

Sexuality Resource List

Ariel's website: www.fullembodiment.org

Books:

Come As You Are, Emily Nagoski

Best sex therapy book written—focused on women, but excellent material

Better Sex Through Mindfulness-Lori Brotto

Lots of excellent research and exercises

Out in the Open, Louis Schultz

Must read book to understand men

Women's Anatomy of Arousal, Sheri Winston

Great for understanding female anatomy

Guide to Getting it On—Paul Joannides

Vagina, Naomi Wolf (the first few chapters)

The Erotic Mind, Jack Morin

Great for understanding how to explore sexual fantasies as road to healing early attachment wounds

The Survivors Guide to Sex, Staci Haines

Best book for survivors. Lots of great exercises, similar to Sexual Healing listed below

The Intimate Couple, Jack Rosenberg

Living an Orgasmic Life: Heal Yourself and Awaken Your Pleasure—Xanet Paillet

Naked at Our Age: Talking Out Loud About Senior Sex- Joan Price **(she has a variety of books on senior sex and grief) including**

Better Than I Ever Expected: Straight Talk about Sex After Sixty—Joan Price

Sexual Healing, Staci Haines

Mating in Captivity, Esther Perel

Excellent for spicing up long-term relationships

The Sexual Healing Journey—Wendy Maltz

Good info on male survivors

Sex on the Brain—Daniel Amen

Lots of good science

Your Brain on Love—audio series Stan Tatkin

My favorite source on attachment

Slow Sex, Nicole Daedone

Ethical Slut, Dossie Easton and Janet Hardy

Making Love Real, Harel and Hirschman

Hold Me Tight, Sue Johnson

<https://medium.com/@ChrisDonaghue>

sex positive articles by a sex therapist

<https://medium.com/survivors>

<http://www.oprah.com/oprahshow/child-sexual-abuse-6-stages-of-grooming>

<https://www.livingwell.org.au/home/about-us/staff-and-team/>

Gary Foster-male survivors

On Raising Sons

<https://humanparts.medium.com/on-raising-sons-7bfe3eb83f7e>

TED talks:

Emily Nagoski—Unlocking the Door to your Authentic Sexual Wellbeing

Amy Jo Goddard—Owning Your Sexual Power

Tips for men and dating:

Mate: Become the Man Women Want

[Tucker Max](#) (Author), [Geoffrey Miller PhD](#)

Poly and Kink

Books by Dossie Easton—The Ethical Slut

The New Bottoming Book

The New Topping Book

Porn and Sex Addiction

It's Not About the Sex: Moving from Isolation to Intimacy after Sexual Addiction by [Andrew Susskind](#)

Talks:

How to Be a Sex God—Greg Schmidinger—Porn Induced ED and other sexual problems

The Great Porn Experiment

<https://youtu.be/wSF82AwSDiU>

How Porn is Destroying Young Men

<https://youtu.be/3adhnlRoxig>

Films:

Men's sexuality:

The Mask You Live In—Netflix

https://youtu.be/Palna_k8Ne0 trailer

<https://youtu.be/l1OI9B0VSiA> full movie

Great documentary on the toxicity of patriarchy and how it affects men and drives crime
“The Feminist in Cellblock Y”

<https://www.youtube.com/watch?v=JYxTzsabkH8>

The Good Men Project

<https://goodmenproject.com/>

<https://mankindproject.org/>

Misrepresentation.com

Boyhood Shadows—a documentary on male sexual abuse

<https://vimeo.com/61440945>

Sexological bodywork: <http://sexologicalbodyworkers.org/>

HAI global Human Awareness Institute

<http://www.hai.org/>

beautiful, deep sexuality/intimacy workshops if you can tolerate being around naked people. There is always a choice to be naked or not

