

SHAME FREE SEX

RECOMMENDATIONS FOR PROFESSIONAL HELP

COUPLES THERAPY

FOR MARRIAGE STRUGGLES

INDIVIDUAL THERAPY

FOR A PERSON DEALING WITH ANY MENTAL HEALTH PROBLEMS (*FOR EXAMPLE: ANXIETY, DEPRESSION, BIPOLAR THAT COULD LEAD TO SEXUAL DYSFUNCTION OR LOW SEX DRIVE*).

INDIVIDUAL THERAPY

FOR ADDICTIONS (*SEX, PORN, SHOPPING, DRUG/ALCOHOL*), WHICH CAUSE SHAME, DISTRUST, ANXIETY

INDIVIDUAL THERAPY

FOR BETRAYAL TRAUMA FOR THE INDIVIDUAL WHO HAS BEEN BETRAYED BY A SPOUSE/PARTNER WHO HAD AN AFFAIR, ENGAGES IN PORN, SWINGS, OR PAYS FOR SEX.

INDIVIDUAL THERAPY

FOR PERSONAL SEXUAL ABUSE (*EMDR THERAPISTS ARE SPECIALLY TRAINED FOR TRAPPED TRAUMA*).

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