



Certificate in Sexological Bodywork 2017 Australasian Training

WHAT IS A SEXOLOGICAL BODYWORKER?

[Sexological Bodyworkers](#) are somatic sex educators, supporting individuals, couples and groups in learning to direct their own erotic development, learn more about their bodies, sex and sexuality, or work through sexual issues or concerns.

Our teaching involves a variety of instructive modalities, including breath work, foundations of touch, active receiving, mapping, scar tissue remediation, and Orgasmic Yoga coaching.

One of the somatic realms that Sexological Bodyworkers introduce to our students is a state of arousal that is free of fantasy, unfinished emotional business, religious dogma, cultural caveats and habitual sexual behaviors. In this meditative state, an individual becomes aware of the body as a source of wisdom and freedom. One of the ways to access this fecund state is by actively receiving attentive and mindful erotic touch. Helping others access and make use of a variety of erotic states is foundational to the education we offer.

Sexological Bodyworkers believe that sexual health and erotic education are basic human rights.

Certificate in Sexological Bodywork

Professional Training for Australasia

This program trains and certifies somatic sex educators. Although touch may be used as one of the educational modalities, Sexological Bodyworkers are not a new type of massage therapist. They are certified sexologists focusing on education.

The training emphasizes session structure, embodied skills, professional practice, and group facilitation.

The Australasian curriculum both includes and expands upon the original California-approved course of studies. [Read the Code of Ethics for Sexological Bodyworkers here.](#)

Course Dates for 2017: April 29 to October 15

Module One	Online Group Study:	April 29 to June 24
Module Two	Embodiment Intensive:	June 26 to July 8
Module Three	Supervised Practice:	July 15 to October 15

Description of Training

This somatic training provides direct experiential learning opportunities that emphasize erotic embodiment. Participants learn a variety of Sexological Bodywork modalities, including active receiving, anal touch, prostate massage, mapping, breath work, scar tissue remediation, and Orgasmic Yoga coaching. Furthermore, participants experience how humans learn sex—through mindful, self-directed practice over time. This course will prepare practitioners to teach somatic sex education to individuals, couples and groups.

This Sexological Bodywork training makes use of online learning, phone conferences, home erotic practice sessions, video demonstrations, supervised practicum, and communal practice. During the eleven-day residential intensive, participants and instructors gather to hone erotic skills, to explore communal erotic trance states, and to connect with their colleagues in the new profession of Sexological Bodywork.

The erotic education in this course is communal: we learn from each other and with each other. We strive to create a radically inclusive space, and welcome diversity in race, sexual preference, gender, age, culture and professional background.

Learning Objectives

- Students learn active receiving, working with diversity in genital configurations, anal touch for health, pleasure and relaxation, orgasmic yoga, mapping, breath work, scar tissue remediation and masturbation coaching.
- Participants study somatic learning theory, which teaches that the most profound sexual education is found through self-directed mindful practice over time. Using this yoga model of education, students learn to be a resource and guide for others' erotic practice sessions.
- Students learn to use a variety of media in their teaching, including sex education DVDs, online streaming video, group distance learning, and telephone conference calls.
- Participants use touch, breath, and focused attention to become familiar with, articulate about, and competent in the uses of profound ecstatic and erotic states.
- Students develop a beginning competence in masturbation coaching based on the principles of Authentic Movement.
- Using Silvan Tomkins' affect theory, students learn body-based interventions to deal with sexual shame in themselves and in others. Using Donald Mosher's depth of sexual involvement theory, students learn to assist others in achieving profound levels of sexual intimacy.
- Participants learn to coach others in active receiving through key practices of breath, sound, movement, awareness, and touch.
- Essential elements of session structure, including intake, clarifying learning objectives, facilitating client communication, co-creation of embodied practices, directing ongoing learning and timing, are emphasized in the training.
- Students study and practice effective strategies for leading and teaching groups, including how to use preparation, planning, timing, adult education teaching models, variety and group dynamics to create engaging learning programs.
- Students study human anatomy of arousal.
- Students are introduced to working with clients on specific sexual issues.
- Students learn elements of erotic spirituality through participation in erotic rituals drawing from diverse traditions such as Tantra, Taoism and shamanism.

- Participants learn to slow their teaching and encourage feedback when working with individuals who carry sexual trauma.
- Students learn when to offer referrals to doctors, psychotherapists and other health care professionals.
- Participants experience and understand the communal nature of embodiment and sexuality,

making use of their relationships with others in their learning.

- Students learn to assess embodiment and mindfulness as indicators of sexual health and well-being.
- Participants learn the basics of beginning a successful Sexological Bodywork practice.

Prerequisites for Enrolment

Although the training was designed to build on the experience of practitioners who are already working in related fields such as bodyworkers, sex educators, yoga instructors, psychotherapists, sex workers or health care providers, the basic prerequisite for this training is a heartfelt commitment to serve others.

The enrolment process includes an interview with the facilitators via Zoom (a Skype alternative).

