

Somatic Sex Education Certification Program Syllabus

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Summary

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 Sex Education (ISSSE) 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.

a professional
training in
somatic sex
education and
sexological
bodywork

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 and community care, erotic energy cultivation, working with ritual, and varieties of sensual and erotic massage. You will be mentored and supported in finding the intersection between your own work in the world and these teachings, and establishing a professional practice as a sex educator integrating this modality. You

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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.)

Core Courses

(all 5 are required)

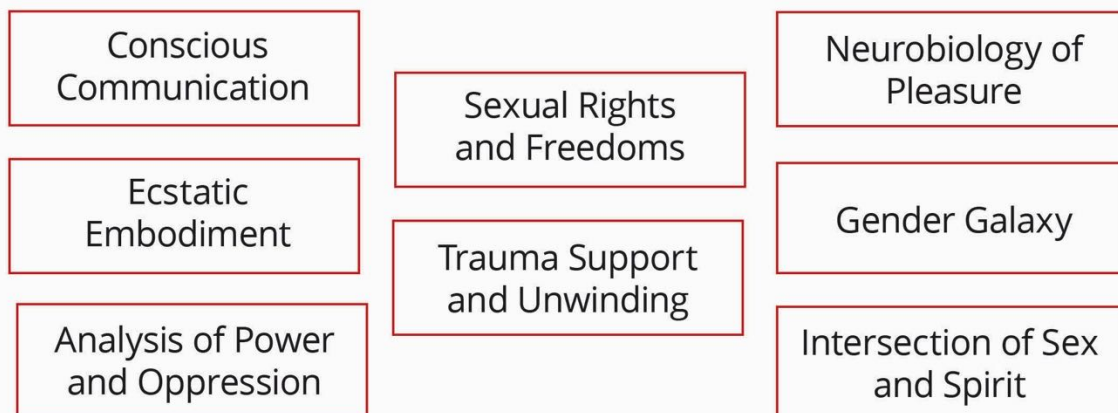
1. Core Course 1. **Foundations of Somatic Sex Education** (5 units online)
2. Core Course 2. **Intensive: Erotic Practice for Somatic Sex Educators** (7 days in person or online)*
3. Core Course 3. **Establishing a Somatic Sex Education Practice** (8 units online)
4. Core Course 4. **Intensive: Refining Your Practice as a Somatic Sex Educator** (7 days in person or online)*
5. Core Course 5. **Supervised Practice and Project**

*Students who complete one of the intensives – either Core Course 2 or 4 – in-person are eligible for a regular certification in “Somatic Sex Education and Sexological Bodywork”. Those who complete their entire program online will be awarded an “Online Learning Specialization” certification.



Core Competencies of Somatic Sex Education

Learn • Practice • Integrate • Teach



Community of Practice Video Calls

All students have the opportunity to join a weekly online community call and circle of support on Thursdays, 9-10 am Pacific time (Vancouver). A member of the faculty facilitates these calls. Calls include presentations from teachers and advanced students, as well as other somatic sex education practitioners, plus time for you to share learning in small and large groups, and ask questions about the program. Attendance is optional.

Advanced students (Core Course 3 and beyond) have an option for additional support with a call every Tuesday morning at the same time.

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 faculty, plus a 1-hour private coaching call with a faculty member. Included in your course fee is access to the wealth of online materials at www.OMGYes.com

Course Textbooks (must be purchased separately)

Caffyn Jesse, *Intimacy Educator: Teaching Through Touch*

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*

Sonya Renee Taylor, *The Body Is Not an Apology: The Power of Radical Self-Love*

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 inquiries 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 deepen your 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: Intensive

Erotic Practice for Somatic Sex Education

Online or in-person

Textbooks to purchase and review before the Intensive:

Sheri Winston, *Women's Anatomy of Arousal*

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

In-person option: 7 days in Victoria, British Columbia, Canada. \$1710 USD. First day: 11am to 6pm, Pacific Time, subsequent days 10 am to 6 pm (with an afternoon of repose mid-week)

Online option: 7 days study and practice online \$1510 USD
9 am to 5 pm, Pacific Time, (with an afternoon of repose mid-week)

This is the **first of two intensives** in a professional training for somatic sex educators. Whether you are attending online or in-person, you will be working with a cohort of students, two main faculty, plus guest teachers. Prepare for an intensive learning experience.

