

COURSE SYLLABUS

POST GRADUATE PROGRAM

Advanced Training for
Certified Sexological Bodyworkers

A 9 or 12 month Professional Development Program for
Embodiment Practitioners

INSTITUTE
for the **S**tudy of
SOMATIC SEX EDUCATION

somaticsexeducator.com

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Summary

The Post Graduate course for Certified Sexological Bodyworkers (CSBs) is a 9-month or 12-month program that provides continuing education and essential updates and innovations in the field of Somatic Sex Education to support Certified Sexological Bodyworkers (CSBs) who studied at various schools around the globe. For CSBs who trained many years ago, the contents of this course will be brand new. The Post Graduate Course expands on the core curriculum of sexological bodywork by offering:

- New and updated somatic coaching practices and core teachings of sexological bodywork
- New Videos, recordings and writings
- Current teachings in neuroscience that explains the efficacy of somatic sex education
- Embodiment tools for getting clear about power dynamics and racial justice.
- Genital anatomy mapping beyond the binary and support for clients across the gender galaxy
- Empowering choice and voice in client sessions
- Professional Embodied Ethics teachings and practice
- Loving Justice Model- a model of care, accountability and skills for conflict
- Building and maintaining a Trauma-Informed Practice

The Post Graduate program for CSBs includes:

- Nine month online learning within the structure of a small cohort of peers, including monthly and bi-monthly calls with mentors and leaders in our field.
- Weekly community of practice calls with the entire school community
- 7-day in-person intensive in either Victoria, British Columbia, Canada or Seattle, Washington, USA
- Optional 3-month supervision to earn a Certification of Somatic Sex Education from the Institute

Upon completion of the online course, the 7-day in person intensive and the 3-month supervision, graduates receive a Certification in Somatic Sex Education from the Institute for the Study of Somatic Sex Education. While students may opt to take only the 9-month online study and in-person intensive, the optional 3-month supervision is required to receive certification.

Core Competencies/Core Tools of SSE

At the Institute, we are committed to offering expanded training in the neurobiology of touch, the impacts of trauma on the body, education about working with the nervous system and strategies for offering trauma-informed touch, as well as expanding awareness and teachings working with clients beyond gender binaries and across gender galaxy. We have added the Loving Justice curriculum, a component of our program that specializes in embodied education about the core tenants of transformative justice and generative conflict resolution. We believe our Loving Justice curriculum to be critical in sustaining a values-driven somatic practice as well as providing much-needed guidance for attending to inevitable conflict or power imbalances that arise in private practice and in the professional community. We believe the values and philosophies of transformative justice set us apart as a school, and we are truly proud to be training embodied leaders in the field of somatic sex education. Further, we're delighted to see that emerging generations of somatic sex educators are increasingly prioritizing these values and skills in their practices.

