



LOVEOLOGY UNIVERSITY®  
HIGHER LEARNING & LOVING

# Certified Healing Coach Program



## AMERICAN BOARD OF SEXOLOGY

THIS PROGRAM IS APPROVED FOR 150 CE CREDITS TOWARDS  
THE APPRENTICE IN SEXOLOGY CERTIFICATION FROM THE  
AMERICAN BOARD OF SEXOLOGY

<https://americanboardofsexology.org>

## Program Overview

The Certified Healing Coach Program has a curriculum that includes six (6)

e-learning courses offered to adults over 21 years of age by Loveology University®. You will find that courses include a combination of narrated video presentations, instructional videos, training videos, instructional audios, or eBooks, with a multiple-choice quiz, to help you review what you have learned. This combined material represents the entire Certified Healing Coach program at Loveology

University® which entitles graduates to receive a Certified Healing Coach Certificate and pursue a career as a Healing Coach.

The Healing Coach Program, as with all LU programs, is self-directed, so students may learn at their own comfort level and

work at their own pace as their schedules provide. All materials, quizzes, exams, and certificates are available online 24 hours a day, 7 days a week, so it accommodates everyone's needs. Depending upon existing knowledge and time commitment, past students have completed the program in anywhere from two weeks to six months.

Students must pass each course quiz plus the final twenty-five (25) question exam at the end of the program to receive a Certificate and officially obtain the title of Certified Healing Coach.

After completion, each Loveology University® student maintains their full profile with access to the program. It is always available for students to return to for further studying or review whenever and wherever they want it. Furthermore, if students wish to upgrade to the Certified Love Coach program, they can do so at any time by emailing a request to [support@loveuniv.com](mailto:support@loveuniv.com)

## Objective

The Certified Healing Coach Program offers you the most rewarding career because you can help people to improve the quality of their lives! Whether they need help healing from the loss of a loved one or healing from lack of self-love, you will have the skills to help them with unique loving holistic skills that you can only learn here!

The program lays the groundwork for understanding the healing process from loss, toxic relationships, sexual dysfunction, trauma, disease, accidents, addiction, sexual assault and sexual harassment.

It offers essential statistics, history, theory, skill set and foundational knowledge on healing solutions. Learn how to find the right healing solutions for yourself or your clients. Most

importantly, follow the guidelines on when to refer clients if you are a coach, to a medical health professional.

## **Prerequisites & Materials**

There are no educational or experience prerequisites to register for this program, as long as you are at least 21 years of age. However, it is essential that you have internet access and a dependable computer. Loveology University® does not provide hard copy materials for students, but all multimedia course presentations are available as PDF downloads. The course can be accessed from any computer or mobile device, but we ask that you do not share our curriculum with

anyone else other than a student in the same course or program. To participate in the program, you will need a computer or tablet with the latest version of your preferred browser, and a broadband internet connection.

## **Study Recommendations**

Loveology University® utilizes different techniques for all portions of the curriculum to address everyone's study style, so that you can study smarter, better, and faster. This is why we have created auditory, visual, and hands-on work to better improve the quality of your studies. We suggest creating your own study guide when reading, watching, or listening to the curriculum as it is helpful to do so actively. For example, create an outline of the Individual Courses using the table of contents as the main subjects of focus. As you read along, determine what the main points are of each section so that you can better grasp what each course is aiming to teach you. You can also use our PDF handouts to follow along. Each multimedia course presentation is available in a PDF 'slide show' format. This allows you to study more with less time.

For students who need personal mentoring to help prepare for the exam, we have that available with Tamara Bell, who graduated in 2008 and she's available to mentor during the program and after the program with your career goals.

# Disclaimer

These are Core Knowledge Areas (CKA):

- A. Ethics and ethical behavior.
- B. Develop mental sexuality from a bio-psycho-social perspective.
- C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values) in relation to sexual values and behaviors.
- D. Issues related to sexual orientation and/or gender identity: heterosexuality; issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.
- E. Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships, and family dynamics.
- F. Diversities in sexual expression and lifestyles including, but not limited to, polyamory, swinging, BDSM and Tantra.
- G. Sexual and reproductive anatomy/physiology.
- H. Health/medical factors that may influence sexuality including, but not limited to, illness, disability, drugs, mental health, conception, pregnancy, childbirth, pregnancy termination, contraception, fertility, HIV/AIDS, sexually transmitted infection, other infections, sexual trauma, injury,

and safer sex practices.

I. Range of sexual functioning and behavior, from optimal to problematic including, but not limited to, common issues such as: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems and difficulty with orgasm.