Light/Dark Institute

<http://www.lightdarkinstitute.com/>

<http://www.afrosexology.com/home>

great resource to support healthy sexuality among African Americans

Betty Martin—superb info on consent and touch

Wheel of Consent

<https://bettymartin.org/videos/>

https://youtu.be/auokDp_EA80

Miss Jaiya—erotic blueprints

<https://missjaiya.com/>

take the test to discover your erotic styles

Trauma Healing:

Somatic Experiencing:

www.traumahealing.org

teens

S.E.X by Heather Corinna

Peggy Orenstein—Boys and Sex

Girls and Sex

<https://www.upworthy.com/5-everyday-ways-to-teach-your-kids-about-consent>

<http://www.makesexeasy.com/consent-accidents-consent-violations/>

Brain Science:

Daniel Siegel

Norman Doidge
Rick Hansen

LGTBQ and the church

<https://youtu.be/rP01bH9Ljf4>

Sex, God, and the Conservative Church: Erasing Shame from Sexual Intimacy, Tina Schermer Sellers

<https://www.soulforce.org/values>

Sabotage Christian Supremacy

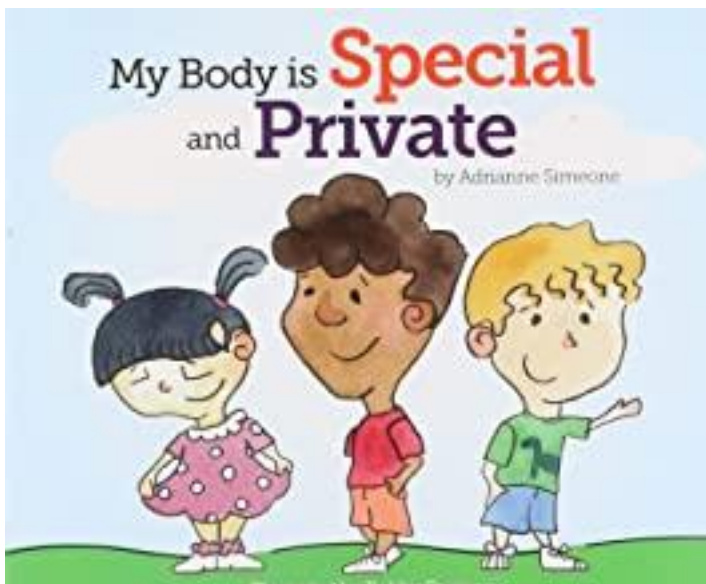
Trans:

<https://www.allure.com/story/transgender-body-dysmorphia-gender-dysphoria-effects>

<https://roygbiv.jezebel.com/stop-confusing-gender-dysphoria-with-body-dysmorphia-al-1583049920>

“Trans Bodies, Trans Selves”—Laura Erickson-Schroth

Teaching kids about their bodies and consent



[My Body is Special and Private](#)

by [Adrienne Simeone](#) and Bobby Davison

Somatic Experiencing Therapists

These are all experienced SE Practitioners most are licensed as professional counselors or MFTs or LCSWs.

Char Dillon
dr.cdillon@gatewaypsychologicalservices.com
(630) 896-2337

Rhonda Kelloway
kelloway.lifecare@gmail.com
630-569-0822 (text)

Kari Stettler after Tuesday
www.somaticresiliency.com
karistettler@gmail.com

Susan Risula (Canada)
Srisula@sasktel.net
306 631 6139

Amitabh Amidor (Hawaii)
808 740 1528
SomaticTherapyMaui@gmail.com

Marty Dennen
marthadennen@yahoo.com

Farah Sultan
farahtsultan@hotmail.com

Lara Eisenberg (not available this weekend)
sacredheal@gmail.com

Thom Sterling available saturday
tsterling@sonic.net

Neal Winblad not available during the webinar, but during the week
nwinblad@nwinblad.com

Cicily Thomas in India
forcevitale@gmail.com

Jenny Randt
jrandt@traumahealing.org

Alisha Musicant
alishamusicant@gmail.com

Lucia Roncalli Alaska
ldroncalli@aol.com