

What is somatic sex education?

Professional Training for Somatic Sex Educators

somaticsexeducator.com



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Creating Living Maps

by Juliana

Our bodies contain volumes of stories, adventures, surprises, daring risks, triumphs, narrowly escaped danger and defeats. The landscapes of our bodies are vast, ever-changing and we, like diligent cartographers, are charged with the task of creating living maps.

I believe the deepest gift we can be given is the gift of ease and belonging in our own skins - no matter the circumstances in which we find ourselves.

At times this process is delightful, pleasurable, exciting. At times terrifying, daunting and overwhelming.

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I have seen how finding my breath in the midst of an intense moment can breathe space and open doorways of possibility through corridors that I thought were dead ends or traps. I have seen how creating and holding one's own bodily map as the expert of this landscape and learning the tools needed to teach each other about our own unique ecology can bring safety and the possibility of healing to even the most wounded nervous system. So often we rush past the subtle and profound messages that our bodies are giving us in every moment. What would happen if you took the time to listen?

As a Somatic Sex Educator, my intention is to provide a space for the timeless and the infinite wisdom of your body to have a voice. If you are healing trauma, this is a space to bring these most tender parts out into the

light and, with impeccable attention, respect and the utmost care, listen to what they need to heal. If you are journeying to map the deepest valleys and highest peaks of your pleasure and desire, this is a space for you to ask for and receive EXACTLY the touch that most serves you. Nothing more and nothing less.

I believe in our innate capacity to know exactly what we need to be healthy, whole and thriving. In a world that devalues anything that is not "productive", there is some excavating to do to rediscover what it means to live to our full and ecstatic capacity. My hope is to be a guide, companion and witness for you on your own unique path to rediscovery.

Juliana is a 2017 graduate of the somatic sex education training. See her website at <https://gardenofsoma.weebly.com/>

What is somatic sex education?

by Caffyn Jesse

Somatic sex educators teach through body experiences designed to nurture, deepen or awaken the sensual self. These experiences can include coaching in breath, movement, body awareness, boundary-setting, communication, anatomy, sensate focus, massage, erotic trance and other body-based teaching about sex. Uniquely in the professions, we are trained to do genital and anal touch for education, healing and pleasure. We touch in ways that assist students in developing presence within the body, opening interior awareness, and learning how the body can feel more and more alive.

The experiential learning opportunities available through somatic sex education can help you engage in a respectful dialogue with the autonomic nervous system, so that physical and emotional processes that usually happen *to* us can be held in mindful awareness, and transformed. Love and fear, excitement and relaxation, arousal and happiness, reverence and bliss all have biochemical and physiological components that can be regulated, with training and conscious practice over time.

Somatic sex education is a wonderful way to address all kinds of sexual problems, ranging from premature ejaculation to not being able to orgasm readily. Couples can learn to navigate sexual differences and explore new erotic possibilities with body-based learning and guided practice.

We all set limits on the quantity and quality of pleasure we can embody. Limits to pleasure are ubiquitous in a culture that shames sexuality and fails to teach us how to honor and celebrate erotic energy. Sexual wounding becomes embedded in the body's tissues and responses.

Somatic sex education can assist us in expanding the pleasure that is possible. This expansion has physical, emotional, mental and spiritual components.

Physical

When we experience nervousness or anxiety around sexual experience, we endure a cascade of stress hormones including adrenaline and cortisol. These hormones act on all the body's functions and tissues. We breathe more quickly and shallowly. Our heart rate increases. Our gut clenches. Blood leaves the genital tissues so we are better able to "fight or flee," and we lose our capacity for feeling fully. Somatic sex educators coach students to open up their bodies with breath and deep relaxation. With slow, careful and skillful touch, given in a very safe situation completely controlled by the client's needs, you can learn what is possible. Scar tissue can present another limit to pleasure, and somatic sex educators are trained in scar tissue remediation techniques. The body often produces a cascade of powerful endorphins during somatic sex education sessions involving bodywork. Endorphins are hormones like chemicals that suppress anxiety and pain and build a feeling of bliss.

Emotional

We expand our emotional range in an environment of loving kindness and complete acceptance. Somatic sex education practitioners are trained to offer this environment to all clients, whatever their unique erotic identities, their challenges, wounds and joys. Opening up emotionally has biochemical components. Caring, conscious touch activates hormones including oxytocin. Many studies show a correlation of oxytocin levels with greater stress tolerance, increases in bonding and trust, and decreases in fear. In addition, somatic sex education sessions can teach us to become emotionally empowered in our sexual relationships. We can learn how to direct sexual touch, experience and express body boundaries, and encounter and release trauma imprints.

Mental

As individuals and as a culture we lack erotic knowledge. Somatic sex educators teach genital anatomy, the physiology of multiple orgasms, how to touch, how to negotiate desires, and many other things about sex. The somatic practices of somatic sex education assist students in developing increased capacities for mindfulness. With coaching in the conscious placement of attention, we can learn to bring more focus and presence to sexual exchanges. This work invites us to recognize habits and patterns that are limiting our pleasure. Somatic sex educators are trained to help students who want to address “pornography addiction” or transform unwanted fantasies. Building a bridge between conscious and unconscious responses opens possibilities for making new choices about our pathways to pleasure.

Spiritual

Pleasure helps us connect with the divine within and around us. Sexological bodywork can teach us how to consciously access profound ecstatic and erotic states. We can learn to tune in to sexual energy, to move it and to amplify it. We can learn to give your sexuality focused attention, and go deeply into its beauty and mystery. Sexual energy can be experienced as transformative spirit, an aspect of the sacred, a way to dance in union with all that is. Interacting with love and mindfulness while making deep connection from this core part of the self, we can experience sacred presence in others and in ourselves.

In the sexual matrix of body, mind, spirit and emotion, we can learn to expand our capacity for joy, experiencing more and more deeply what it is to be fully alive.

Caffyn Jesse is part of the core faculty of the Institute for the Study of Somatic Sexology. See her website at www.erospirit.ca

A home for the soul

by Mehdi Darvish Yahya

“The soul feels unsafe in a frightened body. This bodywork breathes courage into the body, inviting it to feel pleasure within its own edges.

This is a way of preparing the body to be a home for the soul again.”

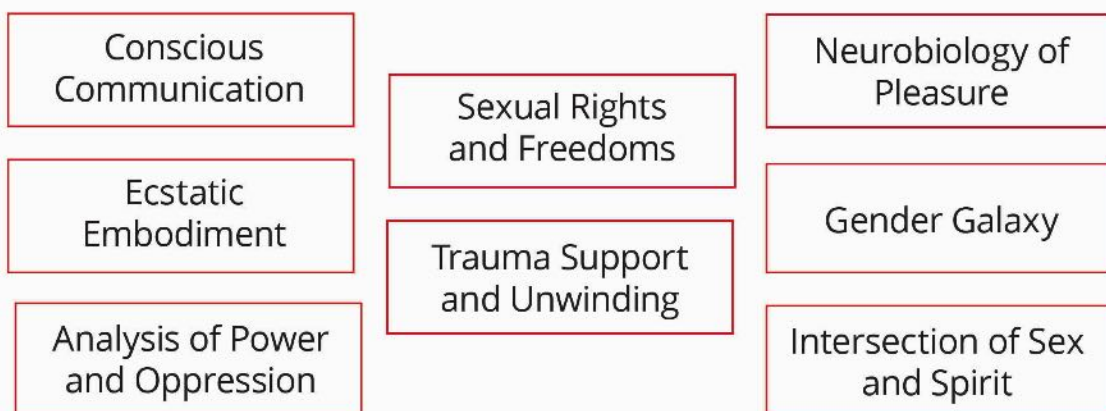
Mehdi Darvish Yahya

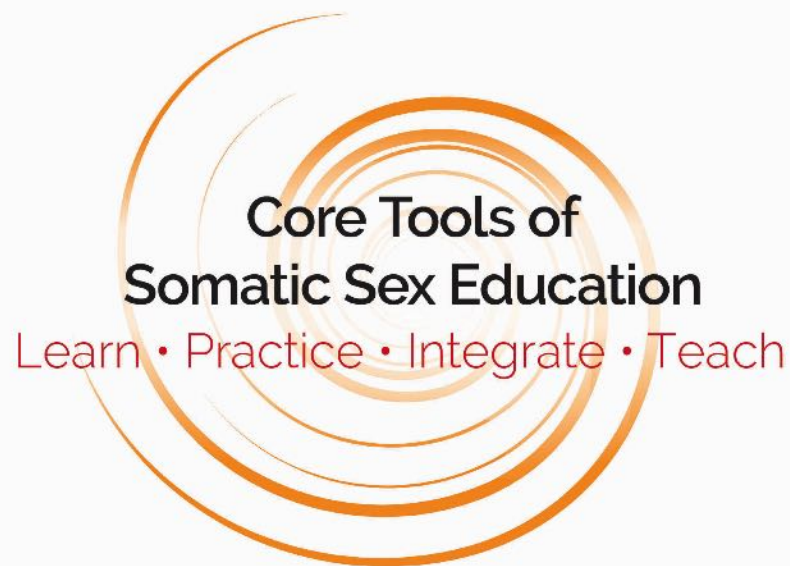
Mehdi Darvish Yahya is a faculty member of the Institute for the Study of Somatic Sexology. See his website at <http://thetouchingcure.com>



Core Competencies of Somatic Sex Education

Learn • Practice • Integrate • Teach





Somatic Sex Educator Training

Qualify as a Somatic Sex Educator and Sexological Bodyworker

- Establish a professional practice as a sex educator who integrates whole-body touch in a trauma-informed modality
- Help clients find sexual healing and explore expanded sexual pleasure through body-based exercises and experiences

What will you be able to do with this certification?

As a Sexological Bodyworker...

As a Somatic Sex Educator...

You will learn how to guide clients in the embodied reclaiming of sexual pleasure, working in ways that go beyond the level of talk therapy, to the places in our bodies and our lives where real change happens. Combining interpersonal neurobiology with massage skills, anatomical knowledge, and practices to empower choice and voice, you will be able to guide clients in using the most effective tools for liberating themselves from the ongoing effects of sexual trauma, neglect, limiting beliefs and sexual dysfunctions. You will see them expand into the full range of their sexual wellness, guiding them to self-love, community connection and vibrant erotic relationships.

You will become part of a global community of practice that works to transform the dominant culture of sex, creating celebratory space for people of all gender identities and sexual orientations to live freely and fully.

The Program at a Glance

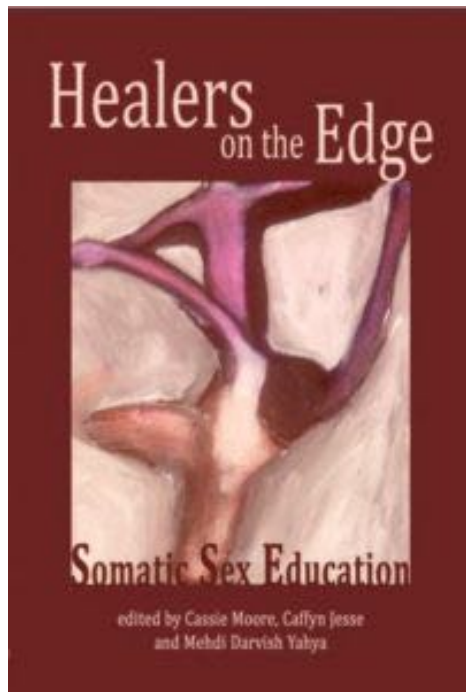
- Two online courses allow you to learn virtually from anywhere in the world
- Two in-person weeklong embodiment intensives on Salt Spring Island at Caffyn Jesse's studio
- Practicum supervised by a qualified mentor of your choice who will help you develop the skills you need in the specific area you want to practice in
- Live weekly online teachings and Q+A with the SSEA Faculty
- Four electives you choose to help you develop your special offering in this daring and much-needed field

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!



Caffyn Jesse teaching anal massage at her studio on Salt Spring Island

- Design your own schedule and do the training in a way that suits your needs – learn over one year or three
- Minimal initial investment – decide as you do the program whether or not you want to continue
- Feel supported by an awesome network of like-minded somatic sex educators and fellow students



- Be your own boss and earn a good income

- Develop the business and marketing skills you will need to launch a successful practice as a somatic sex educator

This in-depth professional training incorporates individual meetings with teachers, in-person embodiment retreats, self-directed online learning, group online learning, recorded video, powerful books and other readings, and live group calls. We support you in developing your new career and

taking your special place in a global community of practice.

Your Personal Journey With This Training

Being an excellent somatic sex educator begins with our own embodiment journey. This is a professional training that supports your personal development.

You will learn to address deeply wired dysfunctions, limiting beliefs,



and the
legacy of
trauma,
neglect
and
habitual
patterns.

*Talking
can only
take us so
far.*

above: Dr. Liam captain Snowdon leads a group at a Salt Spring Island intensive

Heal your own sexual shame, fear and wounding. Expand and celebrate your unique sexual nature, pleasure and desire. Connect with a global community of that supports and celebrates your personal erotic wellness, and your work in somatic sex education, while bringing much-needed change to the dominant culture of sex.

right: Corinne Diachuk teaching
Yoga for Sexual Health at a Salt
Spring Island intensive

Somatic sex education is
based on science. Research
in contemporary
neuroscience explains that
because of the subcortical
nature of trauma imprints,
we can heal and



change only when we physically experience and practice efficacy, power and pleasure in the erotic realm. Talk therapy and traditional sex coaching are likely to always fall short when it comes to healing trauma and reclaiming sexual pleasure. Embodied practices including expanded breath, orgasmic yoga and erotic massage are vital.

Being an innovator and a rebel can be deeply satisfying and financially rewarding.

As a somatic sex educator you will make a real difference in people's lives.

You can have this tremendously satisfying experience every day, and also be able to earn a good living as a sought-after practitioner. There is so much sexual wounding in our world, and there are not nearly enough trained and talented individuals available to address this. Our graduates establish lucrative practices.

People are seeking sex educators who are willing to work with embodied practices that address trauma, support healing, and expand what is possible for them sexually. But they need to know that they can trust you! Our extensive training, professional associations, and clear guidelines for ethical practice make trust possible.

Say yes to a new direction for your life, and a new vision of healing and wholeness for our world.

Learn more at somaticsexeducator.com