J. Sexual exploitation including sexual abuse, harassment, and sexual assault. K. Cyber sexuality and social media.

L. Substance use/abuse and sexuality.

M. Pleasure enhancement skills.

N. Learning theory and its application.

O. Professional communication and personal reflection skills.

P. History of discipline of sex research, theory, education, counseling and therapy.

Q. Principles of sexuality research and research methods.

## Evaluation

To earn Certification, you must pass the Certified Healing Coach exam by answering 25 questions consisting of Multiple Choice and True/False objective assessments. All students must complete the exam and have a passing grade of 80% or higher. Grades are available immediately for the Multiple Choice and True/False answers, and written form answers will be evaluated within a few

days of completion. Upon passing the exam, and any remaining course fee balances being paid off, you will receive a certificate of completion by email from our issuing authority, Accredible.com.

Assessment: 1.5 Hours

## **Extra-Curricular Lovework**

These assignments are to help you with real-world challenges in your career as you navigate your Healing Coaching services. They can also be valuable seminar tools to get you into the entrepreneurial mindset for a successful coaching career!

### **CERTIFIED HEALING COACH**

1. What is your definition of Healing?
2. What healing have you done to yourself?
3. How are you going to brand yourself as a Healing Coach?
4. List your favorite healing techniques and why they work for you?
5. Write down your demographic of clients that you want to work with and why you have chosen that specific demographic.
6. What kinds of ailments do you want to heal and how do you intend to reach your prospective clients?
7. Write down how you visualize your career in five (5) years' time and what accomplishments you want to achieve on the way.

8. If you were nominated for a Nobel Prize, describe the work that you want your legacy to be known for and how it helps humanity.

## **Value-Added Use of LU Slides**

Apart from the take-home value of empowering knowledge that can be life-changing, Dr. Ava Cadell gives her students permission to use LU slides in their own presentations, provided a credit to Loveology University® is provided.

## **Course Policies**

Integrity and honesty are your obligation as a student of Loveology University®. When signing up for any course or program and accepting the terms and conditions in which you must abide by to continue studying. It is a violation to take part in any cheating, copyright infringement, plagiarism, stealing and any other unlawful or unethical act. The consequence may result in expulsion from Loveology University® or legal action.

## **A Message from LU**

Loveology University highly values your membership as a student and strives to do the absolute best job to ensure that you receive a superlative education. Our goal is to welcome you into our community so that you feel safe, prepared, and excited to learn about the information we offer. We aim to accommodate the needs of all our students and offer the respect that everyone deserves. As a Healing Coach we encourage you to fully make use

of the knowledge you have acquired by implementing it into your personal life as well as your coaching sessions.

We need Healing coaches more than ever, during these uncertain times to give people guidance when they've lost hope of finding love for the first time, or finding love again, after losing a loved one. You can specialize in a variety of niches to help singles, divorced or widowed people with your healing skills so that they can love themselves and forgive others. You can help people to build their confidence while dating, so they don't take old baggage from a toxic relationship into a new one. You can also help couples to rekindle romance in their relationship after forgiving each other and defining new boundaries. You can make a big difference in the lives of others while building a thriving business as a Healing Coach. There's no limit to living a life of love, as we provide this course and others for you to promote healthy relationships and in return all we ask is that you give us proper credit and of course, to keep coming back.

# Course Curriculum Overview

## Healing Course

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased).

By the end of this course, students will understand and be able to answer these questions:

1. By the end of the first hour of instruction, participants should be able to identify at least two (2) healing solutions to manage fear from the Coronavirus and loss of a loved one. (CKA: c,e,h,n)



2. By the end of part 2, participants should be able to understand the five (5) stages of grief. (CKA: c,n,o)
3. By the end of part 4, participants should be able to distinguish between sexual problems with diabetic men versus sexual problems with diabetic women. (CKA: e,h,i)
4. By the end of part 6, participants should be able to differentiate between the most common male and female sexual dysfunctions. (CKA: c,d,g,h)
5. By the end of part 7 participants should be able to identify at least (3) different signs of a narcissist or psychopath. (CKA: b,j)
6. By the end of part 8, participants should be able to define some behavioral impacts of physical and psychological abuse. (CKA: j,l)
7. By the end of part 8, participants should understand at least 3 impacts of addiction on relationships. (CKA: i,l)
8. By the end of part 9, participants should be able to understand and communicate how to establish physical, emotional, and sexual boundaries. (CKA: b,c,e,f,m,n,o)

## **Part 1 – Course Introduction**

### Narrated Multimedia Presentation

The Healing course lays the groundwork for understanding the healing process from loss, toxic relationships, sexual dysfunction, trauma, disease, accidents, addiction, sexual assault, and sexual harassment. It offers essential statistics, history, theory, skill set and foundational knowledge on healing solutions. Learn how to find the right healing solutions for yourself or your clients. Most importantly, follow the guidelines on when to refer clients if you are a coach, to

a medical health professional.

