

Sexological Bodyworkers are Somatic Sex Educators, supporting individuals, couples and groups to learn to direct their own personal and sexual growth.

We also facilitate learning about the body, sex and sexuality, as well as working through sexual issues or concerns.

Sexological Bodyworkers offer education and coaching to support people to deepen their experience of embodiment.

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

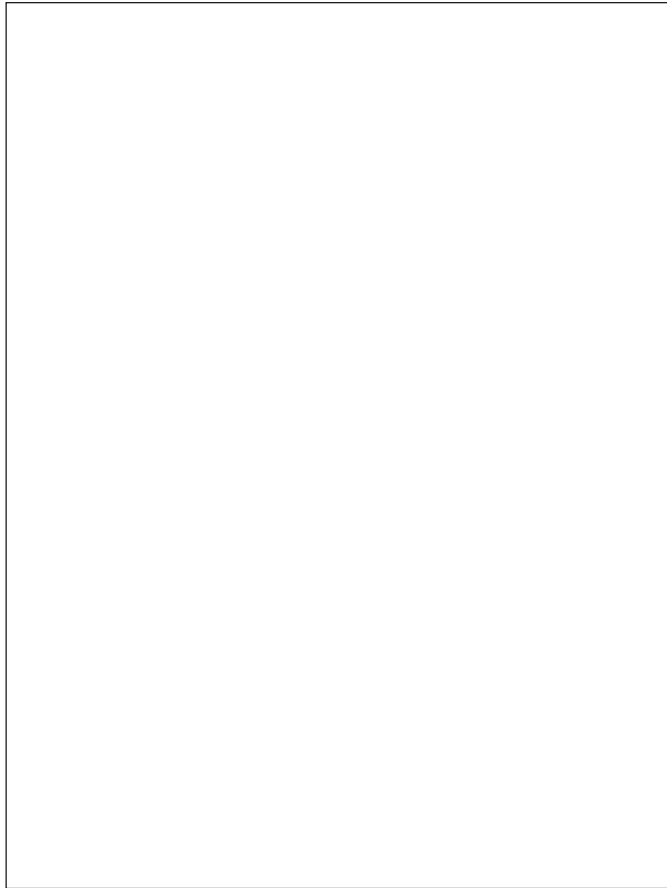
We use a variety of instructive modalities that bring awareness to limiting patterns and habits and offer body-based experiential learning opportunities.

Recurring patterns can arise in relationships that limit people's capacity for intimacy.

Working with a Sexological Bodyworker can provide a safe, supportive environment outside these relationships, to openly work through and resolve issues at a relaxed pace.

Sexological Bodywork is not clinical; It is individualised holistic education.

Staci Haines, author of Healing Sex, defines somatics as "an educational and transformational approach that assumes that the body, mind and emotions are one interconnected biological system."



Somatic

adjective

[soh-mat-ik, suh-]

Of or relating to the physical body, especially distinct from the mind, soul or psyche.

Sexological Bodywork

Sexological Bodywork
is Somatic Sex Education

embodiment

[em-bod-ee-muh nt]

Embodiment leads us to the wisdom inside our own bodies, & starts the balancing process.

The body automatically knows what it wants & needs, but we can forget how to listen to it

Somatic Sex Educators
Association of Australasia

sseaa.org
Get in touch!

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What it is you want to know, feel or experience?

You may not know exactly what it is you are after yet, but asking this question is the first step to finding out. Sexological Bodyworkers work closely with you to understand your specific needs. We provide a non-judgemental space where you can talk openly about your life, sex, relationships and sexual history.

What happens in a session?

Sexological Bodyworkers are in a unique position to offer guidance, education and hands-on support.

Each Sexological Bodywork session is unique and informed by your personal history and goals.

A crucial part of the education Sexological Bodyworkers offer is the forming of mutual intentions and boundaries. These help create a safe container and build trust.

Sessions are usually 90 minutes, and are client-led. Somatic transformation happens over time with practice. We seldom work in single sessions.

Our ethical approach

Informed consent forms the basis of all session work. Sexological Bodyworkers work within the parameters of our Professional Code of Ethics, viewable at sseaa.org.

