

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), 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 relationships. 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

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

pleasure. Loving presence and deeply embodied ethics are integral to the professional practice of somatic sex education. The program covers intake, assessment, empowering 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 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 Dr. Liam “captain” snowdon, Corinne Diachuk, and Caffyn Jesse in 2018, and expanded upon by Katie Spataro, Kai Cheng Thom, Noah Kloze, Tracy Montgomery, Onika Henry, Sherika Tenaya and Dame Sadie.

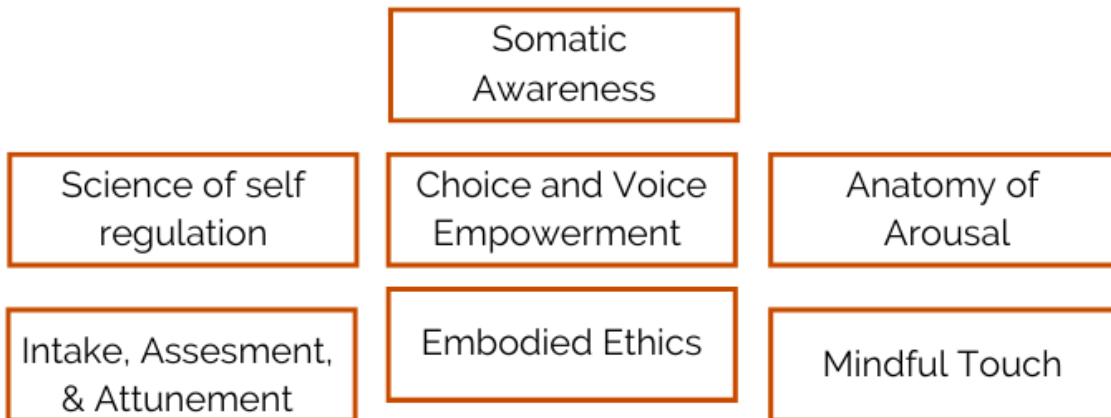
It expands upon the original course of studies for Certified Sexological Bodywork. (The Certified Sexological Bodywork program developed by Dr. Joseph Kramer has been offered in California since 2003, and is now taught around the world in various formats.)

Core Courses

(all 5 are required)

1. Core Course 1. **Foundations of Somatic Sex Education** (6 units online)
2. Core Course 2. **Intensive: Erotic Practice for Somatic Sex Educators** - 7 days in person
3. Core Course 3. **Building a Somatic Sex Education Practice** (12 units online)
4. Core Course 4. **Intensive: Refining Your Practice as a Somatic Sex Educator** - 7 days in person
5. Core Course 5. **Supervised Practice and Project**

*Students are required to complete all 5 courses sequentially. Successful completion of each course includes an invitation to sign up for the next one.



Core Competencies of Somatic Sex Education

Learn | Practice | Integrate | Teach



Community of Practice Zoom 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, guests, 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 but highly recommended.

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

BIPOC Mentorship Program

The Institute for the Study of Somatic Sex Education is pleased to offer all students who identify as BIPOC (Black, Indigenous, or Person of Colour), racialized, and/or mixed race an additional support on their SSE learning journeys. The BIPOC Mentorship Program is an emergent initiative launched in the summer of 2020 as a response to growing awareness in the field that financial scholarships are often not enough to ensure equitable access and transformative change. BIPOC learners often need and deserve dedicated learning spaces, leadership opportunities, and one on one support in order to thrive in the context of a racist and colonial society.

The BIPOC Mentorship Program consists of several components. Upon entering Core Course 1, BIPOC students will have access to 1 to 1 mentorship calls with the BIPOC Faculty Liaison, in addition to the standard Faculty mentorship calls. Additionally, there is a closed Facebook group specifically for BIPOC students to share their experiences, resources, and questions. The BIPOC Mentorship Program includes twice-monthly BIPOC-only group mentorship calls. These calls are open to all mixed race and BIPOC identified students and take place on Zoom on the second and fourth Wednesdays of every month. Students will receive links

to join the calls through the Institute student email list. As a part of the Mentorship Program, BIPOC-identified students also have the option of requesting that a BIPOC-identified Faculty Member serve as their Faculty Mentor for Core Courses one, three and five.

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!

This course includes workbook and readings, video viewing, somatic inquiries, online discussions and assignments moderated by faculty, plus a 15-minute introductory call and a 1-hour private coaching call with your assigned Faculty Mentor.