Video course running time: 11 minutes

### **Part 2 – Healing From Loss**

Narrated Multimedia Presentation

Healing from loss of a loved one, loss of your home, job, money, and fear of the Coronavirus is all included in this section. Descriptions of the loss, the grief and the fear are defined with some exercises such as breathing, journaling and meditation to help restore hope.

Video course running time: 27 minutes

### **Meditation Audio – Alphabet Manifestation**

The benefit of this manifestation of meditation is to cultivate your awareness and focus on what you really want in your life that will bring you love, peace and happiness.

Running time: 24 minutes

### **Meditation Audio – Goal Manifestation**

The benefit of this meditation is to help you manifest your desires into reality through creating Mantras and visualization.

Running Time: 23 minutes

### **Part 3 – Healing From Pain**

Narrated Multimedia Presentation

Healing from chronic pain, such as back injury, arthritis, osteoarthritis, migraine, fibromyalgia, nerve damage (neuropathy or trigeminal neuralgia) and the impact on relationships is the focus of this segment. Included are 10 tried and true exercises for pain from music therapy to hug therapy.

Video course running time: 22 minutes

### **Meditation Audio – Loving Kindness**

The benefit of this meditation is to give your body the love and nurturing it needs to release any stress and experience mindfulness.

Running time: 19 minutes

### **Part 4 – Healing From Disease or Disabilities**

Narrated Multimedia Presentation

This section describes how certain illnesses can have an impact on sexuality, including Cancer, Cardiovascular, Stroke and Diabetes. There is also a short video on Asta who was born with Arthrogryposis, multiplex congenita fibroid ankylosis of multiple joints, who shares his views on love, relationships, intimacy, and sexuality and talks about the importance of raising awareness about intimacy and disabilities.

Video course running time: 42 minutes

### **Meditation Audio – Forgiveness**

The benefit of this meditation is to help you clear up emotional wounds which may be hampering your success in your love life or career.

Running time: 18 minutes

### **Part 5 – Healing From Accidents**

Narrated Multimedia Presentation

Healing from Accidents has a short video of my friend and client Carlana who became disabled after a car accident, which left her with a spinal cord injury, but that didn't stop her from having a fulfilling life. Wounded Veterans have also suffered from extreme injuries, losing limbs and PTSD. Body image is touched upon in this section and is expanded upon in section 6.

Video course running time: 25 minutes

## **Meditation Audio – Embracing Aging**

The benefit of this meditation is to discover what really matters to you now. Also, to embrace your aging and wisdom by perceiving it as a gift.

Running time: 12 minutes

## **Part 6 – Healing From Sexual Dysfunction**

Narrated Multimedia Presentation

Healing from sexual disabilities includes both male and female dysfunctions that range from premature ejaculation, impotence, arousal difficulties to painful intercourse. Loving healing solutions include forgiveness, kegel exercises, creative visualization and 6 elements of Tantra.

Video course running time: 50 minutes

## **Hypnosis Audio – Male Sexuality**

The following hypnosis is designed for men who want to improve their sexuality. Virtually every man will experience lack of desire, erectile dysfunction, or premature ejaculation at some point or the other in his life. The good news is that there are many effective treatments for anxiety-caused disorders including hypnosis.

Running time: 19 minutes

## **Hypnosis Audio – Female Sexuality**

The following hypnosis is designed for women who want to enhance their sexuality. Everyone wants to enjoy a healthy, loving, and exciting love and sex life, but sometimes the craving to experience and enjoy it can get in the way of actually getting it. Whether your lack of sexuality has resulted in loss of sexual desire, sexual inhibitions or lack of orgasm, the first step is to stop blaming yourself.

Running time: 22 minutes

## **Part 7 – Healing from Toxic Relationships**

Narrated Multimedia Presentation

Healing from Toxic Relationships due to domestic violence is one of the most emotional parts in this course as I lost a student who I mentored, Dr. Amie Harwick. She was

murdered as a result of poorly written laws that do not protect the victims. There's a video interview with Eva Nagorski about revenge, a video with Lisa Steadman on breaking up and a video with a client of mine trying to create closure.

Video course running time: 1 hour, 18 minutes

### **Hypnosis Audio – Boost Confidence**

The following hypnosis is designed for people who want more confidence and self esteem. Whether your lack of self-confidence is a result of personal insecurities, past experiences, failures-or some kind of abuse, just know that you have the power to reprogram your mind so that you feel self-confident, powerful and in control of your life.

