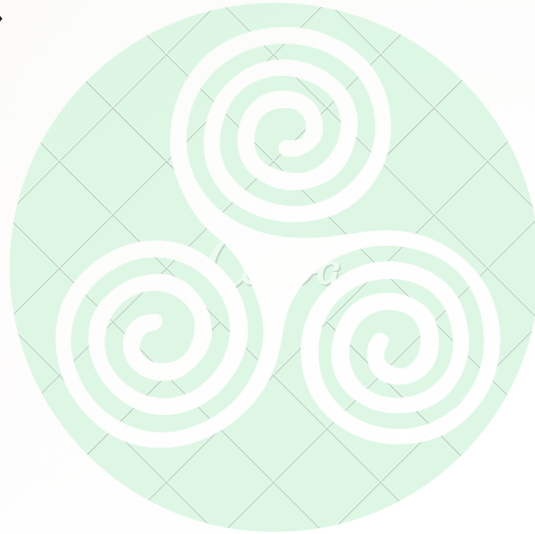


FULL EMBODIMENT



Sex Positive Referral List

ARIEL GIARRETTO

WWW.FULLEMBODIMENT.ORG

About

If you're looking for a qualified therapist and you're not currently a student or graduate of the Somatic Experiencing (SE) training, you're in the right place! Feel free to browse the list and check out their descriptions and websites for more info. So you know, a Somatic Experiencing Practitioner is someone who has completed the SE training.

For those of you in the SE training program who need credit towards certification, make sure to pick someone approved at your training level. It's a good idea to reach out to them and ask directly to be sure.

This list is organized by country and services offered by the practitioner. Next to each listing you will find a number that corresponds to the list below.

1. SEPs with additional training in sex education, sexuality and sexual abuse.

*Not currently approved to offer credit towards SE Certification

2. SEPs with additional training and who specialize in sex education, sexuality and sexual abuse.

*Approved to offer credit towards SE Certification

3. SEPs with no specific sex education training, but are sex positive and have experience working with sexuality, relationships, and sexual abuse.

*Approved to offer credit towards SE Certification

4. Sex Educators and Coaches not trained in SE but excellent practitioners.

5. SE community who do not offer approved SE sessions but are sex positive and have experience with sexual abuse or special training in sex education and coaching.

*Not currently approved to offer credit towards SE Certification

Asia

India

Cicily Thomas 3

www.vitalforcetaichi.com

Forcevitale@gmail.com

+91 9449633267

I specialize in working with sexual abuse, sexual trauma, and sexuality, facilitating clients' exploration and regulation of their nervous systems. Using gentle body awakening exercises like movement, self-touch, and healing sounds, I aim to heal early negative imprints. My therapy sessions prioritize client autonomy, fostering curiosity and resilience through spontaneous movements and boundary exercises in a safe, trusting, and compassionate environment. I've studied Healing Sexual Abuse and Sexuality Trauma with Ariel Giarretto, The Transformative Power of Eros with Dr. Peter Levine & Kimberly Ann Johnson, and Pre and Perinatal Healing with Kate White. As a Somatic Experiencing Practitioner, I assist in trainings with Dr. Peter Levine, Ariel Giarretto, and others, offering personal sessions at all levels in person and online. My spiritual journey spans 25 years, integrating ancient wisdom from practices like vipassana, zen, yoga, tai chi, and more with modern holistic healing approaches. Additionally, I'm currently training in Integral Somatic Psychology with Dr. Raja Selvam and Transforming Touch® Practitioner Training with Stephen Terrel. Outside of work, I find joy in hiking with my dog, swimming, reading, music, nature, travel, gardening, intercultural work, sustainable tourism, and meaningful global connections. Based in Bangalore, India.

Japan 2

Tamami Kumagai

Heartcounselingcenter.jimdofree.com/english

K.tamami@gmail.com

I have completed specialized training in sexuality, including Sexual Trauma at the Justice Institute in Canada, Certified Rape Crisis Counselor Training by CVS in the US, and various certifications in Japan. My practice specializes in supporting clients dealing with sexual abuse, sexual assault, and sexual trauma. I am fluent in Japanese and English. As a Somatic Experiencing Provider, I offer individual sessions at all levels, individual case consultations at all levels, and small group case consultations at the Intermediate level. Currently, I offer online sessions exclusively.

Malaysia 5

Nahlana T. Kreshnan

[Facebook.com/SomaticAsiaTherapy](https://www.facebook.com/SomaticAsiaTherapy)

Nahlana.tk@gmail.com

Somatic Asia is run by Nahlana T. Kreshnan, who holds a Graduate Diploma in Counseling from Swinburne University of Technology, Australia, and is also a Somatic Experiencing Practitioner.

ARIEL GIARRETTO

WWW.FULLEMBODIMENT.ORG

Australia

Ailsa Keppie 4

www.pleasureforhealth.com

Ailsakeppie@gmail.com

I am a trained Massage Therapist and Somatic Sex Educator, currently in my 4th clinical year of Bioenergetic Analysis (a somatic psychology modality). I specialize in trauma and sexual issues for individuals or couples, offering support through online sessions or in-person. I also offer online courses. I am a member of the World Association of Sex Coaches and hold various positions in professional associations related to sexological bodywork and somatic sex education.

Bonnie Bliss 1

www.bonniebliss.co

Hello@bonniebliss.co

I'm a Somatic Sexologist, intimacy educator, and embodiment teacher specializing in female pleasure and internal pelvic wellness. I support female clients with challenges related to libido, relational intimacy, self-care, and body image, as well as those curious to explore their sexual selves. My work is entirely online, offering low-cost programs and a comprehensive course called The School of Embodied Pleasure. I will be releasing a Holistic Sex Coaching practitioner training in mid-2024.

Christine Savides 5

www.christinesavides.com

Christine.savides@hotmail.com

I am a Gestalt Psychotherapist in private practice, currently at Intermediate Level with Abi for SE, planning to complete next year. I have extensive experience in Australia's Family Violence system and offer both face-to-face and online sessions. My practice often addresses issues of abuse and sexuality, and I am open to working with clients across different time zones.

