



LOVEOLOGY UNIVERSITY®  
HIGHER LEARNING & LOVING

## Syllabus

### Certified Loveologist® & Love Coach Program A Professional & Educational Program

Welcoming all ACS students, graduates and alumni...



AMERICAN BOARD OF SEXOLOGY

*This program is approved for 300 CE credits towards the certified sexologist certification from the American Board of Sexology.*

<https://americanboardofsexology.org/>

### Program Overview

The Certified Love Coach Program has an extensive curriculum that includes all e-learning courses offered to adults by Loveology University®. Each course includes a combination of narrated video presentations, instructional videos, training videos, instructional audios, eBooks, and a multiple-choice quiz, to help review what you have learned. This combined material represents over 300 hours in the entire Love Coach program which entitles graduates to receive all three certifications offered by Loveology University (Certified Love Coach, Certified Master Sexpert and Certified Relationship Coach). Graduates are automatically eligible to apply for membership to the American Board of Sexologists.

The Love 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 week, so it accommodates everyone's needs. Depending upon the time commitment, past students have completed the program in anywhere from six weeks to a year. If a student works on the program full time, based on a 40-hour work week (eight hours a day, five days a week), they can finish in six weeks or less. Students must pass each course quiz plus the final exam at the end of the program to receive a certificate and officially obtain the title of a Certified Loveologist® & Love Coach, Certified Master Sexpert and Certified Relationship 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.

## **Objective**

The objective of this program is to provide students with the education and accreditation they need to sustain a successful career as a Love Coach. Whether it's with a private practice, as a public speaker, author, internet, or media expert. With this expansive, comprehensive knowledge on love, relationships, intimacy, romance, communication, sexual health, healing and human sexuality, graduates will be able to help others improve the quality of their love lives, and create more love, intimacy, and sexual satisfaction in their lives. To ensure that student's get the best career guidance, LU offers a bonus Entrepreneur Kit, guaranteed to help with marketing and branding personal goals.

## **Prerequisites & Materials**

There are no educational or experience prerequisites to register for this course, 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**

We understand there is an abundance of information in the Love Coach Program curriculum, and this is challenging when studying for the exam. 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. Therefore, 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.

## **Disclaimer**

As Loveology University® courses cover teaching topics for adults over 21 years of age that include human sexuality, be aware that there is adult language, graphic images, and sexually

explicit content in some of the presentations and videos. Consequently, viewing the adult videos is optional and will not affect final grades.

These are **Core Knowledge Areas (CKA)**:

- A. Ethics and ethical behavior.
- B. Developmental 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 Love Coach exam by answering 100 questions consisting of Multiple Choice, True/False plus short essay answers. ***The Multiple Choice and True/False answers will be weighed 50% of the exam. However, the short essay answers will be graded on explanation and summary to each question, for the other 50% grade of the exam.***

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 Love Coach exam, you will receive a Loveologist® Love Coach Certificate by e-mail.

## **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® is dedicated to empowering students about love, intimacy, healing, and human sexuality with pleasure-based education for more sexual confidence. We welcome you into our community so that you feel safe, prepared, and excited to learn from the expansive information we offer and use its benefits personally and professionally. We believe every adult should have access to positive and accurate information on love, relationships, intimacy, communication, and sexuality and are dedicated to making the world a more loving place.

We aim to accommodate the needs of all our students and offer the respect that everyone deserves. We offer personal mentoring before, during and after graduation so that students can get the help, they need to pass the final exam and work on their future goals. We are confident that your learning experience will conclude in understanding and loving your own sexuality physically and emotionally, while accepting others' sexual practices without moral judgment.

We need Love Coaches more than ever to help people make love a priority in their lives and embrace change. Many are anxious about uncertainties, so they need coaches like you to help them heal, find love, boost intimacy, and rekindle passion.

As a Love Coach we encourage you to fully make use of the knowledge you have acquired by using the information in your own entrepreneurial endeavors. With the goal of improving love lives worldwide, we provide this course and others for you to promote healthy relationships and in return all we ask is that you give us credit and of course, share your experience with others!

Our commitment to students extends beyond graduation with our all-inclusive Entrepreneur Kit to help graduates in finding their specialty in the field, whether it's in private practice, public

speaking, or becoming a sex educator, author, blogger, adult toy retailer or valuable media and Internet resource.

Remember that sex education is important because sexuality is our second basic instinct after survival and a healthy sex life contributes to the quality of your life.

# Course Curriculum Overview

## **1. 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 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 Arthrogyriposis, 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 re-program 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 coordinating 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 coordinating 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 re-program 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

## **2. 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!"

### **3. Flirting 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) research findings about flirting.
2. Differentiate between appropriate and inappropriate ways to flirt.
3. Name the ways in which women's flirting habits change with their menstrual cycles.
4. Explain the truth about at least two (2) flirting myths.
5. Summarize how conversation can affect flirting.
6. Identify at least five (5) types of body language that are considered flirtatious.
7. Distinguish between flirting, seducing and teasing.
8. Understand how vocal inflections signal flirting.
9. Examine reciprocal disclosure and how it influences flirting behavior.
10. Develop a 5-stage plan for flirting with exercises based on W5 principles of journalism.
11. Identify sexual harassment in the context of flirting.
12. Identify at least three (3) flirting techniques.

