

**EMILY NAGOSKI**  
SEX EDUCATOR, AUTHOR, RESEARCHER, ACTIVIST

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*Emily Nagoski, Ph.D., is the award-winning, New York Times bestselling author of Come As You Are: The surprising new science that will transform your sex life, and, with her sister Amelia, BURNOUT: The science and art of self-care. Emily is a sought-after speaker on college campuses, professional trainings, and sex positive venues across the U.S. and around the world, advancing feminist, sex positive, trauma-informed, sex and wellness education for all. She's here to teach women to live with confidence and joy inside their bodies.*

**EDUCATION**

**ACADEMIC DEGREES**

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|------------|--|
| 2006 Ph.D. | Health Behavior, minor Human Sexuality<br>Department of Applied Health Science<br>School of Public Health<br>Indiana University, Bloomington, Indiana        |
| 2002 M.S.  | Counseling and Counselor Education<br>Department of Counseling and Educational Psychology<br>School of Education<br>Indiana University, Bloomington, Indiana |
| 1998 B.A.  | Psychology, minors Cognitive Science and Philosophy<br>University of Delaware, Newark, Delaware  |

**OTHER TRAINING AND EDUCATION**

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|----------------|--|
| 2016, November | Gottman Seven Principles Program: Leader Training<br>Mission Empowerment, Kitchener, Ontario   |
| 2016, August   | Transgender Training of Trainers<br>Transgender Training Institute, Philadelphia, Pennsylvania   |
| 2013, July     | Green Dot Violence Prevention Strategy 4-Day Instructor Certification Training<br>Green Dot, et cetera, Inc., Springfield, Virginia          |
| 2009, May      | Intergroup Dialogue Training<br>Social Justice Education Program, University of Massachusetts  |
| 2008, July     | Motivational Interviewing and Health Behavior Change Workshop<br>Institute for Motivation and Change, Boston, Massachusetts                  |
| 2007, October  | HIV Counselor Certification Training, Counselor # 4683<br>Lancaster General Hospital, Lancaster, Pennsylvania                                |
| 2007, October  | Brief Alcohol Screening and Intervention for College Students (BASICS)<br>West Chester, Pennsylvania   |
| 2004, January  | One-Week Intensive Seminar, Complex Physical, Biological, and Social Systems<br>New England Complex Systems Institute, Boston, Massachusetts |

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**PUBLICATIONS**

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- Nagoski, E. and Nagoski, A. (forthcoming) *BURNOUT*. Simon & Schuster: New York.
- Nagoski, E. (March, 2015). *Come As You Are: The Surprising New Science that Will Transform Your Sex Life*. Simon & Schuster: New York.
- Nagoski, E. (2012). *A Scientific Guide to Successful Relationships*. New York, NY: Good in Bed, LLC. Retrieved from Good in Bed: <http://www.goodinbed.com/ebooks/2011/07/a-scientific-guide-to-successful-relationships/index.php> .
- Nagoski, E., Janssen, E., Lohrmann, D., and Nichols, E. (2011). Risk, Individual Differences, and Environment: An Agent-Based Modeling Approach to Sexual Risk-Taking. *Archives of Sexual Behavior*, 40(6), 1-12. DOI: 10.1007/s10508-011-9867
- Nagoski, E. (2010). *The Good in Bed Guide to Orally Pleasuring a Man*. New York, NY: Good in Bed, LLC. Retrieved from Good in Bed: <http://www.goodinbed.com/ebooks/2010/04/orally-pleasuring-a-man-about/index.php>.
- Nagoski, E. (2010). *The Good in Bed Guide to Female Orgasms*. New York, NY: Good in Bed, LLC. Retrieved from Good in Bed: <http://www.goodinbed.com/ebooks/2010/04/female-orgasms/index.php>.