Cost: \$825 USD

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 feelings 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 you will be introduced to the Wheel of Consent and tools and practices for noticing desires and setting limits.

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 helps us understand and support people on their diverse arousal journeys.

Unit 5: Loving Justice

Embodied ethics and embodied conflict resolution skills are essential to the practice of somatic sex education. This unit introduces you to Loving Justice, a somatic approach to Transformative Justice and conflict mediation.

Unit 6: Conclusion and envisioning

In 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

In-person

Course Textbooks: (must be purchased separately)

You will be required to purchase and review two textbooks before the Intensive. The list of textbooks from which to choose will be provided upon registration for the course.

***In-person option:** 7 days in Victoria, British Columbia, Canada or Seattle, WA, USA*

\$2295 USD (includes 5% GST)

First day: 11am to 6pm, Pacific Time; subsequent days 10 am to 6 pm (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 members, 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 by 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 an 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 the 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 others.

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: Building a Somatic Sex Education Practice

Online

This self-directed online course includes reading, video viewing, somatic inquiries, 12 assignments, and one-to-one support from faculty. As well as Mindful Erotic Practice, as Erotic Self Care 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 weekly practices to support their development of lifelong Mindful Erotic Practice.

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

This program requires approximately 10 hours per unit.

Cost: \$2595 USD (includes 5% GST)

Course Textbooks: (must be purchased separately)

Richard Strozzi-Heckler, *The Art of Somatic Coaching: Embodying Skillful Action, Wisdom, and Compassion*

Caffyn Jesse and Shauna Farabaugh, *Pelvic Pain Clinic*

Caffyn Jesse, *Science for Sexual Happiness*

Betty Martin and Robyn Dalzen, *The Art of Receiving and Giving: The Wheel of Consent*

Welcome and Orientation

We welcome you to this course with student agreements, logistical information regarding textbooks, peer support calls, and community of practice calls. This introductory unit will support students to:

- Introduce yourself
- Plan for your coaching calls with your mentor
- Build your skills in peer support
- Navigate how to post your assignments in the comment section of each unit
- Learn more about the BIPOC mentorship program within our school
- Prepare for finding practice clients

Unit 1: Embodied Ethics

Unit One introduces students to the living, counter-normative ethics that ground Somatic Sex Education. Students learn how these ethics differ

from dominant Western frameworks, why it matters to honor the political and cultural lineages that shaped them, and how centering anti-oppression, somatic tools, and peer-based culture-building creates safer, more generative alternatives to shame and punishment. This unit frames ethics not as a fixed path or checklist, but as a responsive, relational practice that invites curiosity, complexity, and mystery—while also cultivating respect for the wisdom and leadership of sex workers within the SSE field.

Unit 2: Intake and Assessment

Unit Two equips students with the practical foundations for working with clients through thoughtful, trauma-aware intake and assessment. Students build and organize their personal Somatic Sex Education toolbox, gather a range of assessment tools, and learn why there is no single “right” way to conduct an intake. Students will learn and practice core tools such as Somatic Alliance and Somatic Racial Safety, be introduced to real-world examples of intake systems from working practitioners, will develop skills to safely vet clients and events and complete the unit with their own draft SSE intake ready to use and refine.

Unit 3: Mindful Erotic Practice and Masturbation Coaching

Unit Three students learn how to work skillfully with erotic attention, shame, and pleasure. Students continue their exploration of Mindful Erotic Practice as a core SSE tool, for self and with practice clients, and explore Core Erotic Themes as a way to understand desire and patterning. We explore adaptive positions, foundational sex-coaching principles, and practical tools to explore how shame takes shape and how to interrupt shame in the body.

Unit 4: Empowering Voice and Choice

Unit Four deepens students' embodied understanding of consent through theory, practice, and reflection. Students learn to explain the Wheel of Consent—its origins and its relevance to Somatic Sex Education—while distinguishing between boundaries, domain, and limits. We will refine skills with foundational practices such as Waking Up the Hands, the 3-Minute Game, and the Spectrum of Response, and learn how to make consent communication accessible for non-verbal people and those with limited or unreliable speech. Through exploring our own comfort zones within the Wheel and practicing Bossy Touch, students integrate insight into both giving and receiving, supported by guided reflection.