Jonn Close 4

www.bodycurious.com

Jonn@bodycurious.com

+61 416 012 862

I'm a Somatic Sex therapist and Embodied Counsellor, specializing in sexual and physical trauma for men. I provide a safe space for men in Sydney's Potts Point, offering somatic sessions including yoga, massage, and bodywork. I also work with all sexual identities and orientations, supporting clients in the studio or online. Based in Sydney, Australia.

Mira Chazan 1

www.psychologytoday.com

Mirachazan.consulting@gmail.com

I am a psychotherapist, social worker, and SEP with a holistic approach, working with children, adults, and older adults. I utilize relational gestalt psychotherapy and somatic experiencing techniques, specializing in trauma therapy, intimacy, sexual issues, and developmental trauma. I offer online sessions and clinical supervision, serving LGBTIQ+ individuals and diverse cultural backgrounds. Based in Melbourne, Australia.

Australia

Nisha Gill 1

www.feminineinstincts.com.au

Nisha@feminineinstincts.com.au

I specialize in trauma, female sexual embodiment, birth, bodywork, and counseling. My practice includes Pelvic Embodiment Sessions that integrate Somatic Experiencing and internal bodywork techniques. I support clients who have experienced sexual, birth, developmental, or medical traumas, and also work with couples. I offer both online and in-person sessions between Melbourne, Australia, and Umbria, Italy.

Susan Stark 1

www.susanstark.com.au

www.feastunlimited.com

With over three decades of experience, I am a Sexological Bodyworker, Somatic Sex Coach, Counselor, and Group Facilitator. I specialize in supporting survivors of sexual abuse and trauma, helping them reclaim pleasure and sexual sovereignty. I offer individual and couple sessions, as well as group programs like "Embrace," a seven-week focus on sex and pleasure for survivors. Based in Kupidabin (Samford), Meanjin (Brisbane), I also host workshops, retreats, and the annual Festival of Embodiment and Sexual Transformation (FEAST).

Sumati Sparks 4

www.sumatisparks.com

Sumatisparks@gmail.com

Since 2000, I have been coaching people in relationship and sexuality, specializing in open relationships. My training includes over 40 workshops with the Human Awareness Institute, Non-Violent Communication, and sacred sexuality with prominent teachers. I offer online sessions and help people create open relationships that work.

Canada

Alex Papaconstantinou 1

Alex@withinsomatics.com

I am a Somatic Educator and Bodyworker helping individuals live more fully in their bodies. I am trained in Somatic Experiencing, Somatic Touch Work, Somatic Sex Education, and NeuroAffective Touch, and I incorporate the Wheel of Consent into every session. I work with clients dealing with complex, developmental, sexual, relational, attachment, intergenerational, and shock trauma, using an anti-oppression and decolonial lens. I offer intensives and retreats in addition to one-on-one sessions, both in person and online. Based in Victoria, BC.

Avdeep Bahra 1

www.avdeepbahra.com

Avdeepbahra@gmail.com

I am a Somatic Experiencing® Practitioner, HeartMath Certified Coach, Certified Neuro Linguistic Programming (NLP) Practitioner, and Occupational Therapist. My journey into this work began with personal struggles of chronic fatigue and pain linked to unresolved trauma. I specialize in working with clients who have histories of sexual trauma, attachment trauma, birth trauma, or ancestral trauma, with a focus on supporting BIPOC individuals. I offer one-on-one appointments, retreats, and group programs.

Gabriel Cohen 1

Gmkogan@gmail.com

www.gabrielcohen.ca

+1 604-861-7890

Gabriel is a licensed psychotherapist registered to practice in British Columbia, New York, and Ontario, with coverage available through most insurance providers. He holds certifications in Somatic Experiencing and Family Therapy, and is an ordained Spiritual Healing Guide. Since 1973, Gabriel has been a practicing Shaman, drawing from a millennia-old healing tradition. He specializes in treating anxiety, chronic illness, school bullying, depression, and trauma, with a particular focus on sexual trauma, especially maternal incest. His doctoral research explored the effects of school bullying on children. Gabriel has integrated Shamanic techniques into a therapeutic model he calls Natural State Restoration, which promotes a peaceful, loving state using simple, intuitive signals. This unique approach is available exclusively through his practice. Gabriel began his career in a collective sexual abuse treatment program and, during his time in New York, worked with 9/11 responders and those affected by the Newtown school shooting.

Megan Millington 5

meganmillington.com

[@meganmillingtoncoaching](https://www.instagram.com/meganmillingtoncoaching)

As a certified VITA Method coach, specializing in Sex, Love, and Relationships, I help clients create thriving, deeply connected sex lives. My focus areas include Female and Male Sexuality, as well as Life Transitions like female life cycle, menstruation, menopause, aging, grief, death and loss. My background in Somatics and my current training in Somatic Experiencing further enrich my practice, allowing me to approach sexuality from a holistic, body-integrated perspective. In my 1:1 work, we uncover my clients' deepest desires and identify what's holding them back. Through a combination of conscious, holistic self-pleasure practices, meditations, and somatic rewiring, they learn to fully embody their erotic energy and move toward their sexual goals. The deeper integrative work happens in session, and the audio homeplays are what they do to stabilize the work, in between our sessions. Based in Montreal, Canada.

ARIEL GIARRETTO

WWW.FULLEMBODIMENT.ORG

Canada

Nicole Belina 1

www.blisscounselling.ca

I am a Registered Social Worker (RSW) with a Master of Social Work (MSW) degree and 15 years of experience in trauma and sex therapy. My practice focuses on individuals with histories of sexual and non-sexual trauma, using DBT, IFS, and SE modalities. I educate clients on the neurobiology of trauma and its somatic impacts, helping them regulate their nervous systems. I also address problematic sexual behaviors using a sex-positive approach. Based in Ontario.