Students must have a high-speed internet connection in order to access the group discussions, the video demonstrations, and other course materials.

Required Reading and Viewing

Somatic Sex Education is an area of study full of new ideas. For a list of required and recommended readings and viewings, go to:

http://www.sexologicalbodywork.com/doku.php?id=required_and_recommended_readings_and_viewing

There are additional readings and videos contained in a private online forum, which are foundational for the learning in this training. Students do practical embodied research based on their reading and viewing, and write short reports about their learning, during the home study.

The Institute of Somatic Sexology welcomes diversity in race, gender, sexuality, physical ability and life experience.

Course Structure

Professional Training Pathway

Modules one, two and three. Students participate in 8 weeks of online group study. They then attend a 12-day non-residential embodiment intensive, which is followed by two more weeks of home study and integration. Finally, students complete twenty-five professional credits, through session work with individuals, couples or people in other forms of relationship, and from facilitating or teaching groups.

Personal Learning Pathway

Students who wish to take the training for personal learning rather than professional development, complete modules one and two only. This is 8 weeks of online group study followed by a 12-day non-residential embodiment intensive. There is no certificate awarded for the personal learning pathway.

Completing all online group study requirements is a prerequisite to attending the embodiment intensive for both pathways.

Module One Online Group Study

The most profound embodied learning in the Sexological Bodywork training takes place at home during erotic practice sessions. Mindful somatic practice over time is the core of the home study program. Online video demonstrations and important sexological readings provide a survey of the new field of somatic sexology with an emphasis on education, erotic bodywork, masturbation coaching, anal pleasure, erotic yoga, and sexual health. Each student reports at least weekly to the group about his or her erotic practice and learning.

A private forum at The New School of Erotic Touch facilitates the sharing of homework assignments, while providing a place for online discussions and communications with the instructors.

An online home-study workbook directs practice sessions, course readings and video viewing. Students will need to allocate at least 25 hours a week for the 8 weeks of home study. Students are encouraged to divide their home schooling evenly between erotic practice sessions and study of video and texts. Students who have not completed the home study requirements cannot attend module two, the Embodiment Intensive.

Module Two Embodiment Intensive

After 8 weeks of group online learning, students and faculty come together in the flesh to connect and practice communally. The intensive is non-residential in Brisbane, at a beautiful riverside venue. The 12 days of the Intensive include instruction and practice in self-erotic meditations, movement, sensate focus, active receiving, breath work, scar tissue remediation and masturbation coaching. Special emphasis is placed on learning to work with others as a sexual yoga instructor, guiding their erotic practice sessions and, whenever possible, empowering them to direct their own somatic learning. In order to develop awareness and hands-on skills, participants touch and coach each other during the intensive, deepening the practice begun in the home study. The following modalities are emphasized:

Somatic Sex Coaching

This form of sex coaching involves taking on the role of erotic trainer or sexual yoga instructor. Participants help others to overcome shame and erotic sensory-motor amnesia, allowing both personal and communal erotic embodiment. Rather than offer teaching, students facilitate learning and erotic mindfulness in others.

Conscious Breathwork

Breathing is a foundational tool of Sexological Bodywork. Several different breathing methods are taught. Students learn to help others expand their capacity for sexual excitement and erotic joy through breathing.

Masturbation Coaching

Based on Authentic Movement, masturbation coaching is an astonishingly effective means to assist others to break free of limiting habits and to go deep into erotic experience. The major technique in masturbation coaching is witnessing and being witnessed. Students give and receive individual coaching sessions as well as participate in and facilitate group coaching structures, such as erotic trance dancing. Students learn ways to make use of video feedback in working with others. The motto of masturbation coaching is: "Change the way you masturbate, change your life."

Bodywork Training

Through both giving and receiving erotic touch, students learn several forms of genital and anal bodywork that promote a sense of embodiment, such as Taoist Bodywork, mapping and active receiving. These forms of bodywork also often result in profound trance states. Students also learn to teach this bodywork to couples as a form of lovemaking, and to groups to fill in the gaps in essential sex education and development that have

been omitted from most people's education. The neo-Reichian bodywork techniques taught on the training free the body's potential for orgasm by releasing muscular "armoring" or constriction.

Somatic Sex Education and The Nervous System

Consciously changing how we use breath, sound, movement, touch and focused awareness has a profound effect on the nervous system, increasing neuroplasticity. This allows us to experience more, and have more choice in how we are erotically. Guided practice sessions teach participants how to coach clients in self-regulation to develop greater capacity for experience and choice.

Muscular, Skeletal, and Genital Anatomy

Anatomy is explored through slide show presentations, bodywork demonstrations and guided practice sessions.

Teaching Groups

Successfully running group learning experiences is a creative and structured process. Participants are taken step-by-step through the process of turning an idea into a dynamic group learning experience.

Gender and Identity

Examining basic principles of gender, sexuality, and identity, in relation to sex and embodiment, is introduced as an essential part of ongoing professional development for somatic sex educators.

