



## Professional Certified Sex Consultant™ Curriculum and Course

300 CPD hours' worth of education.

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The Certified Sex Consultant's course is filled with sex and relationship knowledge that aims to equip students with all the information they need to consult on sex and relationship matters. Based on clinical sexology and integrating holistic approaches the course provides a fully intersectional education. Run by an instructor with over 13 years of experience working as a sex and relationship specialist, this course is designed to be one of the most comprehensive recourses out there.

The course is released in monthly segments over an 18-month period, and made-up of a combination of webinars, audio recordings, downloadable PDFs, readable eBooks, and a monthly live coaching call. This totals to 300 CPD hours. The pre-recorded parts of the course can be completed in the students own time, it's just released in instalments to make sure the live group coaching calls address the current study topics and concerns found within that months material. Live group coaching calls will be recorded for those unable to attend at the give time, and ability to submit questions throughout the program is possible. Printable worksheets are provided throughout for students to use with future clients.

Upon completing the short quizzes and a small written exam at the end, students will be awarded with a digital certificate, as well as all the skills needed to be a Sex Consultant.

After the course has ended, students will be able to maintain access to the course material for future reference. If modules are updated students enrolled in previous versions will be able to view the up-to-date course material for free.

This course is aimed at educating adults over the age of 18 UK. It is not intended to replace medical advice, and if a medical issue does arise the individual should contact their healthcare provider. Those who qualify, will be able to offer consulting services on Sex and Relationship matters to those over the age of 18 of years old.

Those who complete this course will gain everything needed to be a successful sexpert. It will lead to exciting and new career opportunities for those looking to become sexual entrepreneurs. From being able to consult adult toy companies, to working with the media, and help individuals with their sex lives.

## Modules:

Each module in the Certified Sex Consultant course is aimed at providing essential sexual wellness information, back with statistics, research, and proven methods. A list of further reading is available at the end of each section.

### 1) Sexual Pleasure

- Anatomy
- Finding your pleasure and going beyond the zone
- Sexual mindfulness
- Tips on stimulation
- Porn and erotica
- Sexual Fantasies and Desires
- A look into tantra
- Ecosexual
- Post orgasm sadness
- Sexual Aftercare
- 30-minute quiz

This module will give students all the basics on Sexual Pleasure, as well as look into other methods students can use to help people find greater sexual satisfaction and sexual wellbeing.

### 2) Anal Awareness

- The facts about anal sex
- Why do people enjoy it?
- Prostrate Pleasure
- Tips on penetration, including a biomechanical look at positions
- Introducing it into a relationship
- 30-minute quiz

Bringing awareness to anal sex and pleasure is important for Sex and Relationship professionals and essential thing for Sex Consultants to learn about. This module will cover safe methods for anal pleasure, as well as break down taboos and stigma.

### 3) Safer Sex and Sexual Health

- Pelvic floor, not just Kegels
- Sexual dysfunctions – not just psychological
- STI's, education, and reducing stigma
- Sex and Porn Addiction – the truth
- PreP and other helpful meds
- Chemsex
- Sexual Trauma
- 30-minute quiz

There's more to safer sex than just teaching about prevention methods, whilst this module will cover STI reduction and contraception it takes a deeper look at much need areas of sexual health.

#### 4) Sexual Citizenship

- Consent
- Toxic relationships
- The orgasm gap
- Sexual rights and laws
- Cultural and socialpsychological influences on sex
  - 30-minute quiz

Sexual Citizenship is about forming a deeper understanding of essential sex and sexuality topics. This module takes into account social influences and factors that brings a wider and nuanced approach to good sexual citizenship.

#### 5) Disabilities and Sex

- Bendy Conditions and sex
- Stiff bodies and sex
- Mobility aids and adaptive devices
- A quick rundown on chronic pain
- Neurodivergent, from sensations to conversations
- Sex and Depression
- Working with other professionals and advocacy
  - 30-minute quiz

For a long-time sex and disabilities has been neglected. This course module looks into how various disabilities can affect individuals sex lives, and how best to support them. This isn't a course aimed at recommending just high-powered vibrators at a one-size-fits-all solution, and goes deeper into helpful advice that can support a wider

#### 6) LGBTQ+

- LGB to the T explained
- Queer Sex
- Pronouns
- Coming out
- Post-op sex tips
  - 30-minute quiz

LGBTQ+ is integrated throughout the whole course, but there's still some areas that need further attention. This part of the course will look into a more focused look into helping LGBTQ+ clients.