Parneet Chohan 3

Parneetchohanmtl@gmail.com

I am a counselor, naturotherapist, and Somatic Experiencing Practitioner dedicated to the liberation and wholeness of all beings. I focus on intergenerational trauma and grief, offering services that include meditation, authentic relating facilitation, and coaching. I hold an MA in Counseling Psychology from McGill University and am a Certified Canadian Counsellor with the Canadian Counseling & Psychotherapy Association. I am also a Naturotherapist certified by the Association of Naturotherapists of Quebec.

Tracy Montgomery 2

www.tracymontgomery.ca

Tracy@tracymontgomery.ca

I am a somatic sex educator and Somatic Experiencing practitioner who supports individuals and partnered folks in bringing more pleasure and aliveness into their bodies and lives. I have a private practice in Ottawa and offer sessions in person and online. I am the past president of the Somatic Sex Educators Association and adjunct faculty at the Institute for the Study of Somatic Sex Education. Based in Ottawa, ON. Visit my website to learn more or to book a free Discovery Call.

Europe

Czech Republic

Vladimír Krutina 2

www.vladakrutina.cz

Vladimirkrutina@icloud.com

I am a Somatic Experiencing practitioner and a Certified sexological bodyworker. I offer sessions usually for LGBTQIA+ people, mostly gay men, with sexual issues like erectile dysfunction, painful intercourse, premature ejaculation, body shame, etc. I work with clients regardless of their sexual orientation or identity. I am an assistant in Somatic Experiencing training in the Czech Republic, approved for sessions at the Beginner Level. Sessions available in person or online in Czech or English.

Italy

Adriana Brablik 1

www.adrianabrablik.com

Contatto@adrianabrablik.com

I help women take ownership of their bodies and sexuality, regaining a sense of safety, ease, and pleasure. I offer mentorship for therapists, somatic practitioners, and other professionals on issues related to sexuality, sexual trauma, narcissistic abuse, and personal and professional boundaries. Based in Udine, Italy. Available online worldwide.

Lucia Pattarino 1

www.healingthetimeline.com

I am a psychological counselor specializing in intergenerational trauma. As an international assistant in Somatic Experiencing® (SE®) and a Senior 2 assistant in NeuroAffective Relational Model (NARMTM), I offer SE® sessions and supervisions at all levels. Based in Tuscany, Italy, I offer in-person and online sessions in multiple languages, primarily working with survivors of gender-based violence.

Ottavio Joshèn de Stefano 5

Facebook Messenger: Ottavio Joshèn de Stefano

Founder of Italy's sole polyvagal somatic consultancy research institute, specializing in neurophysiological trauma resolution and integrating Watsu in hot pools. I offer therapy for sexual disorders, anxiety, panic, depression, fibromyalgia, fatigue, and chronic pain. Based in Foggia, Rome, Terni, Riccione, Italy, offering online and live sessions.

Verbena Bottini 1

Fisioterapiaolistica.vb@outlook.it

Instagram: @fisioterapiaolistica

+39 380 768 9851

I am a Physiotherapist with over 20 years of experience, specializing in neurological and neurocognitive rehabilitation, humanitarian work, and trauma-sensitive approaches. My practice focuses on psychosomatic symptoms, specializing in conditions like pelvic floor pain, menstrual pain, fibromyalgia, and intimacy difficulties. Based in Verbania, Italy.

Europe

Romania

Florentina Niculescu 2

+40 745 677 534

Florentinaniculescu@yahoo.com, florentinaniculescu@gmail.com

Clinical Psychologist and Integrative Psychotherapist, Founder of the Association for Somatic Experiencing and Somatic Personal Development. I specialize in trauma, abusive relationships, domestic violence, and physical and sexual trauma. Providing sessions at all levels both live and online. Based in Bucuresti, Romania.

Florica Motoc (Neli) 2

www.floricamotoc.com

Integrative psychotherapist, trainer, and pioneer in healing sexual trauma and sexuality. Neli serves as an assistant and provider at all levels for Somatic Experiencing Romania and co-founded Somatic Personal Development®, offering innovative professional training to support sexual trauma healing. Based in Focșani, Romania.

Spain

Guillermo Pernas Bilbao 5

www.pushan.es

Gpushan11@me.com

Over 20 years of experience integrating Eastern philosophies, breath work, bioenergetics, Somatic Experiencing, meditation, and manual therapies. Leading groups and individual sessions nationally and internationally, specializing in trauma resolution and holistic health.

Sweden

Lisa Strand 5

Lisa.strand@icloud.com

Psychologist and SEP, comfortable working with LGBTQ+, sexual abuse, and sexual issues. Providing sessions via Zoom and in-person, focusing on healing sexual trauma and somatic dissonance. Based in Stockholm, Sweden.

Mona Nygren 5

www.psoas.se

Lycka@psoas.se

Specializing in supporting women with GHIA, early birth traumas, abusive relationships, and intimacy challenges. Extensive training in medical trauma, concussion, anger management, and compassionate inquiry.

Europe

Netherlands

Christine Filip 5

T: +31 (70) 32 32 703 | M: +31 (6) 506 77 501

info@StudioPantaRhei.nl | StudioPantaRhei.nl

At Studio Panta Rhei, we believe true love begins with self-awareness. Our transformative coaching program, inspired by NLP, hypnotherapy, EMDR, and Esther Perel's insights, empowers individuals aged 25+ to build meaningful, lasting relationships. Our approach incorporates techniques such as NLP, EMDR, and the Gottman Method to help you navigate conflict, enhance intimacy, and cultivate trust. Whether you're single, in a relationship, or rebuilding connection, we provide practical tools and guidance tailored to your journey. Emergency Zoom sessions are also available for immediate support.

"Panta Rhei" means "everything flows"—reflecting our belief in love's evolution. Combining modern coaching methods with a focus on self-discovery, we guide you in creating the fulfilling love life you deserve. Enjoy a free 2-hour introductory session to explore our fit. Follow up with 10 or 15 sessions (1.5 hours each) in The Hague or online. Ready to transform your love life?