Running time: 20 minutes

### **Meditation Audio – Replacing Negative Thoughts**

The benefit of this meditation invites you to tune in to the sensations associated with each of your thoughts and coordinate physical parts of your body.

Running time: 20 minutes

### **Part 8 – Healing from Addictions**

Narrated Multimedia Presentation

According to the Addiction Center, over 20 million Americans over the age of 12 have an addiction (not including cigarettes) and 100 people die every day from drug overdoses.

Healing from Addictions and the impact it has on

relationships is described in a video interview with Ethlie Ann Vare who admits that she was a love addict as well as a drug addict. She teaches us about the brain chemicals that affect both addictions.

Video course running time: 23 minutes

### **Hypnosis Audio – Stop Smoking**

The following hypnosis is designed for people who want to stop smoking cigarettes. Habits can be broken as easily as they are formed. The power of your mind is stronger than any bad habit you may have because it was created in your mind in the first place. So, you have the power to reprogram your mind and eliminate your bad habit forever.

Running time: 21 minutes

### **Meditation Audio – Replacing Negative Thoughts**

The benefit of this meditation invites you to tune in to the sensations associated with each of your thoughts and coordinate physical parts of your body.

Running time: 20 minutes

### **Part 9a – Healing from Sexual Abuse**

Narrated Multimedia Presentation

Healing from sexual abuse has gained worldwide attention since 2017 when the #MeToo movement began as film producer Harvey Weinstein began to field dozens of allegations from women who endured his sexual abuse. This section informs you of different categories of sexual abuse, from marital rape to sexual harassment. The impact of emotional trauma with 20 loving solutions is also covered in this section and since there are so many, this course is longer than some of the others.

Video course running time: 53 minutes

## **Meditation Audio – Reparenting Yourself**

The benefit of this meditation is to console your inner child and assure them that whatever happened was not their fault and you can still become the parent you always wanted.

Running time: 16 minutes

## **Part 9b – Healing from Self-Sabotage**

Narrated Multimedia Presentation

Healing from self-sabotage is another massive section because people say they want to be happy, but self-sabotage with negative self-talk, especially after experiencing loss or abuse. That's why this final section offers over a dozen healing solutions that include spiritual healing by opening your Chakras, couples healing by establishing physical, emotional and sexual boundaries and solo healing with exercises on forgiveness and conversations with your inner child.

Video course running time: 2 hours, 12 minutes

## **Hypnosis Audio – Weight Reduction**

The following hypnosis is designed for people who want to lose weight by eating less food. Whether you're overeating is a result of emotional problems or simply physical hunger, just know that you have the power to reprogram your mind so that you eat less.

## **Running time: 21 minutes Sexpert Panel**

Sexpert Panel, *Sexual healing*

Moderator: Tamara Bell

Panelists: Dr. Ava Cadell, Dr. Cat Meyer, Laurie Handlers, Alina Vergara, Heather Montgomery, Dr. Sadie Allison & John, Sabrina Jackson

Running time: 1 hour

## **New Certified Healing Course For Coaches**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (3) definitions of healing.
2. Differentiate between the healing brain physically, mentally, socially, and sexually.
3. Name & describe the brain's ability to change and adapt due to experience.
4. Explain what happens to the brain during multitasking.
5. Understand mindfulness.
6. Explain how forgiveness can help to heal
7. Summarize the most important factors to achieve an emotional peak experience.
8. Identify at least three (3) ways to coach someone through healthy healing habits.
9. Name five (5) ways to love yourself unconditionally.
10. Understand how mirror neurons can create rapport between people.
11. Examine successful healing techniques with examples.
12. What are eight (8) ways to approach a difficult diagnosis that can lower anxiety?



13. Identify the four (4) Enright process models of psychological forgiveness.

14. Identify at least three (3) ways to help couples to heal.

15. Learn about healing through spirituality.

### **Narrated Multimedia Presentation**

Running time: 4 hours and 30 minutes

### **Four Steps to Reinventing Yourself & Your Life by Dr. Ava Cadell**

**Running time:** 1 hour and 12 minutes

A VIDEO BY DR. AVA CADELL, who shares her own journey to reinvent her life and career as well as other renowned coaches, who came from rags to riches. (1hr 12 mins).

### **Four Steps to Reinventing Yourself & Your Life Through Healing, Energy, Awareness & Love (H.E.A.L)**

With each step, you will experience life-changing transformations to reinvent your life by healing from your past traumas, activating new positive energy, attracting true love & becoming aware of your power to manifest all that you desire in your life.