**TALKS , TRAININGS, AND PRESENTATIONS**

**INVITED KEYNOTES AND PLENARIES**

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| 2017, April   | <i>Pleasure is the Measure</i><br>Women's Therapy Centre Institute   |
| 2017, April   | Pleasure is the Measure<br>Sexual Health 2017, Vancouver BC, Canada  |
| 2016, October | <i>Come As You Are</i><br>Rhode Island Midwives Association, Newport RI  |
| 2016, June    | <i>Pleasure Is the Measure</i><br>Guelph Sexuality Conference, Guelph, ON  |
| 2009, May     | <i>Sex on the Brain: Sex, Love, and Adolescence.</i><br>Youth Empowerment and Adolescent Health Conference, Holyoke MA |

**CLINICAL INSERVICES, PRE-CONS, AND PROFESSIONAL TRAININGS**

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| 2017, December | <i>Come as You Are</i><br>National Sex Education Conference, Atlantic City, NJ |
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- 2017, February *Sustaining healthy sexual relationship over time: a dialogue between research and practice* (with Zoya Simakhodskaya, Ph.D.)  
Center for Psychological and Interpersonal Development, New York City, NY
- 2017, January *Pleasure is the Measure*  
Great Lakes Sexual Health Alliance, Chicago I2017, April
- Pleasure is the Measure*  
Congress of Sexuality and Relationships, Rome, Italy
- 2017, April *Come As You Are: Promoting the sexual wellbeing of women*  
Obstetrical Society of Boston, Boston, MA
- 2017, February *Sustaining healthy sexual relationship over time: a dialogue between research and practice, with Zoya Simakhodskaya, Ph.D. and Emily Nagoski, Ph.D.*  
Center for Psychological and Interpersonal Development, New York City, NY
- 2017, January *Come As You Are*  
AASECT Winter Institute, St. Louis, MO
- Beyond Responsive Desire*  
Webinar, Institute for Sexuality Education & Enlightenment
- 2016, October *Pleasure is the Measure: Evidence-Based Consent Education*  
Pre-Conference Workshop, New England College Health Association, Newport, RI
- 2016, October *Pleasure is the Measure: maximizing your clients' sexual wellbeing*  
BESTCO, Toronto, ON
- 2016, September *Come As You Are*  
Rocky Mountain Sex Summit, Salt Lake City, UT
- Come As You Are*  
AASECT NE Region Education, Northampton, MA
- 2016, May *Pleasure is the Measure*  
Southwest Sexual Health Alliance, Austin, TX
- 2016, April *Come As You Are: Female Sexuality*  
Sex Therapy in the City, New York, NY
- Pleasure is the Measure: Affective Neuroscience for Sexuality Professionals*  
Southwest Sexual Health Alliance, Austin, TX
- 2016, January *Pleasure is the Measure*  
AASECT Winter Institute, St. Louis, MO
- 2015, October *Come as You Are*  
Harvard Vanguard OB-GYN Practice, Boston, MA
- 2015, June *Staff Training*  
Smitten Kitten, Minneapolis, MN

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2015, April

*Staff Training*

Student Affairs Staff, Harvard University, Cambridge MA

2013, February

*A Sex Positive Approach to BDSM Relationship in College Counseling Clients*

Williams College, Williamstown MA

### COLLEGE CAMPUSES

*5 (Dirty, Little) Secrets from the Science of Sex*

Worcester Polytechnic Institute, Worcester, MA (February 2017)

Leeds Beckett University, Leeds, Yorkshire, UK (March 2016)

Massachusetts Institute of Technology (MIT), Cambridge, MA (March 2016)

Marlboro College, Marlboro, VT (February 2016)

University of Massachusetts – Dartmouth (April 2015)

Amherst College (April 2015)

Johnson and Wales University (March, 2015)

*Beyond Consent*

Massachusetts Institute of Technology (MIT), Cambridge MA (February 2017)

Marlboro College, Marlboro VT (February 2017)

Mt Ida College, Needham MA (October, 2016)

Keene State University, Keene VT (April 2016)

Mt. Holyoke College, South Hadley MA (April 2016)

Wellesley College, Wellesley MA (December 2015)

