



INSTITUTE OF SOMATIC SEXOLOGY

Certificate in Sexological Bodywork Professional Training Los Angeles, 2019



What is a Sexological Bodyworker?

[Sexological Bodyworkers](#) are somatic sex educators. Practitioners use a client-centered approach to empower, educate and support individuals, couples and groups to become more knowledgeable, attuned to and aware of their bodies, sex and sexuality, or work through sexual issues or concerns.

The teaching involves a variety of instructive modalities, including breathwork, foundations of touch and communication, boundaries and consent, active receiving, genital mapping, scar tissue remediation, and Orgasmic Yoga coaching. The work provides clients access to deeper awareness, personal growth, and fulfillment in life and intimate relating.

One of the somatic realms that Sexological Bodyworkers introduce to clients 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.

“Beautiful, life-changing and crafted with so much love and care.”

Certificate in Sexological Bodywork Professional Training, Los Angeles

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, ethics and boundaries, and group facilitation.

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

Course Dates: October 25, 2019 to April 30, 2020

Module One Part 1	Online Group Study:	October 25 to December 20, 2019
Module One Part 2	Online Group Study:	January 6 to January 12, 2020
Module Two	Embodiment Intensive:	January 14 to January 26, 2020 (13 days)
Module Three	Supervised Practice:	January 30 to April 30, 2020

Holiday Break: December 21, 2019 to January 6, 2020 (NB facilitators will be unavailable between December 21, 2019 and January 8, 2020 for the southern hemisphere summer vacation)

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, internal and external genital mapping, breathwork, 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, video conferences, home erotic practice sessions, video demonstrations, supervised practicum, and communal practice. During the twelve-day non-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 safe and inclusive space, and welcome diversity in race, sexual preference, gender, age, culture and professional background.

“An excellent professional training, well-taught, brilliantly modelled, the perfect way to move from interest to working as a practitioner.”

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 Moshier'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 identify trauma and refer clients to the appropriate health care professionals.
- Students learn when to work collaboratively with, or refer 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.

“The CSB course is genius – it works at so many levels at once ... is challenging and demanding ... and life-changing, and can really prepare you for being a somatic sex education pioneer in this exciting and ground-breaking field.”

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 learn.

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

For the 2019 Los Angeles training you only **need to purchase** The Erotic Mind by Jack Morin from an online book provider, and the Atlas of Erotic Anatomy and Arousal, by Cyndi Darnell, available [here](#) (please use the BUYALL online option, and enter the code CSBWORKER for a 15% discount. Your clients may also use this code).

All additional required readings and videos are contained in a private online forum. 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, and life experience.



“Wow! What a ride! I feel full of well thought out, prepared, planned embodied content, context, correction, creativity. Facilitators know their stuff! Come prepared for an embodied experience. A wild and wonderful ride.”

Course Structure

Professional Training

Students participate in 8 weeks of online group study. They then attend a 13-day non-residential embodiment intensive, which is followed by further 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.

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

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.

In addition to the personal study practice, key learnings derive from active peer-to-peer sharing and engagement through a private online forum at The New School of Erotic Touch. There is also weekly peer support and discussion with a small group of your classmates and a Certified Sexological Bodyworker. Through the online forum, students read and comment on each other's experiences, support each other's growth, and engage in communication with classmates and faculty.

The online forum 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. This time is spent on erotic practice sessions, study of video and texts, reporting on learning and online meetings. Students who have not completed the home study requirements cannot attend module two, the Embodiment Intensive.

Module one part one concludes December 20 for the holidays. Module one part 2 is a week of orgasmic yoga and reflection on learning, in preparation for module two.



"The investment of time and money is worth my new understanding of myself, my agency, my consent, and how this all translates into better parenting."

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.

Sex, Gender and Sexual Identities

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

Professionalism and Ethics

Learning about boundaries and consent, in addition to the limits of our personal and professional capabilities, is essential to safe and effective practice. That combined with regular supervision, peer support and the understanding that accountability and integrity are paramount in our work creates a healthy, safe environment for both the client and practitioner.

“The training intensive was fantastic. Loved the flow of the content and was a great mix of embodiment and learning.”

Module Three Supervised Practice

After the Intensive, students participate in further 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 must complete twenty-five sessions of Sexological Bodywork with individuals, couples and small groups for certification. 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 satisfactory completion of requirements for all three modules, and approval by the Institute of Somatic Sexology, students are awarded the Certificate in Sexological Bodywork. The certification is not state approved.

Graduates from the professional training can become members of The Association of Certified Sexological Bodyworkers (ACSB) in the US, The Association of Somatic and Integrative Sexologists (ASIS) in the UK, and Somatic Sex Educators’ Association of Australasia (SSEAA).

This is an amazing and comprehensive program on exploring your sexuality and learning to support others in discovering theirs."

Course Fees

Super Early Bird Price:	\$5,700 for full payment before May 30, 2019
Early Bird Price:	\$5,900 for full payment before August 15, 2019
Full price:	\$6,400 for full payment by October 23, 2019

Prices are in United States dollars

The embodiment intensive will be held in the South Bay Cities of Los Angeles, where Manhattan Beach, North Redondo Beach and Lawndale all



connect, just off of the 405 highway within easy access of Los Angeles International Airport, plentiful food and accommodation options.

The course fee includes: tuition and online access to the home study materials, 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, transport to the intensive, or purchase of The Erotic Mind and the Atlas of Erotic Anatomy and Arousal.

All fees must be paid in full before October 23, 2019.

To register your interest in the 2019 training please email info@issaustralia.com for a copy of the enrolment form, or to make an appointment for an enrollment interview with the facilitators.

“Personally, the value (healing, embodiment, freedom) I experienced receiving sessions, and the experience facilitating sessions and groups was priceless. Feeling satisfied and grateful.”

Refund Policy

There is a non-refundable deposit of \$500 which secures your place in the training.

If you are paying off your tuition before October 23, 2019, and decide you cannot participate in the training you will be refunded your money minus the non-refundable deposit of \$500.

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

In the unlikely event that we do not reach minimum numbers, any fees paid will be refunded in full.

Faculty:

[Deej Juventin, M.A., CSB](#) brings his extensive experience in somatic sex education and to the Thai 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, and is the founding president of the Somatic Sex Educators' Association of Australasia. Deej has over 20 years experience in adult education, teacher training, embodied counseling and various forms of bodywork. He has a Masters in Somatic and Spiritual Psychology, and was awarded Somatic Sex Educator of the Year at the Sexual Freedom Awards.

[Uma Ayelet Furman, CSB](#) is one of Australasia's leading somatic sex educators, with many years of experience working with individuals, people in relationships, and groups. Uma has innovated somatic sex education through her grounded breaking work in client-centred practice. Based in Brisbane, Australia, Uma works internationally, specializing in supporting people to work somatically through sexual issues and concerns. 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 Eros Spirit 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.

Organizer:

[Dolly Josette, M.S, CSB](#) works with clients as a Sexological Bodyworker and a Somatic practitioner in her private PleasureMuse practice in Los Angeles and has helped clients with nutritional and digestive issues in her Embody Cleansing business. She is excited to launch her Somatic Arts and Education Center this year where she will combine her healing arts methodologies with her media and educational background. Dolly holds a B.S. in Broadcast Journalism from Boston University, an M.S. in Studies in Education from Bank Street College of Education in New York City.

... and a team of Certified Sexological Bodyworkers.

The Certificate in Sexological Bodywork training is approved by:



The quotes in green are taken from feedback given by students taking the Certificate in Sexological Bodywork with the Institute of Somatic Sexology.