Our own erotic well-being is foundational for developing a professional practice as a somatic sex educator. During this week together we have a chance to unfold and share the personal and cultural journey to sexual wholeness. The intensive takes us through an arc of exercises and experiences in a way that mirrors the journey of a client working with a somatic sex educator, while resourcing us for professional practice.

We will begin with creating a “**safe enough**” container. This involves setting community agreements and honing and sharing our intentions. Study and embodied exercises help with understanding barriers to pleasure. We will learn and use actual practices, tools and competencies for empowering our own and others’ choice and voice.

Students will expand their embodied understanding of **social locationality** and sexual rights and freedoms. They will learn about how we somatize oppression and privilege, and practice technologies for unwinding some of these bonds.

We will work to create intentional, professional, erotic learning space. We practice using procedures that demonstrate professionalism, including intake and assessment. We discuss and offer diverse frameworks for **ethical somatic sex education**.

We cultivate capacity to feel and communicate body sensations as we increase our **somatic literacy**, developing a repertoire of embodiment practices we can use and share with clients.

The course includes a deeper dive into the science of somatic sex education and interpersonal neurobiology. The **science of sexual happiness** helps give language to the learning process, so we understand challenges and opportunities for expanded wellness. Knowing and sharing the science can help take shame away as we work with clients, and support each person in working and playing in their personal learning zone.

The intensive includes teaching in the somatic sex education core tool of **Masturbation Coaching**. We have an opportunity to explore the possibility of communal **Mindful Erotic Practice**, always within our personal learning zones.

We will have a chance to further explore genital anatomy and practice **Genital Mapping**. We will introduce the core tools of **Affirmative Ritual Touch** and **Erotic Massage**, while demonstrating how these tools can be integrated into somatic sex education sessions, whether offered in-person or online. All activities are done through the lens of **empowering choice and voice**.

This **7-day intensive** will focus on building core competencies of somatic sex education.



Core Tools of Somatic Sex Education

Learn • Practice • Integrate • Teach



Core Course #3: Establishing a Somatic Sex Education Practice

8 units online

This self-directed online course includes reading, video viewing, somatic inquiries, online assignments, and one-to-one support from faculty. Students have access to a wealth of learning materials at eroticmassage.com and orgasmicyoga.com. Mindful Erotic Practice as Erotic Self and Community Care

As part of your registration to CC3 and beyond you will have access to captain's online communal erotic practice community called CONVIVE! Students are offered access to three days a week of practices to support their development of lifelong Mindful Erotic Practice.

Advanced students of CC3 and beyond also have access to an additional weekly support call on Tuesday mornings, 9 am Pacific time.

This program requires a minimum time commitment of 10 hours per unit.

Course Textbooks

to be purchased separately:

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

Caffyn Jesse and Shauna Farabaugh, *Pelvic Pain Clinic*

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

Caffyn Jesse, *Science for Sexual Happiness*

Welcome and Orientation

We welcome you to this course with readings and videos discussing the basic principles of sex coaching: what it is, how we do it, and the skills and approaches we need to practice in this profession.

Unit 1: Orgasmic Yoga

This unit 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.

Unit 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 Caffyn Jesse and Christiane Pelmas, who have trauma healing as a focus of their practice.

Unit 3: 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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Unit 4: 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.

Unit 5: Anal Mapping and Massage

This week we focus on anal pleasure, anal anatomy, sexual shame and the anal taboo. The anal area is one of the most nerve-rich pleasure centers of the body, and 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.