Elisabeth Dana Zewuster 5

www.elisabethdana.com

Info@elisabethdana.com

Working at the intersection of pelvic health, sexuality, trauma, and chronic stress. Offering global sessions via Zoom and in-person in The Netherlands, specializing in pelvic wellness, sexual empowerment, and trauma healing.

UK

Aaron Whalen 5

Ashiatsu@hotmail.co.uk

Massage and fitness professional with a passion for shiatsu, dedicated to supporting recovery through a holistic approach. Over six years of experience at PROMIS Clinics and Withersdane Hall, focusing on mental health and addictive disorders.

Tracy Ellis 5

Tracyellis47@hotmail.co.uk

Integrating verbal and non-verbal approaches, combining talk therapy with touch and somatic therapy. Specializing in exploring the body's narrative and enhancing relationships and personal fulfillment through Somatic Experiencing and attachment theory.

South America

Chile

Nicole Baumgartner Loeb 5

www.sexualidadconsentida.com

Nicole@sexualidadconsentida.com

Nicole is a TC-TSY Facilitator (Trauma-Sensitive Yoga), a certified Yoga Instructor (RYT 200), and a Clinical Psychologist (PUC, Chile), specializing in Sexuality and Trauma. She completed her postgraduate studies in Barcelona (UB), focusing on sexual and reproductive health. Nicole has extensive experience in yoga for survivors of sexual violence, certified by Zahabiyah A. Yamasaki. For several years, Nicole worked at a Center for the Attention of Sexual Assault Victims in Chile, where she provided therapy to adult women individually and in groups. Her approach integrates Somatic Psychology, Sexual Therapy, and Psychotraumatology, emphasizing the body as a crucial aspect of sexual health and personal empowerment. She advocates for sexuality as a source of pleasure, vitality, creativity, and mental health, aiming to help individuals and partners reclaim and integrate pleasure as a fundamental human right. Currently, Nicole dedicates herself to supporting individuals and partners in redefining their sexualities following experiences of sexual abuse. She offers collective activities and trauma-sensitive yoga spaces tailored for women who have undergone sexual trauma, promoting healing and empowerment. Based in Santiago, Chile and online in Spanish.

United States

Arizona

Sia Lenaburg 1

Sialenaburg@gmail.com

+1 480-404-5548

Sia Lenaburg, LMHC, is a psychotherapist specializing in Somatic Experiencing, AF-EMDR, and Dance Movement Therapy. She works with womxn and nonbinary people recovering from eating disorders, sexual trauma, and abuse. Sia incorporates creative movement and subtle body energetics into her trauma healing practice, with a passion for social justice, somatic abolitionism, and pleasure activism.

California

Annie Boheler 1

www lovagesomatics.com

Bohelerlovage@gmail.com

+1 678-386-8059

Annie Boheler is a Certified Somatica® Practitioner, Sex Coach, and Somatic Experiencing® Practitioner. She works with individuals, couples, triads, and groups on intimacy and collectivism through a trauma-informed lens, supporting intentional relationship design based on pleasure positivity. She enjoys working with the LGBTQIA+ community, marginalized relationship styles, kink, sexual assault, body image, and sexual confidence. All sessions are online.

Catherine de Sauvage 1

Catherine-desauvage.squarespace.com

Csauvage2@yahoo.com

Originally from Belgium, Catherine is a bilingual (French/English) certified Somatic Experienced Practitioner and AASECT certified sex therapist. She emphasizes embodied exercises in her practice and has extensive experience leading groups for people recovering from incarceration and working with sex workers.

Colleen Ostergren 3

Sonomadeeptissuemassage.com

Colleengraham58@yahoo.com

With 25 years of experience in massage and structural bodywork, I deeply understand the impact of touch on the nervous system. Touch can access the body in ways words cannot, playing a crucial role in healing. Trained extensively by Kathy Kain and Steve Terrell in trauma-informed touch skills and Somatic Resilience and Regulation (SRR) for early trauma, I integrate these approaches into my work. In sessions, I use traditional SE methods with clients seated or clothed, incorporating SE and SRR touch for attachment and developmental trauma. Together, we activate your body's innate healing capacity, releasing deep somatic patterns that hinder well-being. As an advanced SE provider, I support your path to ease, joy, health, and a satisfying life.

United States

Gayle Henry 3

www.gaylehenry.com

Gayle2811@gmail.com

I am a Licensed Clinical Social Worker, Somatic® Practitioner, and Certified iRest® Teacher specializing in complex PTSD, emotional neglect, grief, loss, addiction, transgenerational trauma, sexual trauma, relationship distress, and chronic pain. In my private practice, I offer an integrated approach to trauma healing using supportive therapeutic methods. My training includes NeuroAffective Touch Skills, Kathy Kain's Touch skills, and traditional modalities like DBT and CBT. I often incorporate art and movement into therapy to enhance healing. With a background in addiction and PTSD treatment in intensive outpatient settings, I became a Somatic Experiencing® Practitioner certified by SETI Institute in 2018. I've assisted and volunteered with various SE cohorts and master classes on healing sexual trauma, chronic pain, and transgenerational trauma. As lead assistant for the San Diego cohort under Abi Blakeslee since 2021, I am approved to provide personal sessions and case consultations for Beginning, Intermediate, and Advanced SE students.

Irene Fehr 1

www.irenefehr.com

Irene@irenefehr.com

As a sex and intimacy coach, Irene helps monogamous couples restore connection and intimacy, heal trauma from sexless marriages, and address women's lost libido and painful sex. Certified as a Co-Active coach (CTI) and trained in Gottman levels 1 & 2, she also teaches Tantra principles. Her practice targets traditional monogamous heterosexual couples and single women from religious backgrounds.

Jaime Williams 5

desireintimacylove.com and [Instagram](#).