*BURNOUT*

Smith College, Northampton MA (February 2017)

*Come As You Are*

University of Delaware, Newark, DE (January 2016 and March 2015)

Harvard University, Cambridge MA (April 2015)

*GirlGasm!*

Mt Ida College, Needham MA (March 2017)

*Love, Lust, and Liquor*

Franklin and Marshall College, Lancaster PA (February 2017)

Marlboro College (September 2016)

University of Alabama, Tuscaloosa, AL (September 2015)

Landmark College (March 2015)

University of Delaware, Newark DE (March 2008)

*LOVE: wtf (whenever. tonight. forever)*

Olin College of Engineering, Wellesley MA (February 2017)

University of Alabama, Tuscaloosa, AL (September 2015)

University of Massachusetts – Dartmouth, Dartmouth MA (April 2015)

Johnson and Wales University, Providence RI (March 2015)

Mt Ida College, Needham MA (March 2015)

Williams College, Williamstown MA (March 2015)

Colby College (March 2015)

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Wellesley College (March 2015)  
Middlebury College (October 2014)

### RETAIL VENUES

#### Feminist Sex Toy Stores:

Good for Her, Toronto, ON (November 2016)  
Comes As You Are, Toronto, ON (June 2016 and March 2015)  
Sugar, the Shop, Baltimore, MD (June 2016 and March 2015)  
Lotus Blooms, Alexandria, VA (June 2016)  
Good Vibrations, Brookline MA (July 2017, November 2016, February 2016,  
November 2015, and March 2015)  
Early to Bed, Chicago, IL (June 2015)  
Babeland, Seattle, WA (April 2015)  
She Bop, Portland, OR (April 2015)  
Good Vibrations, San Francisco, CA (April 2015)  
Oh, My! Northampton, MA (2010)  
Babeland, New York City, NY (2009)

#### Bookstores:

The Ripped Bodice, Los Angeles, CA (September 2016)  
Amherst Books, Amherst, MA - with Rachel Hills (October 2015)  
Powell's Books, Portland, OR (April 2015)

### ACADEMIC PRESENTATIONS

- Nagoski, E. "Burnout Prevention for Sex Educators and Other Troublemakers." Partners in Sex Ed, Framingham, Massachusetts. March 2017.
- Nagoski, E. "Pleasure is the Measure: Affective Neuroscience and Consent Education" National Sex Education Conference, Atlantic City, NJ. December 2016.
- Nagoski, E. "Come As You Are: How (and Why) to Promote Women's Sexual Wellbeing in the 21st Century" New England College Health Association Conference. New Castle, New Hampshire. October 2014.
- Nagoski, E. "5 (Dirty, Little) Secrets Every College Health Professional Should Know about Women's Sexuality." New England College Health Association Conference. Portland, Maine. November 2012.
- O'Sullivan, R. and Nagoski, E. "Sexual shame and preventive health behaviors in college women." Society for the Scientific Study of Sexuality Midwest and Eastern Regional Conference, Bloomington, Indiana. May 2012.
- Nevers, J., Nagoski, E., and McCarthy, H. "Framework for Sexual Health Promotion and Interventions on College Campuses." New England College Health Association/New York School and College Health Association Combined Conference. Saratoga Springs, NY. October 2011.
- Nagoski, E. "Hot Topics: Sexuality Education." Invited session at New England College Health Association Conference. Burlington, VT. October 2009.
- Butler, S., Nagoski, E, and Herbenick, D. "Peers in the Classroom: Using Peer Facilitators to Enhance Human Sexuality Discussion Sessions." Mid America College Health Association Conference, Lexington, KY. October 2005.

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Nagoski, E. "Different for Goils: an agent based model of parental investment and sexual motivation." World Congress on Sexology, Ontario, Canada. July 2005.

Nagoski, E. "College Campuses, the Internet, and Sexuality." Midwestern Bisexual, Lesbian, Gay, Transgender, and Allies College Conference, Urbana-Champaign, IL. February 2002

Nagoski, E and Brown, K. "The Role of a Speakers Bureau in Facilitating a Supportive Campus Climate." American Association of Sex Educators, Counselors, and Therapists Conference, Chicago, IL. May 2004.