**The first step is Heal.** You need to break the habit of your old suffering self, in order to reinvent your new self & your new life so that you don't carry emotional baggage with you. When you leave the painful past behind you will find a

bright future waiting for you!

**The second step is Energy**, including your thoughts which are powerful, followed by your emotions, which amplify your energy & finally your actions increase the energy. A brilliant scientist said, “Energy cannot be created or destroyed; it can only be changed from one form to another.” Everything is energy. Match the frequency of the reality you want & you cannot help but get that reality.” Alfred Einstein.

**Step three is Awareness**, including mindfulness, self-compassion, reflection and feedback. Incorporating each one into your reinvention goals will empower you to reach them.

**Love is the final force** that you need to reinvent your life, but it includes forgiving ourselves because without forgiveness there can be no self-love.

## **Resources**

### **Ebooks:**

Healing From Loss & Abuse, pages running time 2 hours.

Confessions to a Sexologist, running time 3 hours.

Holistic Living by Dr. Kristen Poe, running time 1 hour.

### **Video:**

Sexycises by Sexperts Yin Yang Yoga for Intimacy running time 1.5 hours

### **Ask the expert video interview with:**

- Professor Barry Komisaruk

A one-hour interview with Professor Barry R. Komisaruk, Professor of Psychology at Rutgers University in Newark, New Jersey and a renowned researcher with a Lifetime of service dedicated to increasing pleasure while decreasing pain!

**Running Time:** 1 Hour & 15 Minutes

- Audrey Hope

Ask the Expert with Dr. Ava Cadell and her guest, Audrey Hope, an award-winning certified addiction and trauma counselor. She holds a Master of Divinity and Meta-Physics, as well as a Resident Addiction Specialist (RAS) certification. Audrey uses her abilities as a clairvoyant psychic medium to heal patients from trauma, abusive relationships and domestic violence.

**Running Time:** 49 Minutes

- Dr. Kac Young

Ask the Expert with Dr. Ava Cadell and her guest, Kac Young, Ph.D., Author of 27 self-help books, many on healing. She is an expert on Healing with Essential Oils, Crystals, Pendulums, Feng Shui and shares her wisdom on healing solutions for loss, abuse and trauma.

**Running Time:** 55 Minutes

- Dr. Kristen Poe

Kristen Poe is a Functional Health Practitioner with a PhD in alternative Medicine, she also has a Doctorate in Naprapathic medicine and is on the Advisory Board of the American Naprapathic Association & Board Certified in Holistic Nutrition by the NANP.

Kristen Poe is a graduate Certified Love Coach from LU & she has International Accreditation as Certified Sexologist by the American Board of Sexology.

**Running Time:** 52 Minutes

- Dr. Wendy Lyon

As a Master Relationship Coach and Psychologist, Dr. Wendy helps singles gain confidence, clarity & find love. She helps couples connect, communicate, and rejuvenate relationships. Dr. Wendy was a college psychology professor & she has led several transformational tropical retreats.

**Running Time:** 38 Minutes

- Dr. Talal Alsaleem

Dr. Talal Alsaleem is a pioneer of Infidelity Counseling & Author of "Unfaithful & Unrepentant: Affairs Beyond the Hope of Repair & "Infidelity: the Best Worst Thing that Could Happen to Your Marriage: The Complete Guide on How to Heal from Affairs.

He challenges the conventional wisdom surrounding the healing process after infidelity & uncovers the true nature of healing, exposing the misunderstandings that can derail the recovery process, obstacles to repair & making healing an elusive goal.

**Running Time:** 59 Minutes

## **Communication Course**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) levels of communication and how they relate to intimacy.
2. Differentiate between at least five (5) left and right brain differences.
3. Name three forgiveness exercises and be able to explain how they work.
4. Explain the three (3) modes of communication styles: auditory, visual & kinesthetic
5. Summarize how couples can effectively communicate three (3) different types of personal boundaries.
6. Identify at least three (3) ways to negotiate disagreements.
7. Distinguish between negative and constructive criticism.
8. Understand general gender communication patterns.
9. Examine how successful communication can lead to safer sex.
10. Develop a plan for facilitating better communication between partners.
11. Identify at least six (6) of the 15 C's for charismatic couples.
12. Identify at least three (3) techniques for single people to communicate more successfully with a goal toward meeting a partner.

13. Explain the role of body language in communication between partners or potential partners.

14. Understand how processing grief affects communication between intimate partners. 15. Learn how to use effective listening to create mutual understanding between partners.