Somatic
Awareness

Science of
self regulation

Choice and Voice
Empowerment

Anatomy of
Arousal

Intake, Assesment,
& Attunement

Embodied Ethics

Mindful Touch

Core Competencies of Somatic Sex Education

Learn | Practice | Integrate | Teach

Conscious
Communication

Sexual Rights
and Freedoms

Neurobiology
of Pleasure

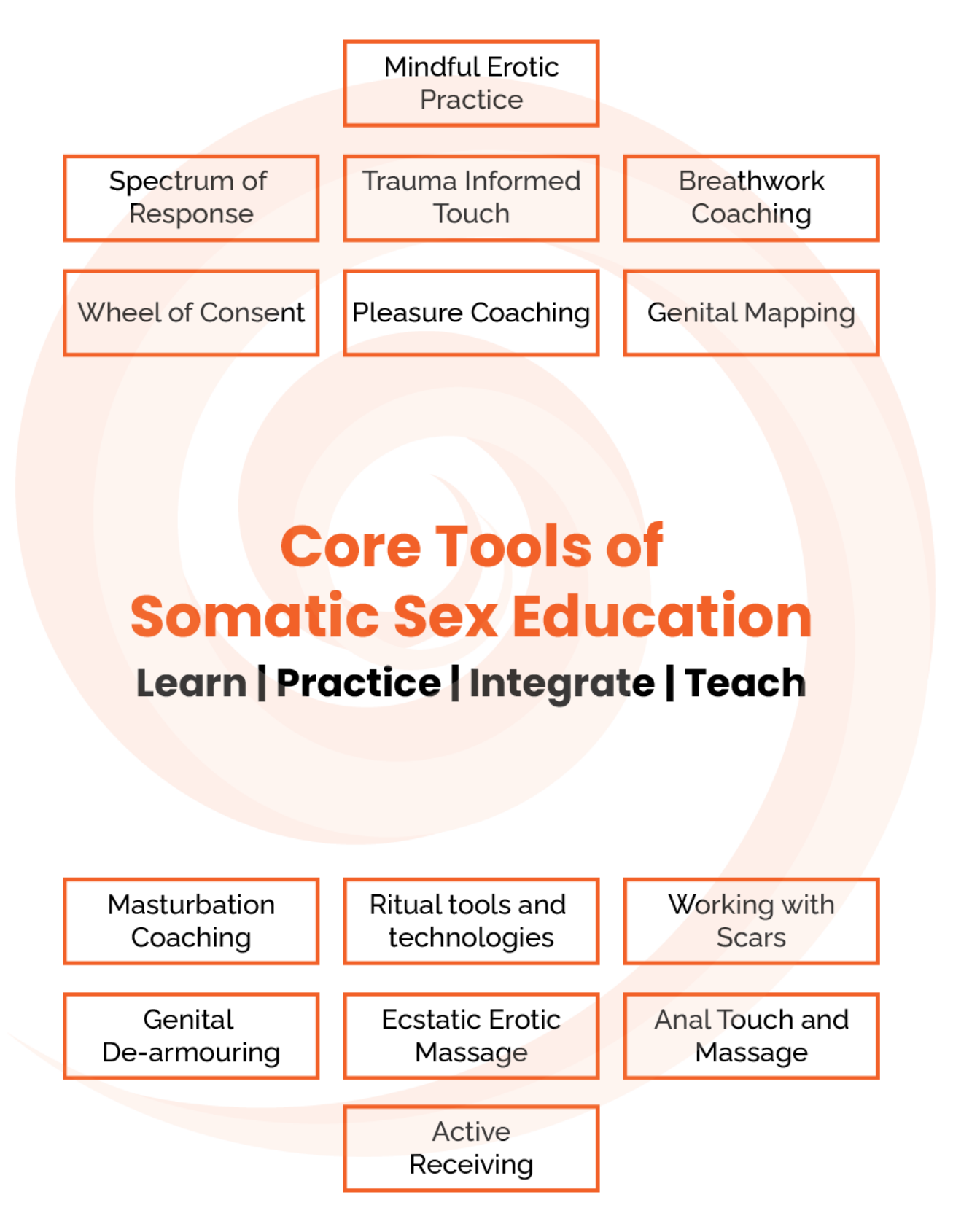
Genital
De-armouring

Trauma Support
and Unwinding

Gender Galaxy

Analysis of Power
and Oppression

Intersection of sex
and Spirit



Mindful Erotic
Practice

Spectrum of
Response

Trauma Informed
Touch

Breathwork
Coaching

Wheel of Consent

Pleasure Coaching

Genital Mapping

Core Tools of Somatic Sex Education

Learn | Practice | Integrate | Teach

Masturbation
Coaching

Ritual tools and
technologies

Working with
Scars

Genital
De-armouring

Ecstatic Erotic
Massage

Anal Touch and
Massage

Active
Receiving

BIPOC Mentorship Program

As a counter-normative and anti-oppressive field, the Institute for the Study of Somatic Sex Education strives to break racist barriers and support the resilience and brilliance of Black, Indigenous, and People of Color (BIPOC) students and practitioners. Our BIPOC mentorship program is just one of the ways that we hope to do so.

Any student who identifies as BIPOC, racialized, or mixed, may choose to participate in the mentorship program which includes:

- Individual calls with the BIPOC Faculty Liaison. The BIPOC Faculty Liaison is an SSE practitioner or advanced student who identifies as BIPOC themselves, and will be able to discuss the curriculum, assignments, and any personal feelings, reflections, and sensations that come up for you regarding the course. The BIPOC Faculty Liaison is qualified to discuss the basic curriculum with you, and will also have a strong familiarity with anti-racism and cultural safety.
- Access to the SSE Racialized Student Network on Facebook. The SSE RSN is a group of current and former BIPOC students of SSE who support each other's educational and professional growth.
- Access to BIPOC-only Community of Practice calls
- As a part of the Mentorship Program you also have the option of requesting that a BIPOC-identified faculty member serve as your mentor for this course.