Unit 5: Working with Trauma

Unit Five offers tools to work with trauma, grief, and systemic harm with clarity, skill, and care. Students learn how to practice as trauma-informed Somatic Sex Educators, understand the distinctions between SSE and psychotherapy, and deepen their capacity to stay present with the embodied histories carried by BIPOC clients and communities. This unit includes guided breathwork and somatic emotional release, trauma-informed client-directed touch, and frameworks for tending grief, while critically examining Polyvagal Theory and cultivating practices of voice, choice, and anti-oppressive care in client sessions.

Unit 6: Pelvic Pain, Scars and Dearmouring Touch

Unit Six centers pelvic health, pleasure, and healing as a core practice in Somatic Sex Education. Students deepen their anatomical and embodied understanding of the pelvis while gaining practical tools to support pelvic

floor awareness and clients living with pelvic pain. Through learning about dearmouring, trauma-informed gynecology, and pelvic steaming, and by witnessing and practicing client-directed scar tissue work, including on circumcision, cesarean, and top surgery scars. This unit also examines the pain pleasure continuum, highlighting how pleasure and mindful presence can interrupt chronic pain patterns and support lasting sexual and somatic wellbeing.

Unit 7: Pleasure Mapping

Unit Seven immerses students in the diversity of ways to have “pleasure anatomy,” including all kinds of tissues of arousal, genitals, and non-biological genitals. Students witness and practice pleasure-mapping, genital, chest, and breast touch across many body types and anatomies while learning how sensation exploration can support clients in discovering and trusting their own pleasure-seeking impulses. Through client-directed erotic touch, pleasure mapping (including online formats), and guided reflection on both giving and receiving, students gain practical tools for helping clients follow their inner “yes” and cultivate a deeper, more self-directed relationship with pleasure.

Unit 8: Anal Mapping and Massage

Unit Eight builds students’ confidence and competence in working with anal anatomy. Students deepen both their anatomical and embodied understanding of the anus while learning essential principles for safe, attuned anal touch, including pacing, working with the resilient edge of resistance, and recognizing different forms of anal pain. Through witnessing and practicing anal mapping and massage, and integrating learning through guided reflection, students develop practical, client-directed skills to support anal pleasure, comfort, and trust.

Unit 9: Loving Justice

Unit Nine supports students in developing grounded, compassionate approaches to conflict, accountability, and repair. Using frameworks such as the Window of Transformation and the Loving Justice Heart Map, students learn how to hold multiple truths, navigate nervous system responses, and stay connected during moments of harm or disagreement. Through exploring account-ability, non-disposability, indispensability, and joyful accountability, students create a personalized map for how they will respond to conflict and potential harm in their Somatic Sex Education practice

Unit 10: Active Receiving and Sensual Massage

Unit Ten explores active receiving as a powerful, collaborative practice that invites us into co-creating pleasure and intimacy through breath, sound, movement, and choice. Students learn and practice sensual massage, discover how vocal expression can open pathways to freedom and connection, and explore inclusive erotic work with people with disabilities. Through demonstrations and hands-on practice; including pleasure-centered, client-directed erotic touch, students expand their understanding of erotic diversity.

Unit 11: Erotic Massage Ritual

Unit Eleven brings together the core skills of the program through the practice of Erotic Massage Ritual. Students learn to distinguish Erotic Trance from partner connection, explore the power of the body's "inner pharmacy," and develop ritual skills through intention, spontaneity and improvisation. By witnessing high-arousal, emotionally rich rituals,

including a four-handed session, and by facilitating and reflecting on their own Erotic Massage Rituals, students gain a deeper understanding of how structured, intentional touch can support expanded states of arousal and transformation.

Unit 12: Developing your Unique Contribution as a Sex Education Practitioner

Unit Twelve supports students to reflect on self-care within the larger context of community care and socio-political realities, explore multiple models of SSE practice, and articulate their own intentions and guiding principles through a personal Somatic Sex Educator Manifesto. The unit concludes with self-assessment, course evaluation, and an evaluation call with their mentor to clarify next steps, electives, and pathways forward in the program.

Core Course # 4: Intensive

Refining Your Practice as a Somatic Sex Educator

In-person

In-person option: 7 days in Victoria, British Columbia, Canada or Seattle, WA, USA

\$2295 USD (includes 5% GST)

First day: 11am to 6pm, subsequent days 10 am to 6 pm (with an afternoon of repose mid-week)

At this 7-day intensive, you will step further 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 Erotic Massage Ritual. 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.