#### 7) Dating

- Being a digital match-maker
- Attachment theories
- Dating tips

- Phone sex and dirty talk
- Stages of dating
- Rejecting dates and coping with rejection
  - 30-minute quiz

A Sex Consultant may find that they need to help support individuals through their dating journey or even work with dating-app brands.

- 8) Open and Polyamorous Relationships
- Tips on opening up a relationship
  - A look into relationship architypes
  - Setting boundaries
  - Working through breakups
  - Causal relationships and hook-ups
  - Threesomes, swinging, and orgies
    - 30-minute quiz

Relationship dynamics can vary greatly and learning to be open minded of differing relationship structures is important. This module looks into open relationships, polyamory, and causal encounters. Offering tips on working through difficulties that some individuals may find when forming these relationships, as well as tips on how to open up a current relationship.

- 9) Sex Toys and Tech
- What are Sex Toys?
  - Regulations and laws
  - Reviewing and consulting on Sex Toys
  - Injuries and Sex Toys
  - Digisexuality, relationships with tech
    - 30-minute quiz

This aims to be one of the most intensive sex toy courses available. Not only will students learn what products are out there and the best tips on how to use them, it covers the psychology of sex tech and relationships, how to help work with adult industry companies, and even a look into helping with product development.

- 10) BDSM
- Power dynamics
  - Equipment
  - A deeper look into Sadomasochism
  - A sociopsychological look at fetishes
  - Exploring lock and key – the psychology of chastity
    - 30-minute quiz

There's more to BDSM than just "that book", this covers how students can offer safe and practical consultations on BDSM relationships, and topics. Students also will learn about psychological and social factors that can influence kink and fetishes.

### 11) Aging and Sex

- Menopause and sex
- Age related conditions and sex
- How perspectives of sex change
- Grief and Sex
  - 30-minute quiz

We never stop learning about human sexuality and that includes what we like and dislike as humans as we age. Students will learn about various factors that can change clients perspectives and enjoyment of sex as they age.

### 12) Adult Industry

- Types of adult industry careers
- Working with sex workers as a wellbeing professional
- Disability and Sex Work, a look at disabled sex workers, and disabled clients.
- Safety and the adult industry, a rundown on resources
- Sex worker or therapist
- Porn, an honest look
- Sex Worker Social Media and Content Assistant
  - 30-minute quiz

There are many ways that a Sex Consultant may end up working with sex workers or even brands that collaborate with sex workers. This section offers all the advice students need to support sex workers without stigma.

### 13) Sex and the Media

- Popular Trends
- Spotting false sex news
- Working with Journalists
- Writing Sex and Relationship Content
  - 30-minute quiz

As a Sex Consultant many students may find themselves working with the media. This part of the course helps students learn about media opportunities and how to work with and present their own authentic sex and relationship expertise.

### 14) Conclusion

- What is Authentic sexual wellbeing
- Teaching Authentic Sexual Wellbeing
- Authentic Sexual Wellbeing Manifesto
  - 50-minute multiple choice quiz
  - Written Test 1 hour

Finding Authentic sexual wellbeing is the ultimate goal for not just the students taking this qualification but also for those they support and help. This section covers what an authentic sexual wellbeing is and tips on how to experience it.

Bonus: A Brief Sex History Lesson

Bonus: The Future of Human Sexuality

Bonus: Covid19 and Sex

The course will benefit anyone interested in learning about human sexuality further, and can be an additional and beneficial form of education for those with a background in therapy, coaching. It is also an excellent resource for anyone looking to opening up a sex toy store, who are hoping to provide their buyers with correct and useful information.

First Module goes live on the 1<sup>st</sup> June 2022

Pass rate for each quiz and exam needed is 75%. Certificate of completion can take up to two weeks.

Students who sign-up to the Certified Sex Consultant course agree not to record, share, or plagiarise any of the course material.

No former education is needed but a stable internet connection is required.

For further information you can contact The Sex Consultant at [contact@thesexconsultant.com](mailto:contact@thesexconsultant.com)