Unit 6: Pelvic Pain, 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.

Unit 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.

Unit 8: Developing your Unique Contribution as a Sex Education Practitioner

Informed by the learning of the past 8 units, students feel into their 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 business practices, envisioning your business, and marketing for somatic sex educators.

Core Course # 4: Intensive

Refining Your Practice as a Somatic Sex Educator

Online or in-person

In-person option: 7 days in Victoria, British Columbia, Canada. \$1710 USD. First day: 11am to 6pm, subsequent days 10 am to 6 pm (with an afternoon of repose mid-week)

Online option: 7 days study and practice online, working with an approved practice partner on 4 afternoons (Day 2 and 3; Day 5 and 6) \$1510 USD. 9am to 5pm (with an afternoon of repose mid-week)

At this week-long intensive you will step 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 learnings from Core Course Three with more demonstrations and hands-on practice. You will learn more about 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. We support each other in finding and articulating what somatic sex education means to each one of us, and building marketing materials for our unique practices.

Core Course # 5

Supervised Practice and Project

Textbooks (must be purchased separately):

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Reesma Menakem (available on audiobook via Audible)

The Art of Somatic Coaching by Richard Strozzi-Heckler

Plus additional reading, listening, and viewing as suggested by your mentor(s)

This is your practicum –self-paced learning with an accountability and support structure. You will receive guidance and supervision with a Faculty Mentor of your choice (Caffyn, Corinne or captain), who 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.

You and your Faculty Mentor will agree on a program plan that is then approved by the whole faculty. You also have the option of including another member on your mentorship team who is an SSE practitioner working in the areas of special interest to you. You can choose another faculty member as your Field Mentor, or work with a qualified somatic sex educator who is in alignment with your personal goals and visions and approved by the faculty.

Electives

(choose 4)

Your electives are 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 acceptance into Core Course Two: Erotic Practice for Somatic Sex Education. 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.

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

Holistic Peer Counselling *with Nekole Shapiro and HPC Mentors Group*

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

Sexual Attitude Reassessment Program *with dr. liam snowdon and The Institute for Sex Education and Enlightenment*

Intimacy Educator Training *with Caffyn Jesse*

Yoga Therapy for Sexual Wellness *with Corinne Diachuk*

Somatic Sex Educators Supervision *with Christiane Pelmas*

Expressive Erotic Play: The Class *with River Frey Drosera*

The “Sexcessible” Practice: Sex and Disability for Somatic Sex Educators *with Shauna Farabaugh*

Together We Fly- Erotic Embodiment Skills and Tools for Facilitating Fantastic Workshops and Trainings *with captain snowdon*

Foundations of Sexology, Sexology University.

Mentoring in Ethics, Dual Relationships, Attachment and Trauma-Focused Practice *with Mehdi Darvish Yahya*

Racialized Trauma E-course *with Resmaa Menakem*

Bodywork and Myofascial Release for Somatic Sex Educators *with Ailsa Keppie*

Body Poem *with Katie Sarra*

Faculty

Corinne Diachuk



Corinne Diachuk is a Yoga Therapist, a Certified Somatic Sex Educator and a Certified Wheel of Consent facilitator. She has been offering “Yoga Therapy for Sexual Wellness” from her private studio in Victoria BC for several years. She is the SSEA Past-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 <http://corinnediachuk.com/>

Caffyn Jesse



Caffyn Jesse is a leading somatic sex educator who lives and works on Salt Spring Island in Canada. They are the author of *Science for Sexual Happiness*, *Intimacy Educator: Teaching Through Touch*, *Orientation: Mapping Queer Meanings*, *Pelvic Pain Clinic* with Shauna Farabaugh and *Elements of Intimacy* (available free online). They teach an Intimacy Educator training plus co-teach the Certified Somatic Sex Educator training for the Institute. See their website at 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.

