find her teaching a yoga class, hosting a sexuality workshop or by scheduling a private session with her in person or via video conference. For more information see [www.sacredcenteryoga.com](http://www.sacredcenteryoga.com).

## Caffyn Jesse



Caffyn Jesse is a leading somatic sex educator who lives and works on Salt Spring Island in Canada. People from around the world attend her workshops and private classes, online and at her waterfront studio. She is the author of *Science for Sexual Happiness*, *Erotic Massage for Healing and Pleasure* and *Orientation: Mapping Queer Meanings*. She teaches an Intimacy Educator training plus co-teaches the Certified Somatic Sex Educator and Certified Sexological Bodyworker trainings for the Somatic Sex Educators Association. See her website at [www.erospirit.ca](http://www.erospirit.ca).

## dr. liam ‘captain’ snowdon



dr. liam ‘captain’ snowdon lives uninvited on the territory of the Lekwungen and WSÁNEĆ peoples on Vancouver Island. Their background is in social justice, street outreach, counselling, harm reduction, somatic sex education and poetry with youth and adults. Some current incarnations of captain’s work are in the anti-violence-movement, working with folks who have done harm, co-teaching the Canada and US Sexological Bodywork/Somatic Sex Education trainings, and bringing somatic work wherever they go. They run the Sex Positive Art and Recreation Center. They are in love with the ocean. For more information see [www.captainsnowdon.ca](http://www.captainsnowdon.ca).

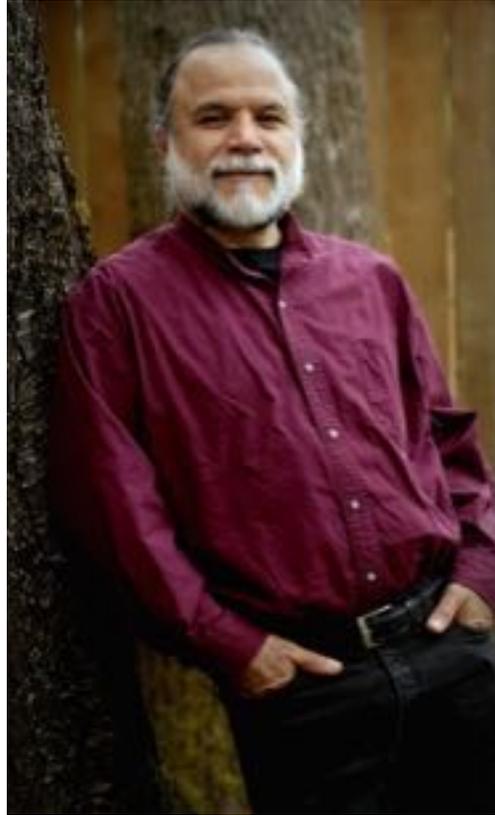
# Adjunct Faculty

**Shauna Farabaugh**



Shauna Farabaugh is a Certified Somatic Sex Educator based in San Francisco, who fiercely believes in the right to sexual expression for every body and is committed to making sex education more “sexcessible”. She is particularly passionate about exploring the intersection between sexuality and life transitions of all kinds—both how life change impacts our sexual identity and expression and how we can connect with our sexuality in times of transition as a source of strength, resilience and wisdom to guide us through change. Shauna has been a professional sex educator since 2007, with certifications from San Francisco Sex Information, The Institute for the Advanced Study of Human Sexuality, and the Somatic Sex Educators Association. Reverently irreverent, she brings a profound sense of play to both her group classes and one on one work with students of all genders, sexualities, and sexual lifestyles...because sex really is supposed to be fun! [www.sexualityintransition.com](http://www.sexualityintransition.com)

## Mehdi Darvish Yahya



Mehdi Darvish Yahya, MA, CSB, is an artist and a psychotherapist trained in the conventional therapy methods, creative arts therapies, sexological bodywork, and body-mind treatment modalities. He is deeply interested in holistic integrative approaches to trauma, the body, and relationship. *Perfect Touch* is his model for healing psychological wounds through the body's natural processes of pleasure and healing. He can be reached through his website: [www.theTouchingCure.com](http://www.theTouchingCure.com).

# 2018 Costs and Dates

5 Core Courses should be taken sequentially. Course costs are in Canadian funds. GST is additional (5% tax).

## **Core Course #1. Foundations of Somatic Sex Education**

*5 units online*

**\$595**

This course can be taken any time after February 1, 2018.

## **Core Course # 2. Embodiment Workshop: Erotic Practice for Somatic Sex Educators** *1 week in person.* Choose either:

May 6-12

June 10-16

October 1-7

**\$1625**

## **Core Course #3. Establishing a Somatic Sex Education Practice**

*8 weeks online.*

September 10-October 31

**\$1625**

## **Core Course #4. Embodiment Workshop: Refining Your Practice as a Somatic Sex Educator**

*1 week in person.*

November 1-8

**\$1625**

## **5. Supervised Practice and Project**

Complete your practicum with a mentor of your choice over a 2-3-month period.

**\$1625**

Your four electives can be taken at any time during the program. (Up to two pre-approved electives can be taken for credit before you enter the program.) Consult with faculty members about electives that will support your unique learning needs.

After completing five core courses and 4 electives, you can apply for certification. If all your courses have been completed successfully, your certification as a Somatic Sex Educator and Sexological Bodyworker will be awarded within a month.

**For more Information and to Register:**

**Institute for the Study of Somatic Sexology**

**[www.somaticsexeducator.com](http://www.somaticsexeducator.com)**

**[info@somaticsexeducator.com](mailto:info@somaticsexeducator.com)**