### **Narrated Multimedia Presentation:**

Communication plays a central and vital role in relationships of every kind and mastering the basic elements of human interaction is key to becoming an effective Love Coach. This course outlines fundamental concepts like negotiation, forgiveness, saying no, navigating family life, communicating fantasies, constructive criticism, body language, conversation skills and much more to provide a framework for understanding the development and nuance of most types of personal human connection.

Video course running time: 4 hour, 18 minutes

Approximate test time: 30 minutes

### **Ask The Expert – Sexpert Panel, *Intimate***

*Communications* (1 Hour) Moderator: Dr. Ava Cadell

Panelists: Dr. Emily Morse, Dr. Shannon Chavez, Carol & David Sexy Lifestyle, Dr. Megan Stubbs, Dr. Sara Nasserzadeh, Dr. Hernando Chaves.

### **Reading Material:**

*Understanding Cheating* eBook (132 pages, estimated time to complete: 4 hours) This e-book thoroughly examines the reasons men and women cheat, including the interesting results of a cheating survey. Techniques are provided to prevent and solve cheating to enjoy a healthy relationship.

*NeuroLoveology* (300-page book, estimated time to

complete: 10 hours) NeuroLoveology: The Power to Mindful Love & Sex explores how the brain processes attraction, relationships, conflict, and sex. Each chapter introduces the science and psychology behind adult romantic relationships and the tools to enhance that relationship, emotionally and sexually.

## **Love Course**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (3) brain chemicals involved in the 'feeling' of love.
2. Differentiate between the concepts of love and lust.
3. Name & describe four historical philosophies of love.
4. Explain John Allen Lee's 'Types of Love' categories.
5. Understand Sternberg's Triangular Theory of Love.
6. Explain how forgiveness can heal personal relationships.
7. Summarize the most important factors in maintaining love in a long-term relationship.
8. Identify at least five ways to coach someone to process rejection from an intimate partner.
9. Distinguish between at least five (5) ways of expressing love to an intimate partner.

10. Understand how business practices can be applied to romance.
11. Examine successful communication techniques with examples.
12. Develop a plan for keeping a relationship exciting.
13. Identify at least ten (10) steps that lead to healing from a break up.
14. Identify at least three (3) ways to help others let go of the past.
15. Learn about how flirting works to engage potential partners.

### **Narrated Multimedia Presentation:**

This course lays the groundwork for understanding intimate human behavior with essential statistics, history, theory, skill sets and foundational knowledge on the concept of love. Discover the elements of self-love, romantic love, passionate love as well as key theories on rejection and forgiveness. Finally, learn about the necessary ingredients of true love, such as communication, trust, and respect to provide the basic underpinning for the program.

Video course running time: 3 hour, 55 minutes

Approximate test time: 30 minutes

### **Ask the Expert Videos:**

Ask The Expert – *Sexpert Panel: Love, Relationships & Sex* (1 hour) Moderator: Erika Jordan

Panelists: Dr. Diana Wiley, Hernando Chaves, Viloshni Moddley, Tamara Bell, Ava Cadell



### **Reading Material:**

*12 Steps to Everlasting Love* eBook (200 pages, estimated time to complete: 3 ½ hours) This e-book teaches how to create an action plan for finding a life partner. By creating positive messages from the past, becoming open to new experiences, evaluating the type of relationship desired, the steps in this book allow individuals to attract the right person and find lifelong love. Learn a get-into-action plan for finding your life partner.

*Love Around the House* eBook (160 pages, estimated time to complete: 2 ½ hours) This book explores the many ways to add zest and variety to love and sex with common household items, stressing the importance of adventure, creativity and making your love life a priority.

*Love in the Time of Corona* eBook (166 pages, estimated time to complete: 3 hours) Dr. Diana gives advice and prescribes fun and easy exercises to get to know your partner better, plan your date night at home, be more playful, and even try something new in the bedroom. She offers helpful guidance on using touch to relieve stress and revitalize your senses. Learn ways to integrate gratitude and mindfulness into your sex life. All of these contribute to increased pleasure and satisfaction. You'll even learn about "pandemic sex!"

### **Tantric Love Course**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) types of Tantra.
2. Name and define the six basic elements of Tantra.

3. Explain where the 7 sacred chakras are located on the body and what energy centers they represent.
4. Differentiate between orgasm and ejaculation for men.
5. Summarize the various types of Tantra kissing.
6. Identify at least five (5) qualities each for yin and yang energy.
7. Understand how the G-spot can be stimulated to achieve a G-spot orgasm that may result in female ejaculation.
8. Develop a Lovework plan for clients who want to explore opening their energy centers.
9. Identify seven (7) types of Tantric touch.
10. Identify and define at least six (6) Tantric breathing techniques.
11. Explain how to administer an erotic Tantric massage for a man and a woman. 12. Learn the glossary of Tantric terms.

