

**The Institute for Advanced Study of Human Sexuality**

**SEXOLOGICAL BODYWORK  
CERTIFICATE PROGRAM**

**Course of Study**

**February 3 – March 30, 2012**

Home Study: February 3 – March 15  
Experiential Training: March 16 – 30

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# **SEXOLOGICAL BODYWORK CERTIFICATE PROGRAM**

## **Course of Study**

This training provides direct experiential learning opportunities that emphasize embodiment. Participants use touch, breath, and movement to become familiar with, articulate about, and competent in the uses of profound ecstatic and erotic states. This course allows practitioners to bring new levels of creativity and insight from their own direct experience to their clients and students as well as to the entire field of sexology.

The erotic education is communal. Each person touches and coaches every other person in the training. Like all courses at the Institute, this training welcomes diversity in sexual preference and gender.

This course of study would not have been possible even a decade ago. Views of what is appropriate in erotic education have shifted. The proliferation of AIDS and other STDs has made it imperative that academics and experienced bodyworkers dialogue to produce the most creative and effective approaches to sexual health and erotic education possible.

### **Learning Objectives**

--Students learn a variety of sexological bodywork modalities, including male and female genital massage, sensate focus, masturbation coaching, breathwork, and guidelines on how to work with people who experienced sexual dysfunction or abuse. Students learn to assess embodiment and mindfulness as indicators of sexual health.

--Participants learn to access erotic states as well as experiment with the many uses of these altered states, such as going beyond sexual preference and dealing with compulsive behaviors.

-- Students develop a beginning competence in sex coaching. Participants learn how to instruct and assist those they work with through the use of sex education videos. They also learn the skill of embodied empathy - a form of learned intuition that helps you read client's comfort in their body, understand their emotions and helps you quickly and holistically assess what kinds of treatments are necessary (The use of videos and embodied empathy are especially important for psychotherapists, academics and other professionals who are prohibited from touching their students or clients).

--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.

--Through dialogue, body-based therapists and academics begin the process of developing a shared language that helps evolve the field of sexology.

### **Course Structure**

This training is a half-trimester, 150-hour course. Students participate in six weeks of home study before attending 100 classroom hours in a two-week intensive format.

### **Prerequisites**

This course was specifically designed for men and women certified in bodywork or related somatic fields, as well as students in academic degree programs in Human Sexuality. Therefore, students who are not enrolled in a degree program at the Institute must possess more than a beginner's competence in massage and must interview with the instructor.

## **Home Study (50 hours)**

For six weeks before arriving for the intensive, students must view, study, reflect on and discuss sex education videos streamed in a private online forum. Students are required to have access to DSL or broadband internet connection to adequately participate in the home-study course. The required online videos and readings provide a survey of the existing teaching in the areas of erotic massage, sex coaching, anal pleasure and health, Tantric/Taoist approaches and more.

An online home-study forum made up of twelve required somatic assignments helps students master specific techniques as well as assess the current state of the field and potential directions of evolution. A private online forum facilitates student discussions, sharing of homework assignments and communications with the instructor.

Students are also required to participate in a sexual shame research project that will involve a simple, fifteen-minute, solo exercise each day for fourteen days.

## **Embodiment Intensive (100 hours)**

In this two-week experiential training, students explore self-massage, movement, sensate focus, erotic massage, and breathwork. Special emphasis is placed on exercises that deepen the capacity for intimacy with self and with a partner. Furthermore, students learn the competence needed for deep involvement in the roles of sex coach, breath coach, erotic bodyworker and somatic sex educator.

This training includes the following:

### **Conscious Breathwork (12 hours):**

Students will learn to access orgasmic states through breathing. Students will experiment with Taoist, Tantric and Sufi ways of breathing that create resonance and intimacy between partners. Breathing will also be taught as a basic therapeutic tool.

### **Sex Coaching (20 hours):**

The foundational work here is coaching structures of self-loving including self-massage, stretching, and solosex. Other areas of investigation include coaching individuals beyond unhealthy shame, the role of the witness, the use of Viagra, coaching couples and increasing sexual creativity. A special emphasis will be placed on coaching individuals to alter unsafe sex practices.

### **Sexological Bodywork (60 hours):**

Both by giving and receiving, students will learn several forms of erotic massage. Participants study and practice sensate focus, intimacy exercises, feeling the difference between excitement and bliss, working with people who have experienced sexual abuse or dysfunction, and dispelling body shame. Furthermore, students will learn Reichian bodywork techniques to free the body's potential for orgasm by releasing muscular "armoring" or constriction in seven segments of the body.

### **Muscular, Skeletal, Genital Anatomy (4 hours):**

Anatomy will be taught within the context of actual bodywork exercises.

### **Business Practices, Legal Issues, Ethics (4 hours):**

The experimental nature of sexological bodywork requires special attention to these topics. A panel of professionals will be available to share how they have set up their businesses and dealt with ethical issues.

## The Professors

Dr. Danielle Harel is a clinical sexologist, a pleasure activist and a professor at the Institute for Advanced Study of Human Sexuality. She has devoted the last fourteen years to counseling and empowering couples, women, men, and teaching group workshops. She graduated with a Ph.D. and a DHS degree from the Institute for Advanced Study of Human Sexuality in San Francisco. Danielle has a graduate degree in Clinical Social Work (MSW). Harnessing her extensive training as a sexologist and her background in psychology and body-based modalities, she leads students and clients into the depth of their eroticism to support them in reaching their fullest potential.

Celeste Hirschman, M.A. has made a lifelong study of sexuality, intimacy and relationships both inside and outside of the classroom. She is an assistant professor at the Institute for Advanced Study of Human Sexuality and she received an MA in Human Sexuality Studies from San Francisco State University. She draws on multiple perspectives, including sexual healing, celebrating eroticism, Tantra, and BDSM, to help her clients and students realize their full potential and deepen their experiences of pleasure and embodiment.

## Reporting Requirements

Candidates for this certificate must complete and file with the Institute for Advanced Study of Human Sexuality a report stating that they have viewed the required video courses, read the required reading and completed all online workbook assignments. Students will also be required to fill out a class evaluation form.

## Certificate Award

Upon completion of the above requirements, an appropriate certificate, Sexological Bodywork Certificate will be awarded. Course credit can count toward any academic degree at the Institute. Master's and doctoral students of the Institute will receive 6 units of graduate study.

## Costs and Application Procedure

Tuition for the Sexological Bodywork Certificate Program is \$3,750.00. (This does not include the \$100.00 application fee.) Tuition includes online access to all of the required video, readings and the home-study forum. Students must purchase textbooks separately. *Students and graduates of the Institute will receive a special rate of \$1,750.00. There will be no refunds issued upon registration to the online access.*

The student must apply and be accepted by the Institute. The following application materials must be sent to the Registrar:

1. An application form
2. An application fee of \$100.00 (non-refundable)
3. A resume including education and work in the field of human sexuality
4. A letter of intent and interest briefly stating reasons for applying, education and learning goals, and a statement on human sexuality
5. A current photograph
6. A pre-interview with Dr. Danielle Harel or Celeste Hirschman will be required for eligibility
7. Two letters of recommendation

For more information regarding this program, please contact Dr. Danielle Harel at 408.469.1989, [info@celesteanddanielle.com](mailto:info@celesteanddanielle.com) or visit our website at [www.iashs.edu](http://www.iashs.edu) or [www.celesteanddanielle.com/SBWtraining.html](http://www.celesteanddanielle.com/SBWtraining.html).