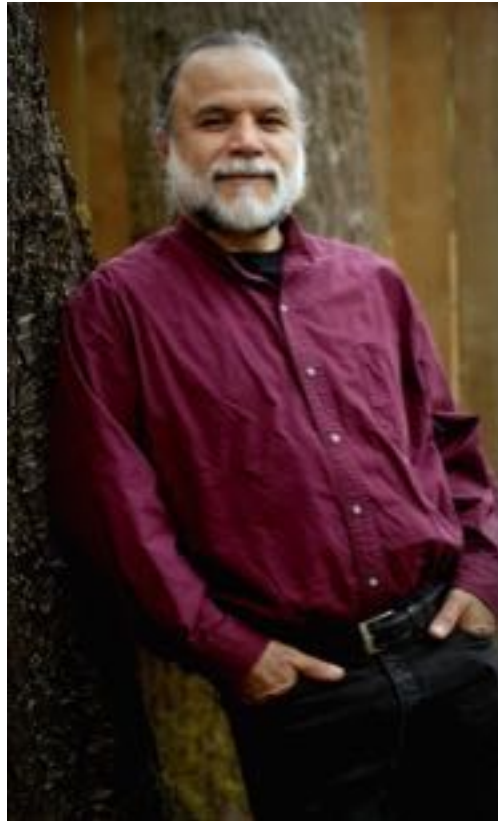
Adjunct Faculty

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. She is the author of *Pelvic Pain Clinic* with Caffyn Jesse. 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

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.

Adjunct Faculty and Creative Admin

Tracy Montgomery



Tracy is a Certified Sexological Bodyworker, a Somatic Sex Educator and a Somatic Experiencing ® Practitioner. A lifelong teacher and learner who knows that life is supposed to feel good, Tracy believes that when we feel at home in our bodies we can come to know our divine, whole selves. Based in Ottawa, ON, Tracy works with individuals and couples, facilitates the Ottawa Snuggle Salon, and leads playful, experiential workshops inviting students into a more joyful life experience. She is the President of the Somatic Sex Educators Association. Her passions are dance, song, sex, coffee, books, hugs, community, quality pens and chocolate, not necessarily in that order. See her website at <https://www.tracymontgomery.ca/>

BIPOC Faculty Liaison

Kai Cheng Thom



Kai Cheng Thom is a writer, performer, somatic educator and bodyworker, lasagna lover, and wicked witch. A trans woman of Chinese descent, she currently makes tkaronto, the Dish With One Spoon territory her home. A former social worker, Kai Cheng has over a decade of experience in community work and organizational change. She is currently pursuing studies in a wide number of somatic healing modalities, including breathwork, Thai massage, and somatic sex education.

For scheduled dates for intensive courses, and to register, see the Institute's website at <https://somaticsexeducator.com/>

5 Core Courses must be taken sequentially.

Consult with faculty members about electives that will support your unique learning needs, after Core Course 2.

After completing five core courses and 4 electives, you can apply for certification. If all your courses have been completed successfully, your certification will be awarded within a month. Students who complete one of the intensives – either Core Course 2 or 4 – in-person are eligible for a regular certification in “Somatic Sex Education and Sexological Bodywork”. Those who complete their entire program online will be awarded an “Online Learning Specialization” certification.

All prices include GST.

For more Information and to Register:



www.somaticsexeducator.com

info@somaticsexeducator.com

Institute for the Study of Somatic Sex Education

*The Somatic Sex Educator training is offered through the **Institute for the Study of Somatic Sex Education (ISSSE)**. The ISSSE is committed to providing high-quality, transformational learning experiences both online and in a group setting. We are committed to operating as an exceptional learning institute co-creating communities of lifelong learning, joyful accountability and critical pedagogy for students, staff and faculty alike. ISSSE actively aspires to play a role in personal/political liberation, ending sexualized violence and creating and supportive cultures of embodiment and pleasure.*

Welcome to the ISSSE, where we are learning, practicing, integrating and teaching trauma-informed touch and embodied pleasure.