Jaime Williams, a Certified Somatica Method Sex and Relationship Practitioner since 2016, has specialized in working with couples since 2014. Grounded in playfulness, intuition, and compassion, she continually enhances her skills as a Sex and Relationship Coach. In 2021, Jaime began studying Somatic Experiencing under trauma therapist Peter Levine and achieved certification in 2023. This body-based approach addresses the root causes of trauma symptoms, transforming unhealthy patterns for her clients. Jaime believes in the healing potential of sex and intimacy, viewing them as sacred realms for healing, pleasure, and authentic connection. Her practice focuses on couples of all relationship styles, integrating solo work to support individual growth within relationships. Jaime also conducts immersion sessions for deep dives and facilitates group workshops to foster support and self-awareness. Based in Nevada City, CA, she offers in-person sessions and serves clients internationally through online sessions. Inspired by her three children, supportive family, and vibrant community, Jaime enriches her relationships and transformative experiences through intimacy.

Justine Dawson 1

www.justinedawson.com

Justine is a teacher and guide of intimacy and awakening with 26 years of Insight Meditation practice. She uses Somatic Experiencing and Internal Family Systems to help people overcome shame, fear, and judgment, fostering intimacy with all aspects of life. Justine lectures at UCLA's Mindful Awareness Resource Center and maintains a global private practice.

ARIEL GIARRETTO

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United States

Kate Nulty 2

www.katenultylcsw.com

Katenulty@me.com

Kate O'Shaughnessy Nulty, LCSW SEP, is a Southern California-based psychotherapist specializing in holistic healing. Her approach integrates Attachment Theory, Trauma Recovery, Neuroscience, Somatic Mindfulness, and Somatic Touch Work. She works with children, adolescents, adults, couples, and families, focusing on various traumas and mental health issues.

Lara Eisenberg 2

www.mybodymindwellness.com Spirituality & Sexuality Coaching

www.laraeisenberg.com Somatic Psychotherapy

Sacredheal@gmail.com

+1 914-263-3999

Lara Eisenberg has dedicated herself to studying female sexuality, pleasure, and reclaiming erotic innocence. As an Erotic Blueprint Coach™, her work is holistic, encompassing spiritual, physical, emotional, psychological, and energetic aspects. She specializes in female-identified bodies and helps clients heal from sexual trauma and reclaim their erotic aliveness.

Marina Nabão 1

www.marinanabao.com

Marina@marinanabao.com

Marina is a Senior Teacher at VITA™ Coaching Certification, helping women and femmes heal from past trauma and regain their sense of power and erotic aliveness. Her work combines Eastern traditions with neurobiological research on trauma healing, using holistic tools like breathwork, pleasure practices, nervous system regulation, and more. She supports BIPOC and White Allies and has a private practice in the Bay Area, CA, and online.

Rebekah Joy LaRobardiere 1

www.rjlcoaching.com

Admin@rjlcoaching.com

+1 703-943-8588

Rebekah is a certified Somatic Experiencing® Practitioner -T (SEP-T), Sexuality Educator, and Sex & Relationship Coach. She specializes in working with individuals and couples healing from spiritual and sexual abuse, while also helping clients unpack and navigate cultural and religious beliefs around sex and sexuality. Trauma-informed and experienced in addressing sexual assault, body image, and sexual confidence, Rebekah is passionate about empowering clients to reclaim their authentic selves and design fulfilling relationships grounded in pleasure, intimacy, and self-awareness.

Sarah Michelle 5

www.SarahMichelleSomatics.com

Sarah Michelle is an SEP who works exclusively with sex and intimacy issues with individuals and couples. She helps resolve sexual difficulties, deepen connections, and find safety using the Erotic Blueprints model and Somatic Experiencing. She is also trained in EMDR, EFT Tapping, Attachment models, and more. Her practice is sex-positive, LGBTQ friendly, and kink-friendly.

ARIEL GIARRETTO

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United States

Satchita Melina 4

www.lupawellness.com

WisdomHeart@protonmail.com

Psychedelic Preparation and Integration guide, Ceremonialist, Certified sexological bodyworker, certified birth doula. Trauma Informed. Currently working on becoming a licensed MFT psychotherapist at CIIS. Located in San Francisco, CA and greater Bay Area.

T Sundar Sanchez DTCM, SBW 3

[Instagram](#)

Sundarhuh@yahoo.com

Sundar is a sex-positive practitioner, Certified Sexological Bodyworker, Somatica Sex & Relationships Coach, and student of Somatic Experiencing. With a background as a Doctor of Chinese Medicine and Daoist Priest, Sundar brings a holistic approach to somatic sex education, assisting individuals, couples, and groups in deepening their embodiment and pleasure. Specializing in issues such as premature ejaculation, inability to orgasm, pelvic pain relief, and sexual functioning after childbirth or surgery, Sundar supports clients in body acceptance, gender and sexuality exploration, and overcoming shame and trauma. Dedicated to BIPOC and LGBTQIA communities, Sundar aims to expand somatic sexual education for children and adults alike.

Tiffany Compton 1

www.healingwithtiffany.com

Tiffany@healingwithtiffany.com

Tiffany offers somatic touch, bodywork, and sex education/coaching in a shame-free environment that is sex-positive and supportive of queer and trans identities, kink, and poly/open relationships. She works with neurodiverse and highly sensitive individuals who have backgrounds in sexually-repressed religions or cultures, and may experience complex trauma or medical trauma.

United States

Colorado

Ashley Wallman 4

www.holisticrelationalhealing.com

Ashley@holisticrelationalcoaching.com

Ashley specializes in attachment and IFS work with individuals and couples, focusing on consensual non-monogamy, sex, intimacy, and attachment. She works with clients in person in Colorado and online anywhere in the country.

Elowyn Samadhi, PhD, SEP (she/they)

<https://tetheredhealing.com/>

Tetheredhealing@proton.me

619-273-0129

I am a licensed clinical psychologist, Somatic Experiencing (SE) practitioner, and psychedelic therapist based in Colorado. I provide in-person therapy in Boulder, Colorado and virtual therapy in to anyone living in California or any of the 42 approved PsyPACT states (<https://psypact.gov/page/psypactmap>). I specialize in the treatment of PTSD, cPTSD, depression, anxiety, and grief. I have worked extensively with issues of childhood and adult traumas, especially with sexual trauma in all genders. I find deep meaning from working with survivors of sexual trauma and navigating the non-linear terrain of developing a new relationship to our bodies. I prioritize working from a decolonized framework and after a decade of clinical work, I believe mind-body-spirit integration is the path to wholeness. I focus on offering healing that involves relational depth work to unpack wounds and provide correct relational experiences and titrated, somatic processing of traumatic wounds. I weave in SE touch work, when it's appropriate. It is my goal that through our work, clients are able to remember a more authentic, complex self and reclaim their own life and body. I also thoroughly enjoy working with my fellow members of the kink/bdsm, poly, and LGBTQ+ communities and using therapy to heal and explore sexuality. Being the wife of a veteran and having worked in the VA for 5 years, I enjoy working with military personnel, veterans, and their family members as well. I work best with adults age 30 and older.