Nagoski, E. "Online versus Face-to-Face Interactions in Therapeutic Dyads." American Psychological Association Conference, Washington, D.C., August 2000.

**OTHER VENUES**

- 2017, August *Pleasure is the Measure*  
Esalen, Big Sur CA
- 2017, July *BURNOUT*  
*The Neuroscience of High Impact Love Scenes*  
Romance Writers Association Conference, Orlando FL
- 2017, April *The Neuroscience of Outstanding Love Scenes*  
New England Chapter of the Romance Writers of America, Boston MA
- 2017, January *On Consent and Relationship Basics*  
Arisia Sci Fi Con, Boston, MA
- 2016, September *Celebrating World Sexual Health Day – Busting Myths*  
World Sexual Health Day, Stanford CA
- 2016, June *Love Illuminated*  
Unitarian Universalist Church of Southern Delaware, Lewes, DE
- 2016, March *Let's Talk about Sex, Baby* (panel)  
Women of the World, London, UK  
<https://soundcloud.com/southbankcentre/wow-2016-lets-talk-about-sex-baby>
- 2016, January *Why Do People Cheat?* (panel)  
Arisia, Boston MA
- Come as You Are*  
TEDxUniversityofNevada, Reno, NV  
<https://www.youtube.com/watch?v=HILY0wWB1BM>
- 2015, October *Project Passion: How to rekindle the spark* (panel)  
Alliance Francaise, New York City, NY  
<https://www.youtube.com/watch?v=4hA-H6ClfT4>
- 2015, October *One Weird Trick*  
Chicago Ideas Week, Chicago, IL

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<https://vimeo.com/146316137>

- 2015, September *Pleasure is the Measure: Women, Sex, and Comics* (panel)  
Topotocon, Easthampton MA
- 2015, June *Come As You Are*  
Cards Against Humanity, Chicago, IL
- 2015, May *What Do Women Really Want?*  
MindBodyGreen Revitalize, Tucson, AZ  
<http://www.mindbodygreen.com/revitalize/video/what-do-women-really-want-a-sexpert-explains-it-all>
- 2015, March *The Field Beyond*  
Black Rose, Washington, DC
- 2008, February *What's an Ally?*  
West Chester Gay/Straight Alliance, West Chester, Pennsylvania

### FURTHER DETAILS

#### **FELLOWSHIPS, GRANTS, AND AWARDS**

- 2017 SSTAR Consumer Book Award
- 2014 Smith College Residence Life Award for "Most Awesome Tea Guest"
- 2012 and 2013 Smith College Spotlight Award - for outstanding contributions to the Office of Institutional Diversity & Equity
- 2008 West Chester University Fabulous Contribution to LGBTQA Visibility Award
- 2005 Society for the Scientific Study of Sexuality (SSSS) Student Research Grant
- 2004 Indiana University School of Health, Physical Education, and Recreation  
Doctoral Fellowship
- 2004 Indiana University School of Health, Physical Education, and Recreation Travel  
Grant
- 1998 University of Delaware Senior Psychology Research Award

#### **VOLUNTEER WORK**

- 2011-2015 *Committee Member*  
Patient and Family Advisory Council, Cooley Dickinson Hospital, Northampton,  
Massachusetts
- 2002-2004 *Crisis Line Volunteer*  
Middleway House Domestic Violence Shelter, Bloomington, Indiana

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- 1999-2001 *Sexual Assault Prevention Educator*  
Raising Awareness of Interactions in Sexual Encounters (RAISE), Indiana  
University, Bloomington, Indiana
- 1996-1998 *Sexual Assault Crisis Responder*  
Sexual Offenses Support (SOS), University of Delaware, Newark, Delaware
- 1995-1998 *Sexual Health Peer Educator*  
Wellspring, University of Delaware, Newark, Delaware