**Narrated Multimedia Presentation:**

This in-depth course will teach you what is Tantra, the types and history of Tantra, tantric sex, orgasmic kissing, multiple orgasms, tantric massage, tantric sex positions, and much more! It covers the 5000-year-old practice of Tantra which involves opening up the Chakras, (energy centers), balancing love energy and ancient sexual techniques such as the Venus Butterfly.

Discover how Tantra can heal hurt relationships and treat common sexual concerns such as lack of desire, premature

ejaculation and inability to orgasm. Tantric love helps couples to connect on a spiritual level and heighten their intimacy.

Video course running time: 1 hour, 51 minutes

Approximate test time: 30 minutes

### **Training Videos:**

*Tantric Sex: Spiritual Sexuality & Deeper Intimacy for Couples* with Dr. Ava Cadell (57 minutes)

Dr. Ava Cadell conducts this live interactive seminar on Tantric Sex that explores how to create a deeper connection with your lover on a physical, mental, emotional, sexual, and spiritual level. For women, Tantra can empower and fulfill their sensual needs. For men, Tantra can provide the tools to become multi-orgasmic. Dr. Elaine Floyer and her assistant Greg demonstrate synchronized breathing, Tantric Dancing and many other techniques in which the audience also participates.

*Kundalini Yoga for Balancing the Chakras* by Gurutej Kaur (1 hour, 9 minutes) Your Chakras are your body's crucial energy centers - each one essential to the health of specific organs, emotions, and forces within you. On Chakra Yoga, you will discover how to use the ancient practice of kundalini yoga, "the waking up of primal energy forces," to unblock these centers and gain access to an unlimited source of life energy.

### **Ask The Expert Videos:**

*Ask The Expert – Gurutej on Energizing Yourself* (17 minutes, 47 seconds) Energy Guru Gurutej speaks about mastering your own energy to reap the benefits of increased energy and spirituality on a personal and professional level. She demonstrates Kundalini techniques along with Dr. Ava Cadell and encourages viewers to participate.

**Ask The Expert** – *Laurie Handlers* (10 minutes, 30 seconds)  
Tantric expert Laurie Handlers talks about finding joy and happiness through sexual enlightenment.

**Ask The Expert** – *Destin Gerek* (12 minutes, 55 seconds)  
Tantric expert Destin Gerek talks about sex mastery and consciousness for dating, love and relationships.

**Audio Lessons:**

*Tantric Lab Audio Course* (32 minutes, 3 seconds)  
Dr. Ava Cadell teaches the unique sexual vocabulary of Tantric love and sex, how to open up your chakras to release your full energy potential, and the six elements of Tantra. This audio also includes techniques to stimulate the G-spot for female ejaculation and the ancient Venus Butterfly technique.

**Reading Material:**

*Tantra Workbook* eBook (68 pages, estimated time: 2 hours, 10 minutes reading and approximately 6 – 12 hours of exercises).

Tantra is a Sanskrit word that means ‘to weave energy,’ specifically Yin (female) and Yang (male) between two lovers. This energy includes thoughts, feelings, physical and sexual actions. This workbook focuses on Red Tantra, which directs sexual, loving or healing energy between lovers, teaches how Tantra can help to heal a hurt relationship that has lost its sizzle or simply empower and fulfill sensual needs. It opens a whole new world to intimacy and can give men the tools to become multi-orgasmic. Glossary of terms included.

***Sex & Happiness eBook by Laurie Handlers*** (154 pages, estimated reading time 6 hours).

In this book Tantra yoga is explained by a true Tantra goddess. Laurie's take on Tantra, Tantric sex and how they relate to intimacy will have you laughing and possibly crying

- you will definitely look within. You may even find a way to transform your relationships in the process. That's what Tantra is all about according to Sex & Happiness author Handlers. Tantra = transformation through pleasure!

## **Aphrodisiacs Course**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify the two (2) classes of aphrodisiacs and what categories they include.
2. Differentiate between food-related aphrodisiacs based on dietary value and dangerous or unusual aphrodisiacs based on superstition.
3. Name which common herbs are thought to have sexual stimulant properties and identify what medical science is behind it.
4. Explain why Viagra is not an aphrodisiac.
5. Summarize the Hawthorne effect.
6. Identify at least five (5) ingestible types of aphrodisiacs and explain why they are thought to enhance sexuality.
7. Understand how the placebo effect works.
8. Examine a variety of common foods and be able to name the active proteins and minerals and nutrients of at least five (5).