Kristen G. Bock 3

www.innatecoherence.com

Kristen@innatecoherence.com

Kristen has over 11 years of experience treating adults with intimacy and sexual issues, kink, CNM and monogamous relationships, sexual abuse history, and LGBTQ+ concerns. She blends Somatic Experiencing, Gestalt Therapy, and attachment-based therapy, offering both in-person and online sessions.

Vanessa Allard 1

www.vanessaallard.com

Vanessa@vanessaallard.com

Vanessa is a Somatic Experiencing and Internal Family Systems Practitioner, TRE Provider, Certified Rolfer, and somatic coach with training in DARE attachment work. She supports individuals and groups in exploring sexuality, intimacy, sexual trauma, LGBTQ+ issues, eating disorders, and attachment through a holistic, intuitive, and relational approach.

United States

Illinois

Becky Carter 5

www.familyresilience.org

Beckylcpc@comcast.net

+1 847-398-0499

I am a biracial, cisgender, transracially adopted female with West African and Sicilian ancestry, raising two black adopted children. With over 20 years of experience as a trauma therapist, I specialize in healing relational trauma from prenatal stages onward using Somatic Experiencing and Transformative Touch Therapy. My goal is to foster resilience and regulate the nervous system, helping clients understand the impact of trauma, stress, and pain on their well-being. I work extensively with adults and teens, focusing on repairing complex trauma, dissociation, and sexual abuse. I am dedicated to supporting adoptees and their families, creating safe spaces for healing through individual therapy and survivor groups for both male and female clients. Beyond therapy, I share my insights through blogging and poetry, contributing to the dialogue on trauma recovery. Based at Family Resilience Group in Arlington Heights, IL, I am committed to empowering oppressed, shamed, and vulnerable clients to reclaim their voices and heal through collaboration.

Stephanie Rae 5

www.stephanieraecoaching.com

StephanieRaeCoaching@gmail.com

My specialization in Somatic Experiencing focuses on sexual trauma, complemented by training under Layla Martin at the Tantric Institute of Integrated Sexuality. I have deep expertise in men's sexuality (PE/ED), Jade Egg practices, and women's pleasure and sexual reclamation. Additionally, I completed a two-year program in Embodied Breathwork for Trauma Release and have trained extensively in embodiment with teachers from the OSHO tradition. Tantra and Kink/BDSM are integral to my personal lifestyle and professional practice, especially for couples exploring these realms or reigniting intimacy. While I don't work as a couples therapist, I support couples in prioritizing and restoring their sexual connection. My clientele is entirely sex-related, with a 60/40 focus between men and women. I primarily serve cis-het individuals but am LGBTQIA friendly and continually expanding my knowledge and teaching capabilities. My coaching typically spans 10-12 weeks with 60-minute sessions and ongoing email support.

Maryland and Washington, D.C.

Cara Miller, Ph.D., SEP 1

www.drcaramiller.com

Drcaramiller@gmail.com

Cara specializes in gender identity, sexuality, and relationships. Her approach is sex-positive, queer and trans-affirming, HAES supportive, and culturally-responsive. She works with individuals and couples, including those who are deaf/hard of hearing, have physical and sensory disabilities, and more. She is a training assistant for SEI and has advanced training in Somatic Resilience and Regulation.

ARIEL GIARRETTO

WWW.FULLEMBODIMENT.ORG

United States

Angela Burnford, LCSW-C

www.crossingshealing.org

Angelaburnfordlcswc@gmail.com

I am a clinical social worker with an in-person therapy practice in Silver Spring, Maryland, and I see clients virtually in MD and VA. My practice combines Somatic Experiencing, Trauma-Focused CBT, mindfulness, and neuroscience with a compassionate and intuitive approach to holistic healing. I am kink- and sex-positive, and I specialize in sexual trauma recovery, healing sexual shame, women's sexuality, and challenges with intimacy. I welcome individuals from the LGBTQ+, BDSM, and ethical non-monogamy communities.

Massachusetts

Beth Nielsen 3

www.lotuscircleinternational.org

Bethlotus@gmail.com +1 415-359-5597

Beth is a Marriage & Family Therapist, Somatic Experiencing Practitioner, and founder of Lotus Circle International, providing somatic training and trauma resolution to underserved communities in India and Nepal. She offers SE sessions and consultations online and in Sunderland, MA, focusing on sexual trauma, stabilization, empowerment, and self-discovery.

Daniel Bear Davis 3

www.bodywisdomrestoration.com

Danbeardavis@gmail.com

Daniel supports clients through content around childhood sexual abuse, gender identity, shame, fear related to religious upbringing, and dissociation around sexuality. He is approved as a session provider at the beginning level and works in person in Western Mass and online.

Michigan

Candice Wu 1

www.candicewu.com

Embody@candicewu.com

Description: Candice is an intuitive embodiment facilitator with a sex-positive practice focusing on sexuality, identity, sexual trauma, kink, and BDSM. She supports sexual embodiment, pleasure, relationships, and intimacy, offering online video sessions, on-location immersions, retreats, workshops, and mentorship. Her background includes training in Somatic Experiencing, Family Constellations, integrative yoga/Ayurveda, and more.