Sexological Bodywork sessions will not fulfill your desires for sexual connection. We work consciously from that premise and make sure our clients understand this important principle.

While we acknowledge the human longing for connection, we recognise the value of professional boundaries. The focus of individual sessions is on the client's experience within their own body.

Sexological Bodyworkers do not act as surrogate partners. We work clothed and touch within sessions is one-directional from bodyworker to client.

Sexological Bodyworkers are committed to complementing and extending the effectiveness of services offered by psychotherapists and other healthcare professionals. We value working in close partnership with these professionals, but will do so only at your request.

Sexological Bodywork practitioners make no claim to diagnose, treat or prevent any medical or psychological condition.

So what can we help with ?

Arousal Anatomy - Somatic sex education teaches you how your physical body creates arousal and empowers you with greater understanding of how your body works. By mapping out the arousal anatomy of your body, you can discover pleasure in unexpected places and increase physical responsiveness. Learning about your own or your partner's genital anatomy can unlock greater sensation and enjoyment. Understand the body as an integrated system of arousal, lubrication and engorgement; and practise rewiring your networks of pleasure.

Orgasm - Whether you are pre-orgasmic (haven't had one yet) or multi-orgasmic there are a myriad of ways to diversify and expand your range of experience.

Body acceptance - Sexological Bodywork allows you to work deeply with issues of shame, embarrassment and self-love. In a safe and non-judgemental environment you can begin to transform deep wounds into self-confidence and self-acceptance.

Porn - It's everywhere, but how is it impacting on your experiences of sex and pleasure? Looking at your relationship with porn can help you find the tools to integrate it into your life and achieve a healthy balance.

Postpartum -A high percentage of people emerge from vaginal birth with an injury or surgical repair. Resulting scar tissue can significantly affect ability to feel pleasure and enjoy sex after childbirth. Sexological Bodyworkers can offer scar tissue remediation to alleviate pain and increase sensation.

Communication and Consent - By experimenting with words, movement, breath, sound, awareness and touch, we can learn more about our unconscious patterns concerning communication around sex and intimacy. Learn to clearly express your needs, wants and desires, receive objective feedback and honour your own boundaries and those of the people you interact with.

Relationship styles - Let's talk about relationship styles and what type of experiences you might like to create with others. Discover ways to feel confident in communicating and creating the style of relationship you want.

Genitals - Perhaps you want to learn more, feel more, or experience more about your own or someone else's genitals. Sexological Bodyworkers can support you to widen your range of experience and assist with concerns like: lack of sensation, painful sex, erectile difficulties and early or delayed ejaculation.

Ejaculation Choice - You can learn to have choice around ejaculation. You can prolong pleasure and create more satisfying sex for both yourself and your partners.

Relaxation - Postural holding patterns and constriction of pelvic muscles are often caused by the overuse of the human instinct to protect the genitals. These factors may limit our sexual function. Learn to relax and allow for greater pleasure.

Gender - Gender is a human label assigned to us at birth. Sometimes we don't fit within that construct. A number of Sexological Bodyworkers are able to offer information and support around gender, its presentation and its potential exploration.

Self Pleasure - If you want to have better sex and more satisfying relationships the place to begin is with yourself. People often switch off due to life's distractions, or achieve pleasure only via fantasy or imagery. The presence of shame, embarrassment and guilt in your life may be preventing you from feeling enamoured with your own body. Learn ways to reconnect with the skin you live in.

Anal pleasure and health - The anus has the potential to unlock chronically held physical and emotional tension in the entire pelvic region. It can also be the source of great pleasure. Connection with the anal area can be explored through breathwork, pelvic floor awareness, and slow, conscious and mindful touch. Overcoming chronic pelvic tension can relieve digestion issues, haemorrhoids and fissures and allow the body to access more of its full pleasure potential.

Educating young people - There are many great websites, articles, books and videos that cover subjects such as anatomy, gender, healthy porn viewing and consent. Chances are, you never had this important conversation with your parents. Let's look at how to best approach these really important topics with your kids.

Fetishes and kinks - Have you ever wanted to try new things with a partner and wondered how that conversation might play out? Sexological Bodyworkers can help you learn some great ways to discuss and explore kink.

“Everything is great, I just know there's more”