Course Schedule & Description

Schedules for the calls will be posted in the online learning platform which students will have access to upon registration.

For annual course start dates, visit <https://somaticsexeducator.com>

Month 1 – Core Principles and Practices

In this unit, students will revisit some of the core tools for cultivating somatic awareness, including Mindful Erotic Practice. We will explore the relationship between the soma and the social, examining how culture, oppression, power, trauma, and sexual stereotypes shape our bodies, identities, relationships, and experiences of sexuality. We will invite you to consider how ancestral trauma and social conditioning may show up in Somatic Sex Education, while developing greater awareness of cultural humility, cultural voyeurism, appropriation, and exchange. The unit also explores how intersectional identities influence embodied experience and the assumptions we bring into the room. Through reflection on perfectionism, failure, defensiveness, harm, and repair, we will build capacity to recognize nervous system responses, learn from mistakes, and stay engaged through discomfort and conflict.

Month 2 – Embodied Ethics and Loving Justice

This unit introduces students to the living, counter-normative ethics that ground Somatic Sex Education and explores how these ethics shape our approach to conflict, harm, accountability, and repair. Students examine how SSE ethics differ from dominant Western frameworks, why it matters to honor the political and cultural lineages that shaped them, and the essential wisdom and leadership of sex workers within the field. Through anti-oppression principles, somatic tools, and peer-based culture-building, students learn to approach ethics not as a fixed path or checklist, but as a responsive, relational practice grounded in curiosity, complexity, and mystery. Using frameworks such as the Window of Transformation and the Loving Justice Heart Map, students explore how to hold multiple truths, navigate nervous system responses, and remain connected during moments of harm or disagreement. Concepts including accountability, non-disposability, indispensability, and joyful accountability support students in creating a personalized framework for responding to conflict, harm, and repair in their Somatic Sex Education practice

Month 3 – Creative Intake and Somatic Assessments

This unit 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 your own somatic explorations of some of these embodied tools.

Month 4 – Empowering Choice and Voice

This unit 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.

Month 5 – Working with Trauma

This unit 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 Theory and cultivating practices of voice, choice, and anti-oppressive care in client sessions.

Month 6 – Genital and Pleasure Mapping

This unit explores the diversity of genital and anal anatomy and pleasure across a wide diversity of bodies and their various shapes and configurations of tissues of arousal. Students deepen their understanding of genital, chest, breast, and anal anatomy, including content to support working with pre and post op trans bodies and non-bio genitals. Through witnessing, practicing, pleasure mapping and client-directed touch, students develop practical skills for supporting sensation exploration, moving at the pace of trust, and self-directed pleasure.

Month 7 – Pelvic Pain, Scars and De-armouring

This unit centers pelvic health 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.

Month 8 – Erotic Massage Ritual

This unit brings together the core skills of the program through the practice of Erotic Massage Ritual. Including active receiving as a powerful, collaborative practice that invites us into co-creating pleasure and intimacy through breath, sound, movement, and choice. Through demonstrations and hands-on practice, including pleasure-centered, client-directed erotic touch, students expand their understanding of erotic diversity, discover how vocal expression can open pathways to freedom and connection, explore inclusive erotic work with people with disabilities, 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.

Month 9 – Resourcing You and The Field

This final unit supports students to reflect on self-care within the larger context of community care and socio-political realities, and invites you to create your own inner-resourcing, including your sexual solidarity team, your conflict response plan and accountability pod mapping. You will be invited to articulate your 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, and to prepare for the in-person intensive.

Mentorship Calls & Assignments

Each month, students will have a live small cohort mentorship call hosted by the student's faculty mentor along with a monthly live full cohort call hosted by rotating guest faculty teachers. All calls take place on Zoom. The monthly call schedule is provided on the Institute's website. In addition, Post Graduate students are invited and encouraged to join the weekly Community of Practice calls along with the entire school that take place each week on Thursdays 9am PT.