Core Course # 5: Supervised Practice and Project

Cost: \$2295 USD (includes 5% GST)

Course 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)

and at least ONE of the following four texts:

- *We Will Not Cancel Us* by adrienne maree brown
- *I HOPE WE CHOOSE LOVE* by Kai Cheng Thom
- *This is How We Free Us* by Mariame Kaba
- *Beyond Survival* ed. Leah Lakshmi Piepzna-Samarasinha & Ejeris Dixon

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 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 or another kind of practitioner 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 ISSSE faculty and can include online and in-person courses on sex, sexuality, communication skills, embodiment skills, working with groups, anti-oppression, 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.

Here is a link to the approved electives page:

<https://somaticsexeducator.com/electives/>

Up to two of the above (pre-approved) courses can be taken for credit before acceptance into Core Course Two. 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.

Faculty

Corinne Diachuk



Corinne Diachuk is a Certified Wheel of Consent Facilitator, a Yoga Therapist, a Certified Somatic Sex Educator, and one of the founders of the ISSSE. For decades, she has worked intimately with humans in the realms of touch, care, embodiment, ritual, yoga, sex, and celebrating the beauty of each moment. Corinne is passionate about SSE, consent, and pleasure. She teaches courageous communication and radical self-responsibility as tools for intimacy and sacred sexuality. You can find her online and in person, teaching a yoga class, hosting a consent workshop, or for private sessions. For more information see www.corinnediachuk.com.

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.

Katie Spataro



Katie Spataro, CSB (she/her) is a certified somatic sex educator and sexological bodyworker, womb tender, holistic pelvic care provider and full spectrum doula who lives and works on the unceded ancestral lands of the Duwamish people. Katie studies and practices at the intersections of birth work and sex work, drawing upon the embodied wisdom of these two lineages to support healing of the personal and collective cultural body. Katie blends various modalities of somatic practice, bodywork and skilled coaching in her private practice, and facilitates classes on sexual and reproductive wellbeing, embodied consent, and erotic liberation through a violence-informed and healing-centered lens. She is core faculty at the Institute for the Study of Somatic Sex Education, and a Certified Facilitator of the Wheel of Consent. <https://sacredwombservices.com>

Founding Faculty, Retired

Caffyn Jesse



Caffyn Jesse is a leading somatic sex educator who lives and works on Salt Spring Island in Canada and a co-founder of the ISSSE. 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). Caffyn retired from teaching in 2021. See their website at www.erospirit.ca.

Adjunct Faculty

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.

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/>

Noah Klöze



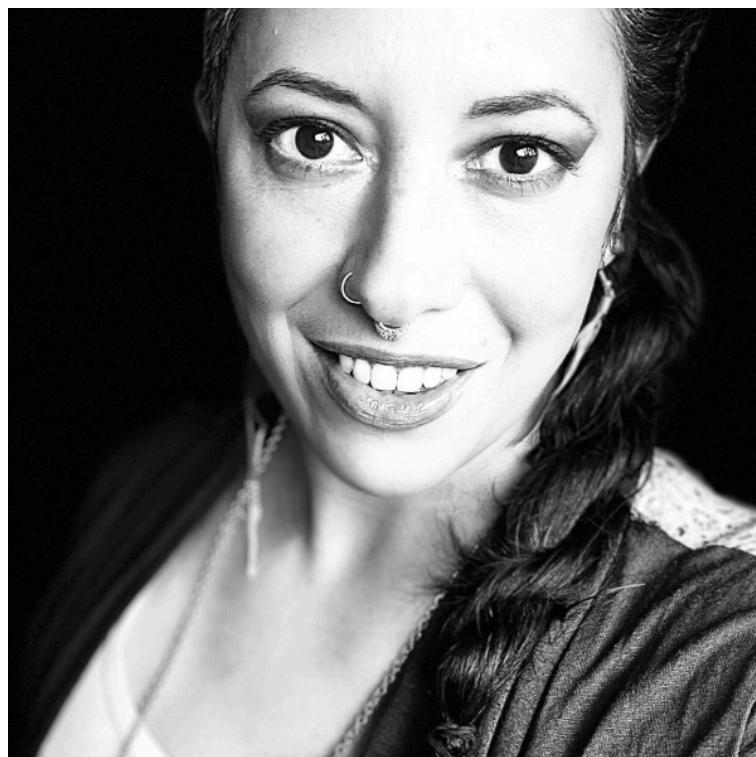
Noah Klöze is a Somatic Sex Educator working online and in-person in 'Victoria BC.' In his professional practice Noah supports clients with sex and relational trauma recovery, de-armouring bodywork, and resourcing clients in embodying their erotic sovereignty and joyful aliveness. Further, he brings a rich set of administrative skills to the Institute from his decade as one of the worker/owners at Come As You Are, a worker-owned co-operative sex store in 'Ontario.' Noah is passionate about the transformative healing and wholing that happens through embodied experiences of pleasure and connection – ignited in his passion by his studies as well as his own somatic journey exploring eroticism, disability, connection, and joy. You can learn more about Noah and his work at www.noahkloze.com.