Sara Rollins 5

Sara@embodiedwellnesstherapy.com

www.embodiedwellnesstherapy.com

Sarah Rollins is a licensed clinical social worker in Michigan for the past 9 years and owns a virtual group practice specializing in somatic therapy, trauma, anxiety and OCD for adolescents and adults. Sarah specializes in developmental trauma, complex trauma and addiction. In addition to SE, she also integrates EMDR, IFS, and an attachment lens in sessions. She is an assistant at the Beginning Level and is not currently a session or consult provider but will be a session provider at the Beginning Level in early 2023. She has completed Ariel Giarretto's Healing Sexual Abuse and Sexual Trauma Workshop. She has a history of working with individuals in the LGBTQ+ community and people who identify as polyamorous and kink.

ARIEL GIARRETTO

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United States

Missouri

Danielle Kiesler, LMFT, SEP, E-RYT, PACT 3

Movementintegration@gmail.com

I am approved to provide sessions at all levels and offer consultations for beginning to intermediate levels. I am passionate about exploring the healing potential in both pleasure and trauma. My interests also include spirituality, attachment, embodiment, creativity, and nature, along with a love for dance. As a cisgendered, white woman, I am sex-positive and affirming of queer identities. I am a licensed Marriage Therapist with training in PACT at level 2 Couples Therapy and the Developmental Model of Couples Therapy. Additionally, I have studied various movement and touch modalities including Dance and Movement Therapy, Pilates Rehabilitation and Pelvic Floor Training, Yoga, Feldenkrais, Kathy Kain's Touch Skills Training, and Expressive Arts Therapy.

New York

Candice Leigh 5

www.candiceleighcoaching.com

Candice is a sex and intimacy coach, somatic sex educator, tantrika, Sexological Bodyworker, Erotic Blueprint coach, and Somatic Experiencing practitioner in NYC. She uses experiential and somatically trauma-informed modalities bridging neo-tantra, sexuality coaching, breathwork, and talk therapy techniques, encouraging clients to courageously embrace their vulnerability in body, mind, heart, soul, and eros. She primarily works one-on-one with individuals and couples seeking to deepen their connection to their bodies, hearts, and sexual energy through the somatic experience of pleasure and presence, shifting shame and trauma into embodied sacredness, finding empowered self-love and a deeper, more fulfilling intimate life within themselves and their relationships. (Travels to Austin, TX and Denver, CO often)

Christina Marie Tobey 1

www.christinatobey.com

Christinatobey@yahoo.com

I am an SEP and certified sex therapist, with additional certifications in couples therapy from the Ackerman Institute for the Family and advanced training in EFT. I hold an MSW from Smith College and specialize in relationship issues, trauma, and sex therapy, focusing on interpersonal trauma, attachment trauma, sexual trauma, and grief and shame work. Normally based in lower Manhattan, I currently offer teletherapy only due to the pandemic and am licensed in New York and New Jersey.

ARIEL GIARRETTO

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United States

Cyndi Darnell 4

www.cyndidarnell.com

Admin@cyndidarnell.com

Based in NYC, I'm a globally recognized sexologist, therapist, and educator specializing in sex and somatics. Originally from Australia, I authored "Sex When You Don't Feel Like It" and created "The Atlas of Erotic Anatomy and Arousal," a key resource in somatic sex education. With over 25 years in somatics, sexology, counseling, and sex worker support, I serve clients worldwide and consult with practitioners. My expertise covers LGBTQIA+ sexual minorities, non-monogamies, polyamory, kink, and support for sex workers and their partners. Featured in The New York Times, The Washington Post, and Forbes, my work is also published in the Journal of Sexual & Relationship Therapy. My practice, specializing in online sex and relationship therapy, supports diverse sex, gender, and relationship spectrums. Currently pursuing my 6th graduate degree in Social Work, I contribute to the Somatic Sex Educators Association's ethics committee and am a student member of the US Association of Body Psychotherapists.

Erika Kawalek (New York, US and Montreal, CA) 1

Ekawalek@gmail.com

I'm a somatic sex coach and advanced student of Somatic Experiencing, also practicing as a death doula. I help individuals embrace pleasure and aliveness, supporting them through grief, death, and longing. I assist in death planning and engage in ancestral work. Devoted to Indo-Tibetan tantric yogas, I integrate these teachings into my practice. Based in Montreal, with visits to Northern Vermont and New York City, I offer in-person, online, and remote sessions. Contact me via email for a complimentary discovery call. As a single mother to a mixed-race daughter, I value mothering and caregiving. I work with individuals, couples, and sex workers of all ages, genders, identities, abilities, and preferences.

Larry Lannotti. LCSW, PhD 2

Larryinyc@gmail.com

+1 917-922-2876

I have an extensive background in issues of sexuality, illness, disability, and trauma. I believe that providing a body-based foundation to the work we do allows for a more meaningful process of internal growth and best supports our clients' inherent capacity for resiliency and flexibility. I find that the tools and concepts we learn in SE, when practiced within a relationally informed and attachment-based treatment, leads to greater vitality and more permanent outcomes. I am approved to provide personal sessions at all levels and individual consults at the beginning and intermediate level.

North Carolina

Michael Hurd SEP, MsC He/She/They 3

Shephurd@gmail.com +1 828-702-7930

I specialize in body-based experiential therapy, informed by meditation, movement practices, Compassionate Communication, SE, and humor. I offer online and in-person sessions in Asheville, North Carolina, but I don't take insurance. I have a Masters in Counseling, 8 years of residential Zen Buddhist practice, and 4 months of residential yoga training. I've studied NVC and improvisational dance for many years. In addition to doing therapy I run a construction company. As a white cis-male, I recognize my privilege and strive to understand and address my blind spots. My goal is to ensure everyone feels safe and understood. SE has transformed my practice and life, and I enjoy sharing its benefits with others, embracing curiosity, laughter, and experimentation.