### **Narrated Multimedia Presentation:**

Aphrodisiacs have a long and storied history that speaks to the central importance of love and sexuality in human history. This course studies the history, major classifications, meaning, common use, sensory impact, unusual applications, and brain effects of aphrodisiacs and how they integrate into relationships, sexual fantasy, libido and orgasmic pleasure. And if you want to create an aphrodisiac menu for that special occasion, then you are in luck as there is a whole list of love foods for foreplay, excitement, and orgasm.

Video course running time: 1 hour, 3 minutes

Approximate test time: 30 minutes

### **Training Video:**

*Aphrodisiacs* with Dr. Ava Cadell (28 minutes)

A fun, interactive live seminar with a group of Chinese participants who get actively involved demonstrating techniques such as putting a condom on a banana with your mouth and using a papaya to practice female oral sex skills.

### **Audio Lessons:**

*Aphrodisiacs* Audio Course (27 minutes)

Dr. Ava Cadell narrates this primer on aphrodisiacs which covers the history, truths, myths, and biological facts about sexual enhancements.

### **Documentaries:**

*Beyond Dinner* – Short Film (35 minutes)

An award-winning short film about an erotic aphrodisiac-enhanced group dinner called a Gate (pronounced gah-tay). Searching to keep their relationship enticing, a wife takes her husband to this erotic dinner party full of sensual foods and interesting people.

**Reading Material:**

*Sexy Little Book of Sex Games* eBook (145 pages, estimated time to complete: 4 ½ hours)

This is a hip and helpful little guide that is packed with ideas for spicing things up in the bedroom. From sexual novice to seasoned lover, readers will discover just how fun sex can be when they explore mind-blowing games, techniques, and ideas, such as flirty foreplay for the senses, love foods and edibles, sensual chatter and dirty talk, erotic massage, sex fantasies and role playing, and more.

**Disabilities & Intimacy Course**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) societal myths about disability and how they have negatively affected people living with disabilities.
2. Differentiate between the six (6) major types of disability.
3. Name at least ten (10) damaging societal beliefs about the sexuality of disabled people, and how each has specifically worked to fuel further misconception.
4. Explain the major civil rights gained by the Americans with Disabilities Act of 1990.
5. Summarize the unique plight of people with disabilities regarding sexual abuse, and how society's prejudice fuels this abuse.
6. Distinguish between politically correct & politically

incorrect terms for differently abled people.

7. Understand how body image and sexual confidence are intertwined with quality, fulfilling sex for differently abled people.
8. Examine how disabled partners can communicate sexual needs through a 'want, will, won't' chart.
9. Develop a plan for disabled clients to overcome physical or psychological limitations to achieve fulfilling sex.
10. Identify at least three (3) creative sexual positions for physically disabled people.
11. Learn how adaptive equipment like sex cushions and sex swings aid in improving sex with a disability.

### **Narrated Multimedia Presentation:**

This course is designed to empower abled and disabled people with knowledge about how disabilities affect sexuality. The course covers physical and mental disabilities in varying degrees, and how to overcome barriers to intimacy, love, romance, and sex.

Video course running time: 1 hour, 30 minutes

Approximate test time: 30 minutes

### **Documentaries:**

Documentary - *(Sex) Abled: Disabilities Uncensored* (14 minutes, 32 seconds) (SEX)ABLED celebrates people with disabilities as sexual beings, increasing visibility for an often-ignored population by addressing stereotypes that hinder sexual growth. Viewers are introduced to a community of sexually active disabled people who expose the truth by pulling back the curtain on their sexual lives.

**Documentary** - *Asta Philpot* (17 minutes, 49 seconds)



Asta was born with Arthrogryposis, which limits his mobility, but he can dance in his wheelchair, sing beautifully and is an ardent campaigner on behalf of disabled people through his foundation. In this video, Asta shares his views with Dr. Ava Cadell on love, relationships, intimacy, and sexuality that raises awareness about intimacy and disabilities.

**Documentary** - *Carlana Stone* (14 minutes, 28 seconds)

Author of the acclaimed book, "Never Give In, Never Give Up," Carlana speaks about her sexuality as a disabled person, and what she's learned about pleasure and the misconceptions about the disabled.

**Ask The Expert Videos:**

Ask The Expert – Sexpert Panel, *LGBTQ* (1 hour)

Moderator: Dr. Ava Cadell

Panelists: Tamara Bell, Dr. Mitchell Tepper, Dr. Kevin Mintz, Carlana Stone, Kelly Gordon