Students will be asked to complete a monthly assignment for each learning unit, assignments include options for both written, oral or video submissions with reflections by their faculty mentors. Some assignments include practice partners or clients.

7-day In-Person Intensive

Following successful completion of the 9-month online learning, students join their cohort in a 7-day in-person intensive to refine their professional skills in somatic sex education while continuing to hold space for their own erotic unfolding. Intensives are facilitated by two main faculty members plus guest teachers.

The intensive follows 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 continuing our professional practice. This involves setting community agreements, and honing and sharing intentions. We will learn and use embodied exercises, tools and competencies for empowering our own and our client's choice and voice. Students will expand their embodied understanding of social locationality and how we somatize oppression and privilege, along with practice technologies for unwinding some of these bonds.

We practice using procedures that demonstrate professionalism, including intake and assessment, and 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 ourselves and share with our clients. During the intensive, students will have an opportunity to explore the possibility of communal Mindful Erotic Practice within their personal learning zones.

Bodywork demonstrations and hands-on practice includes genital and anal mapping, pleasure mapping, pelvic dearmouring and erotic massage rituals. 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.

Optional Supervision

3 months – required for certification

This 3 month supervised mentorship is self paced with an accountability and support structure. You will receive personalized guidance and mentorship with a Faculty Mentor of your choice who will review your sessions with clients, guide you in offering workshops and group sessions, and support you in developing your unique contribution to this field. Include bi-weekly calls with your faculty mentor over the course of 3 months. Successful completion of this 3 month supervision is required to receive a certification in Somatic Sex Education from the Institute.

Required Textbooks

- Sonja Rene Taylor, *The Body is Not an Apology*
- Mel Reiff Hill, Jay Mays, Robin Mack, *The Gender Book*.
- Caffyn Jesse, Shauna Farabaugh, *Pelvic Pain Clinic*
- Caffyn Jesse, *Science for Sexual Happiness*
- Caffyn Jesse, Cassie Moore and Mehdi Darvish Yahya, eds. *Healers on the Edge: Somatic Sex Education*
- Caffyn Jesse, Intimacy Educator: *Teaching Through Touch*
- Richard Strozzi-Heckler, *The Art of Somatic Coaching: Embodying Skillful Action, Wisdom, and Compassion*
- Betty Martin and Robyn Dalzen, *The Art of Receiving and Giving: The Wheel of Consent*
- Resmaa Menakem, *My grandmother's hands, Racialized Trauma and the Pathway to Mending our Hearts and Bodies*

Evaluation

Our approach to evaluation is different from conventional academia; it's not about you being the perfect student; rather, it is designed to support growth as thoughtful, embodied, ethical practitioners. Rather than focusing only on what students know, we look at how you engage with the learning process and how your understanding develops over time. We consider the care, depth, creativity, and personal reflection you bring to your assignments, as well as your presence and participation in the learning community. We value curiosity, a willingness to ask questions, receive feedback, make mistakes, and try again. We do not expect you to push past your own limits to do everything "right" ; rather, we want to know about what might come up for you about your own resistance, and how you can make the practices and assignments just right for you.

We also pay attention to how students embody the values of Somatic Sex Education in relationships and practice. Students are encouraged to deepen their capacity for conscious communication—to listen deeply, speak honestly, notice and communicate your own sensations and emotions, and stay present when things feel challenging or uncomfortable.

Certification and Alumni Association

Upon successful completion of the online course, in-person intensive and supervised practicum, students receive a Certification in Somatic Sex Education from the Institute for the Study of Somatic Sex Education. Graduates from the post-grad program are then eligible to join the Somatic Sex Educators Alumni Association (SSEAA):
<https://somaticsexeducator.com/somatic-sex-educators-alumni-association/>

SSEAA membership offers:

- A listing in the SSEAA Practitioner's Directory
- Monthly alumni call for graduates
- Continued access to the weekly community of practice calls and BIPOC community calls
- Ongoing professional development opportunities

Program Costs

\$5590 - 9-month online plus 7-day intensive
(travel and accommodations for intensive not included)

\$1650 - 3 month Supervised Practicum

Membership in the Somatic Sex Educators Alumni Association (optional)
Annual membership dues: CAD\$69.69

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>

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.



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>



Dame Sadie

BIPOC Faculty Liaison

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>

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 <https://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>