ARIEL GIARRETTO

WWW.FULLEMBODIMENT.ORG

United States

North Carolina

Xanet Paillet 1

www.powerofpleasure.com

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+1 415-562-7018

Xanet Paillet, bestselling author of "Living an Orgasmic Life: Heal Yourself and Awaken Your Pleasure," is a former NYC healthcare lawyer who spent over two decades in a sexless marriage before undergoing her own sexual healing and awakening in 2011. Since then, she has dedicated herself full-time to educating and coaching on sex, intimacy, and trauma recovery. Xanet believes in the inherent right to pleasure and is passionate about guiding women back to their bodies, desires, and pleasure. She specializes in working with couples in sexless marriages and women recovering from abuse and trauma, helping them heal, release shame, and reclaim their sexuality. Xanet is certified as a Somatic Sex and Intimacy Coach, Sexological Body Worker, Holistic Pelvic Care Practitioner, Tantra Educator, and is an advanced student of Somatic Experiencing Trauma. She serves on the faculty of 1440 Multiversity, Ecstatic Living Institute, and the Somatica Institute.

Ohio

Scott Whipple 2

www.sawhipple.com

Sawhipple@gmail.com

I've been a Lead Assistant for Advanced I & II trainings for Kathy Kain, Berns Galloway, Joshua Sylvae and Steve Hoskinson. I've also assisted Peter, Diane Poole Heller, Raja Selvan, Dave Berger, Nancy Napier and Maureen Gallagher. I am approved to provide individual sessions, consults and group consults at beginning, intermediate and advanced levels. I've presented on SE at the International Male Survivors Conference and have extensive experience working with adult survivors of childhood sexual abuse. I am a white, cisgender, gay male who also has extensive experience working in the LGBTQ+ communities.

Pennsylvania

Kay Cohen 2

www.kaycohentherapy.com

Kay.j.cohen@gmail.com

My name is Kay, and I'm a white, trans, queer licensed clinical social worker and Somatic Experiencing practitioner. My therapeutic approach emphasizes authentic connection, collaboration, and accountability to foster personal, social, and political empowerment rooted in social justice. I aim to support you in feeling at home in your body, self, and community, navigating power dynamics, and ensuring your safety in society. As an SE assistant, I'm preparing to offer personal sessions for Beginning year students and integrating trauma-informed touch work into my practice. I specialize in supporting trans individuals, recognizing the challenges in accessing competent care, and I am open to working with diverse communities. My practice is affirming of kink and polyamorous relationships. SE trained, LGBTQ+ sex positive, approved to offer sessions.

ARIEL GIARRETTO

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United States

Tennessee

Barbie Hessel 3

www.simplybeingtherapy.com

Drbarbie@simplybeingtherapy.com

My work focuses on survivors of sexual abuse and assault. I earned a trauma certificate from UT and worked at the Sexual Assault Center in Nashville for years before moving to private practice. I work with individuals aged 16+ and have extensive experience with survivors of incest and childhood sexual abuse. I am sex-positive and work with clients in the queer community. Additionally, I am trained in EMDR and am a Registered Sandplay Therapist in the Jungian tradition. I identify as a cis-gender female and native Hispanic, offering sessions in Spanish. Based in Nashville, TN. am SEP approved for personal sessions at the beginning level.

Texas

Mariam Thompson, LCSW, PSEP 5

marianwthompson.com

Me@marianwthompson.com

+1 512-540-5854

I am passionate about my work and honored to help clients navigate intense emotions and past traumas. Discovering Somatic Experiencing and Emotionally Focused Therapy transformed my practice and personal growth, enhancing my ability to observe, communicate, and advocate in relationships. I love helping clients find their voice and watching their confidence grow. I've completed core skills training for AASECT and advanced strategies with Ariel Giarretto for sexual trauma and sexuality. I'm a PSEP aiming to become an SEP soon. Based in Austin, TX.

Stephanie R. Rodriguez 5

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Srodriguez@cultivatingchanges.net

Stephanie Rodriguez, MSW, LCSW-S, believes everyone has the strength to create the change they desire. As a therapist, she provides a supportive, non-judgmental environment to help clients overcome challenges. Stephanie earned her bachelor's degree in Social Work from Missouri State University in 2005 and her Master's in Social Work from the University of Houston in 2008. She has extensive experience in trauma recovery, including family violence, sexual assault, grief, complex PTSD, and PTSD. Stephanie is a certified Sex Addiction Therapist (CSAT) through IITAP, specializing in treating sex/love addicts and their partners. She is also EMDR certified and an approved consultant. As an advanced student in somatic experience therapy, she works with the body to heal trauma and chronic conditions like chronic pain, concussions, and TBI. Her specialties include PTSD, trauma, family violence, sexual assault, sex addiction, childhood abuse, grief, anxiety, depression, chronic pain, and suicidal ideations.

ARIEL GIARRETTO

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United States

Washington

Annie Orr 5

www.annieorrphd.com

Annie@annieorrphd.com

Based in Tacoma, WA, I work with clients across the US and internationally. I'm a provisional SEP, having completed the Full Embodiment course on sexuality trauma and training with Peter Levine and Diane Poole Heller. I'm also trained in DARE, attachment, Kathy Kain's Touch Skills, and Somatic Resilience and Regulation. Additionally, I completed the 2-year Embodied Recovery for Eating Disorders training. I'm an approved assistant for SE trainings at the beginning level and aim to become a session provider.

As a queer/nonbinary individual and survivor, I understand somatic healing deeply. Many of my clients are LGBTQ+ and survivors of sexual assault. I particularly enjoy working with those exploring their gender identity and sexual orientation.

Julie Manwiller BCST, RCST®, SEP®, CC, CST-D, CST, LMT, BFA, SEM, DAP, DARE She/Her 3

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Hello from Coast Salish land. For the past 42 years, I have been providing remote/online sessions specializing in trauma utilizing Somatic Experiencing® and attachment (Dynamic Attachment Repatterining experience) with resonance and energetic touch. Dually licensed as a counselor and bodyworker, I work with car accidents, pain, syndromes, grief & loss, neurodivergence, feeling "other", and sacred wounds, including sexual, emotional and physical abuse. Collaborating with you, I am passionate about providing a safe and strong container that gives clearance for the profound depth of trauma ready for transformation. SE approvals: Beginning/Intermediate/Advanced Personal and Consult Session Provider.