Module Three Supervised Practice

After the Intensive, students in the professional training pathway participate in two more weeks of group online home study, focusing on successful business practices and structuring one's learning during the supervised practicum.

Setting up a successful Sexological Bodywork practice involves a vision, business plan, promotion, and a supportive network. Students also become familiar with legal issues and professional ethics.

Students complete twenty-five sessions of Sexological Bodywork with individuals, couples and small groups. Students submit reports on their sessions to the facilitators and post a summary of their learning online for instructors and classmates to read and review. After every 5 sessions students have a supervision session with their coach.

Certification

Upon completion of requirements for all three modules, students in the professional pathway are awarded the Certificate in Sexological Bodywork.

Graduates from the professional training can become members of The Association of Certified Sexological Bodyworkers (ACSB) and Somatic Sex Educators' Association of Australasia (SSEAA).

Course Fees for Professional Training Pathway

Super Early Bird Price: \$4,900 (including GST) for full payment **before December 16, 2016.**

Early Bird Price: \$5,200 (including GST) for full payment **before February 28, 2017.**

Full price: \$5,800 (including GST)

Course Fees for Personal Learning Pathway

Super Early Bird Price: \$3,900 (including GST) for full payment **before December 16, 2016.**

Early Bird Price: \$4,300 (including GST) for full payment **before February 28, 2017.**

Full price: \$4,900 (including GST)

The super early bird rate is only available for lump sum payments made before December 16, 2016. For the early bird or full price, you can pay in lump sum, or in regular installments before the applicable date.

All tuition fees must be paid in full before April 20, 2017.

After enrolment procedures have been completed a non-refundable deposit of \$550 secures your place in this training.

The course fee includes: tuition, lunch at the intensive, online access to the home study workbook, video demonstrations, and student forums – plus a one-year membership to [The New School of Erotic Touch](#) and [The Orgasmic Yoga Institute](#), the major online resources for Sexological Bodyworkers.

The course fee does not include: food or accommodation at the intensive (except lunch), transport to the intensive, [text books](#), or telephone charges for conference calls.

Transferring between pathways

You can transfer from the personal learning pathway to the professional training pathway for the 2017 training only, for a fee of \$1,200.

To register your interest in the 2017 training please email info@issaustralia.com for a copy of the enrolment form.

Refund Policy

There is a non-refundable deposit of \$550 which secures your place in the training.

If you are paying off your tuition before April 20, 2017, and decide you cannot participate in the training you will be refunded your monies minus the non-refundable deposit of \$550.

After accessing the online training component of the Certificate in Sexological Bodywork training there is **no refund.**

Faculty:

[Deej Juventin, M.A., CSB](#) brings his extensive experience in the work of Dr Kramer to the UK training. He trained as a Sacred Intimate at Wildwood in California, and as a Certified Sexological Bodyworker at the Institute for Advanced Studies of Human Sexuality in San Francisco, and interned with Joseph and Ellen at the first Australian training. He has helped pioneer somatic sex education training in Australia, founding Sex Coaching and Therapy in Brisbane and facilitating somatic sex trainings throughout the region. He is the president of the Somatic Sex Educators' Association of Australasia. Deej has over 20 years experience in adult education, teacher training, embodied counselling and various forms of bodywork.

[Uma Ayelet Furman, CSB](#) is one of Australasia's leading somatic sex educators, with over 5,000 hours of face-to-face teaching to individuals, couples, and groups. Based in Brisbane, Australia, Uma teaches conscious sexuality throughout Australia and Asia. She is a Certified Somatic Sex Educator and a founding member of The Somatic Sex Educators' Association of Australasia (SSEAA).

Assistant Faculty:

[Joseph Kramer, Ph.D](#) is the foremost teacher of erotic bodywork in the world. In 1984, he founded the Body Electric School in Oakland, California, where he trained thousands of professional massage therapists, erotic bodyworkers and somatic educators. The Body Electric is the world's largest community network offering safe sex education today—and for the last twenty-five years. In 1992, he started the Erospirit Research Institute, a think tank exploring the connection between spirituality and sexuality. In 1999, he founded The New School of Erotic Touch.

Joseph founded the new legal profession of Sexological Bodywork in 2003. Professional trainings are now being offered in California, Europe, Canada, and Australia. He is on the faculty at The Institute For Advanced Study of Human Sexuality and The International Institute of Sexological Bodywork in Zürich. Joseph has produced over a dozen educational DVDs and has been featured in the HBO series Real Sex.

[Ellen Heed, CSB](#) offers Sexological Bodywork students lessons in postpartum sexuality, smooth muscle massage, functional anatomy, and erectile tissue discoveries in women. She has spent over 10,000 hours as a bodyworker, is a certified Shiatsu Specialist, a Craniosacral Therapist, an international teacher of human anatomy, and a yoga teacher.

... and a team of Certified Sexological Bodyworkers.

The Certificate in Sexological Bodywork training is approved by:

