



2025 Couples Conference Resource List

Pleasure

Guide to Getting It On! A Book About the Wonders of Sex, 10th edition, by Paul Joannides, 2022

Definitely encyclopedic, and jam packed with accurate information about sex, this book discusses pretty much every aspect of sexuality, sex play, and sexual information. Unsure how to give a hand job? Wondering about STIs? Need an anatomy lesson? I've even had clients start at the beginning and go chapter-by-chapter on a spice-it-up adventure. Having this on the bookshelf at home is a good way to make sure teens have access to accurate information also. It has a distinctly hip feel to it which may not appeal to every client. Buy the most recent edition for up-to-date information.

Girl Sex 101, by Allison Moon and KD Diamond, 2015

This is a completely different take on the all-in-one information book about sex. Information gathered from many, and delivered in a personal fashion, this book combines information, humor, comics, dialogue samples, and a little erotica to create a smart, personal take on many aspects of sexuality from consent, anatomy, and body image to sex techniques. Written for females and their lovers. Lots of images of different sizes and genders of bodies, this book is very queer-friendly, and particularly excellent for its inclusivity of gender variance, including information about intersex and transitioning bodies.

Good Sex: Getting Off Without Checking Out, by Jessica Graham, North Atlantic Books, 2017.

Trans Sex: Clinical Approaches to Trans Sexualities and Erotic Embodiment, by Lucie Fielding, 2021.



You Know, Sex: Bodies, Gender, Puberty, and Other Things by Cory Silverberg and Fiona Smyth, 2022.

Magnificent Sex: Lessons from Extraordinary Lovers, by Peggy Kleinplatz and A. Dana Menard, Routledge, 2020.

This is a great book about what self-identified long term partners who have “magnificent sex” after many years together have to say about what goes into magnificent sex.

The New Male Sexuality: The Truth about Men, Sex, and Pleasure, Revised Edition, by Bernie Zilbergeld, 1999

This is an oldie but a goodie. There are not many broad resources for men about sexuality, and this is generally held to be a good one. It covers male sexuality throughout the lifespan. One of this book’s greatest aspects is that in addition to presenting anatomy, it comprehensively normalizes a wide range of penis size, sexual function, and sexual response. It also addresses communication skills, working with erectile and ejaculatory issues, and issues related to making love to a woman. Includes an index of street drugs and prescription medications and their effect on male sexual function.

Pleasure Activism: The Politics of Feeling Good, by Adrienne Maree Brown, AK Press, 2019.

The Pleasure is All Yours: Reclaim Your Body’s Bliss and Reignite Your Passion For Life, By Rachel Allyn, Shambhala, 2021.

Sex Smart: Transform your Sex life: How your Childhood Shaped your Sexual Life and What to Do About It, by Aline Zoldbrod, 2009



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Sexual Intelligence: What We Really Want from Sex and How to Get It, by Marty Klein, Harper Collins, 2012.

Whole-Body Sex: Somatic Sex Therapy and the Lost Language of the Erotic Body, by Melissa Walker, 2021, Routledge

Online resources:

[“Self-Pleasuring for People With Penises and Prostates,”](#) A Woman’s Touch Sexuality Resource Center, 2013

[“Self-Pleasuring for People With Vulvas and Vaginas,”](#) A Woman’s Touch Sexuality Resource Center, 2013

Orgasm

Books:

The Multi-Orgasmic Man, by Mantak Chia and Douglas Abrams, 1996

This book explains how men can gain control over their arousal and orgasmic response, building towards having multiple orgasms (before ejaculation). While the focus of the book is multiple orgasm, it is a valuable resource for expanding our cultural view of male sexual response and also exploring Taoist principles of male sexuality and lovemaking practices. Understanding how to help a male client gain control over arousal is the core treatment plan for improving premature ejaculation, as well.

Coping with Premature Ejaculation: How to Overcome PE, Please Your Partner, and Have Great Sex,



by Michael Metz and Barry McCarthy, 2003

This book is the best resource I know of to support your work with a client who struggles with premature ejaculation. You can use the exercises in the book as homework assignments to support therapy, or simply recommend the book if you have a self-motivated client.

I Heart Female Orgasm: An Extraordinary Orgasm Guide, by Dorian Solot and Marshall Miller, 2007

This is a go-to resource for accurate information about female orgasm, female sexual pleasure, and female anatomy. I have had both individual and couple clients with a vulva use this book as a guide for exploration and learning, to good effect.

The Elusive Orgasm: A Woman's Guide to Why She Can't and How She Can Orgasm, by Vivienne Cass, 2007

This is an extraordinarily thorough book about female orgasm, including self-assessment and self-help for women who have never had an orgasm, have only had a few, only have them alone but not with partners, with some partners not others, or have had changes in orgasmic capacity over time. No matter what the orgasm issue, this book offers help. It is out of print but well worth looking for in used bookshops.

Becoming Orgasmic: A Sexual and Personal Growth Program for Women, by Julie Heiman, 1987

Online resources:

<https://www.omgyes.com/en/>

The website created by Lydia Daniller and Rob Perkins is dedicated to sex education, research and female sexual pleasure. It is a great resource for clients wanting to expand their knowledge about



the female orgasm through a non-shaming, sex positive lens. There is an option for visitors to pay a one-time fee to gain access to 62 videos of women talking about self-pleasure. Some of the videos, called “Touchable videos,” record real women self-pleasuring. As each woman engages in pleasurable touch she shares with the audience specific techniques she is using to find and enhance her pleasure and orgasm. This resource may be a little intimidating for some clients due to the detailed videos. However, the production value is high and the videos are educational. This site is truly a wonderful resource for clients wanting to increase their knowledge about sexual pleasure and learn new techniques to enhance their orgasm.

Erectile Function and Dysfunction

Articles

Blumentals WA, Gomez-Caminero A, Joo S, Vannappagari V. [Should erectile dysfunction be considered as a marker for acute myocardial infarction? Results from a retrospective cohort study.](#) Int J Impot Res. 2004 Aug;16(4):350-3. doi: 10.1038/sj.ijir.3901174. PMID: 14985780.

Camelia Cristina Diaconu, Maria Manea, Dragos Radu Marcu, Bogdan Socea, Arsenie Dan Spinu & Ovidiu Gabriel Bratu (2020) [The erectile dysfunction as a marker of cardiovascular disease: a review](#), Acta Cardiologica, 75:4, 286-292, DOI: 10.1080/00015385.2019.1590498

Charalambos Vlachopoulos, et. al, [Prevalence of Asymptomatic Coronary Artery Disease in Men with Vasculogenic Erectile Dysfunction: A Prospective Angiographic Study](#), European Urology, Volume 48, Issue 6, 2005.

Dostálová G, Hlubocká Z, Bayerová K, Bělohávek J, Linhart A, Karetová D. [Erectile Dysfunction in](#)



[Young Myocardial Infarction Survivors: Evaluation, Follow Up](#). Am J Mens Health. 2017 Nov;11(6):1739-1744. doi: 10.1177/1557988317714359. Epub 2017 Jul 11. PMID: 28697641; PMCID: PMC5675271.

Iftexhar Uddin, S.M., Mirbolouk, M., Dardari, Z., et al. (2018). [Erectile Dysfunction as an independent predictor of future cardiovascular events](#). *Circulation*, 1-3. Doi: 10.1161/CIRCULATIONAHA.118.033990

Power, Oppression, and Change

Continuing Education:

Ante Up! Virtual Freedom Professional Development School for Justice Workers.

Founded by Bianca Laureano, AASECT certified Sex Educator, Ante Up offers multiple courses on various aspects of sex and sexuality, as well as a certification program. Being ANTE UP! Certified means that you have been trained in understanding the history, implementation, and navigating conflict within various justice frameworks to elevate your work in your communities. Bianca also offers supervision, and a SAR (Sexual Attitudes Reassessment) and it all comes with AASECT CEs.

Books:

Black Couples Therapy: Clinical Theory and Practice, by Yamonte Cooper and Erica Holmes, Cambridge University Press, 2023.



Black Sexual Economies: Race and Sex in a Culture of Capital, edited by Adrienne Davis and the BSE Collective, University of Illinois Press, 2019.

Decolonizing Therapy: Oppression, Historical Trauma, and Politicizing Your Practice, by Jennifer Mullan, Norton, 2023.

This book helps us explore how the traumatic systems we live in impact our work and ourselves. The book is a deep dive into how to rethink your practice in a way that centers humanity, connection, and undoing systemic harm.

Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive, by Kristin Neff, Harper, 2021.

How We Show Up: Reclaiming Family, Friendship and Community, by Mia Birdsong, Hachette Go, 2020.

Love Big: The Power of Revolutionary Relationships to Heal the World, by Rozella Haydee White, Fortress Press, 2019.

Radical Belonging: How to Survive and Thrive in an Unjust World (While Transforming it for the Better), by Lindo Bacon, BenBella Books, 2020.

Videos:

On Decolonizing Therapy with Jennifer Mullan and Bianca Laureano, 1 hour, 33 minutes, 55 seconds

<https://www.youtube.com/live/wRmCwAmAIGc>



A conversation between Jennifer Mullan and Bianca Laureano about decolonizing therapy, and how we can tend to our emotional and mental health while also holding systemic oppression accountable.

Trauma

Books:

Allies in Healing: When the Person You Love Was Sexually Abused as a Child, by Laura Davis, 1991.

Decolonizing Therapy: Oppression, Historical Trauma, and Politicizing Your Practice, by Jennifer Mullan, Norton, 2023.

Healing Sex: A Mind-Body Approach to Healing Sexual Trauma, by Staci Haines, 2007.

This book has a great chapter about identifying triggers that arise in sexual interactions and making a plan for handling them with teamwork.

Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing, by Joy DeGruy, Joy DeGruy Publications, Inc., 2017

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, by Ellen Bass and Laura Davis, 2008.

The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse, 3rd Edition, by Wendy Maltz, 2012.

Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice, by Scott Kellogg, 2018.



Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror, by Judith L. Herman, Basic Books, 2022.

Sex Pain

Books:

The Pleasure Prescription: A Surprising Approach to Healing Sexual Pain, by Dee Hartmann and Elizabeth Wood, Luminare Press, 2021.

Organizations:

National Vulvodynia Association:

Mission: Improving women's health through education, research, support, and advocacy. Offers a provider list, patient information, and support resources

The International Society for the Study of Vulvovaginal Disease (ISSVD):

Offers a global provider listing of vulvar specialists and clinics. Offers publications for clients, free webinars, and podcasts.

Vulval Pain Society:

Offers client resources including webinars, podcasts, and a clinic finder.

International Pelvic Pain Society:

Offers a provider finder and informational handouts.



International Painful Bladder Foundation:

Mission: to promote international cooperation between all parties involved in interstitial cystitis/bladder pain syndrome, hypersensitive bladder, chronic pelvic pain and associated disorders. Offers publications, resources, and support groups.

Endometriosis Foundation of America:

Hosts My Endometriosis Team, which is a large social support community.

Organizations for further learning, referrals, and sex related information:

Institute for Relational Intimacy

My organization trains generalist therapists to become confident and competent working with a wide range of sex issues, including desire discrepancy, sex pain, erectile dysfunction and more. If you'd like to learn more, my flagship course [Assessing and Treating Sex Issues in Psychotherapy Level 1](#) is an excellent place to start.

American Association of Sexuality Educators, Counselors, and Therapists (AASECT):

Trains and certifies sex therapists, counselors and educators, and has a provider directory if you are seeking one of the above. Counselors with AASECT certification are usually allied professionals like physical therapists, nurse midwives, or oncology providers. The AASECT listserv is a fantastic resource, available only to members.

The Society for the Scientific Study of Sexuality (SSSS/Quad S):

Mission: to promote funding for conducting scholarly, scientific research related activities to further the understanding of all aspects of sexuality. They have a great annual conference, and publish a



journal.

Sexual Medicine Society of North America (SMSNA):

Mission: to innovate, educate and inspire the best practices in sexual medicine. Their website has a branch for providers with many educational opportunities, and a branch for the public with a blog with lots of information about sexual health challenges, and topics ranging from Peyronie's to risks of choking during sex play. They also have a [Provider Directory](#).

Society for Sex Therapy and Research (SSTAR):

Mission: to facilitate communications among clinicians who treat problems of sexual identity, sexual function, and reproductive life.

The American Sexual Health Association (ASHA)

Great resource for learning about STIs.

Center for Positive Sexuality (CPS)

Addresses social issues through sex positive research and education

Gay and Lesbian Medical Association (GLMA):

Health professionals advancing LGBTQ equality.

The Kinsey Institute for Research in Sex, Gender, and Reproduction:

Mission: to promote interdisciplinary research and scholarship in the fields of human sexuality, gender, and reproduction.

World Association for Sexual Health (WAS):



Publishes The International Journal of Sexual Health.

Sexual Health Alliance (SHA)

Mission: promote an integrated, interdisciplinary approach to sexuality with the goal of fostering cooperation and dialogue among diverse professionals.

International Society for the Study of Women's Sexual Health (ISSWSH)

Mission: to lead, innovate and promote our interdisciplinary field by bridging science, patient care, and community. Provides courses and a conference for providers working with women's sexual health. This is one way a physician would learn how to treat sex pain.

International Society for Sexual Medicine (ISSM):

Promotes research and exchange of knowledge regarding the entire field of human sexuality. Produces the World Meeting on Sexual Medicine, which is an international conference.

Academy of the American Physical Therapy Association (APTA):

Has a useful provider directory.

World Professional Association for Transgender Health (WPATH):

Publishes standards of care for transgender health, and has a provider locator.

European Society for Sexual Medicine (ESSM):

Vision: Sexual health for everyone. Provides educational programs, certifications in sexual medicine and sexology, and provides webinars and conferences for providers. Publishes The Journal of Sexual Medicine.



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Women of Color Sexual Health Network (WoCSHN)

A collective, collaborative membership organization of practitioners with a focus on the sexual and reproductive needs of women/femmes and gender-expansive people of color. Offers a directory of practitioners listed by expertise, geographic location, or focus areas/speciality.