Onika Henry



Onika Henry is a Widener University trained sexologist (M.Ed.) who has a B.A. in Theatre Arts, with a minor in Psychology. She is also a Certified Sex Coach (CSC from Dr. Patti Britton's Sex Coach U) and a Sex and Faith Trainer (Incarnation Institute for Sex & Faith). She uses this combination of specialties for the benefit of her clients who need to talk about sex and sex-related issues, in an environment that is healthy, fun, productive and most of all, safe and non-judgemental. Onika lives on the island of Tobago in the Caribbean where music and dancing are part of her daily life. See Onika's website: <https://onikahenry.com/>

Sherika Tenaya



Sherika Tenaya is a Certified Somatic Sex Educator & Sexological Bodyworker, a 500 hour Experienced Registered Yoga Teacher (E-RYT 500), an Ordained Minister with the Universal Life Church, and Somatic Breathwork Facilitator. She is also a proud member of the Southern Sierra Miwuk Nation, Ahwahneechee Grizzly Clan. She is passionate about helping people reconnect to the most honest versions of themselves. Having been raised in a deeply oppressive religious environment, she seeks to remind each of her students that *they* are the source of their own power and inner authority, connected to a deep well of their own inner knowing. Using disciplines centered around embodiment, religious deconstruction work, consent, joyful fitness, meditation and earth-based spirituality, she helps people awaken to their truth, discern illusion from reality, remember their tribe, and come home to their bodies. She makes space in community for her students to heal at their deepest levels, holding their vulnerability with integrity and reverence. Learn more about her and her work at www.savorsoma.com

Creative Admin

Taara Rose



Taara is somatic sex educator, sexological bodyworker and podcaster. Taara is on a mission to help people discover their authentic sexual selves. With a passion for supporting individuals to embody consent and boundaries in their bodies, Taara provides non-judgmental sexual education to all who seek it.

Since 2014, Taara has been working as a non-monogamous educator and podcaster with her partner. In April 2021, she decided to take her knowledge to the next level and enrolled with The Institute for the Study of Somatic Sex Education and is now a

recent graduate. She is also a certified "Like a Pro" with the School of Consent and is passionate about empowering choice and voice. She works with clients in person and virtually, and often hosts events and workshops for groups.

When she's not educating others, Taara can be found spending time with her furry friends, experiencing the pleasure of nature, and always learning more about sex, sexuality, and relationships.

Website: <https://www.sexedforthemodernbed.com/>

BIPOC Faculty Liaison and Adjunct Faculty

Dame Sadie



Dame Sadie (they/she) is a dynamic force in sexuality, healing, and education, embodying Black, polyamorous, and queer identities. With over 20 years of experience in the erotic arts, Dame Sadie is an artist, educator, coach, and community healer. Certified as a Mindfulness and Meditation teacher, Reiki II Practitioner, Crystal Healer, Master Life Coach, and Somatic Sex Educator, they passionately advocate for the healing power of pleasure. Through inclusive and justice-centered practices, Dame Sadie fosters spaces where individuals can explore their authentic selves and challenge systems of oppression, while striving to create a world where all beings can thrive authentically. See Dame Sadie's website: <https://damesadie.com>

Planning Your Program

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.

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.

Here is a link to our policies page on our website; please see our generative conflict policy, curriculum concerns policy, and ethics statements here: <https://somaticsexeducator.com/policies/>



For more information and to register:

www.somaticsexeducator.com

info@somaticsexeducator.com