#### **Narrated Multimedia Presentation:**

Flirting is a crucial element of romance and human sexuality with its own history, techniques, skills, and approaches. This course delves into the science of body language, the power of conversation, the role of our five senses, the value of active listening, the significance of positivity, how flirting works in long term relationships and much more.

Video course running time: 2 hour, 3 minutes

Approximate test time: 30 minutes

#### **Training Video:**

***Giving Love to Your Body & Showing Love to Your Partner with Dr. Amie Harwick***  
(1hr. 30 minutes)

Marriage and family therapist Dr. Amie Harwick, author of *The Sex Bible for Women: The Complete Guide to Sexual Self-Awareness and Intimacy* teaches a variety of sensual movements and fun lap dancing with her assistant Robert.

**Audio:**

***Build Confidence Hypnosis Session* (20 minutes)**

Licensed hypnotherapist Dr. Ava Cadell conducts this powerful hypnosis session that teaches individuals to possess their ideal qualities, take control of their destinies in love, life and work and find their meaning of true happiness through self-confidence.

*Never listen to hypnosis recordings while driving a car or operating machinery. When listening to hypnosis recordings, choose an environment that is quiet and safe. While hypnosis has many beneficial effects, hypnosis is not a substitute for appropriate medical attention. Statements and products offered on this website are not intended to diagnose, treat, cure nor prevent any disease or illness. When dealing with physical and/or mental illness or disease, always consult a qualified physician or therapist. Hypnosis recordings are not recommended for people suffering from mental disorders or illness. There is no guarantee of specific results and results can vary. The only one who can possibly guarantee your success is you.*

**Reading Material:**

***Guide to Flirting & Dating e-book* (21 pages, estimated time to complete: 42 minutes)**

A how-to guidebook including quick and simple techniques to feel sexy, an overview of flirting props, best places to meet people, unique ways to approach someone, and how to move from dating to intimacy.

#### **4. 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.

## **5. Dating 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 (6) questions to ask a client to determine whether they are ready to date.
2. Differentiate between at least five (5) negative personality types that an individual dating might encounter, and how to identify them early.
3. Name three ways that single people can meet new potential partners.
4. Explain four (4) dating rules and how they lead to more open communication.
5. Summarize the history of dating from colonial times, naming at least one (1) important social behavioral norm per period.
6. Distinguish between common dating experiences throughout a lifespan from 20s to over 60.
7. Understand how body language affects dating.
8. Examine ways to reframe negative thought patterns and establish new positive new thoughts to replace them.

9. Develop a realistic dating plan with clear goals for themselves or their clients.
10. Identify at least three (3) ways to practice safer online dating.
11. Identify at least five (5) questions to ask individuals who are ready to have sex with someone they are dating, to encourage physical and emotional safety and pleasure.
12. Explain the value of a sexual compatibility survey in the context of dating.

### **Narrated Multimedia Presentation:**

This course studies the ritual of dating throughout history and across global cultures, with a focus on how dating works within modern society. Practical information about how and where people meet, the art of conversation, compatibility, the role of sex, dating with children, dating after divorce, dating at different life stages and more provides individuals and coaches with substantive resources to help single clients navigate their romantic lives.

Video course running time: 1 hour, 23 minutes

Approximate test time: 30 minutes

### **Reading Material:**

***Your Sexual Personality e-book*** (65 pages, estimated time to complete: 2 hours, 10 minutes)

This book analyzes the results of Loveology University's Sexual Personality quiz and defines five sexual personalities based on psychology's 'big five' personality types – Open, Conscientious, Extraverted, Agreeable and Neurotic.

***The Sexpert Guide to 52 Weeks Of Sizzling Sex*** (21 pages, estimated time to complete: 45 minutes)

This interactive e-book has a new suggestion each week for couples to enrich their love lives on a year-long journey of sexy adventures, new techniques and boundary-pushing erotic fun.

## **6. Kissing 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) historical kissing related events in the 15<sup>th</sup> and 16<sup>th</sup> century.
2. Describe & define MHC (major histocompatibility complex.)
3. Explain how to create a kissing barrier from a latex glove for genital kissing.
4. Identify at least five physiological effects of kissing.
5. Distinguish between three (3) brain chemicals that are activated during kissing.
6. Develop a plan for establishing kissing boundaries with an intimate partner.
7. Identify at least three (3) kissing techniques.
8. Identify two (2) types of Tantric kissing.
9. Learn about different kissing customs in countries around the world.
10. Identify (5) ways that herpes simplex 1 may be transmitted between human beings.

### **Narrated Multimedia Presentation:**

This comprehensive course on ‘osculation’ explores the history, benefits, styles, and techniques of kissing including psychological benefits, brain chemical breakdown, the role of oral health and disease prevention, sensory and sexual impact (including oral sex) and much more.

Video course running time: 2 hour, 3 minutes  
Approximate test time: 30 minutes

### **Reading Material:**

***Head to Toe Kissing e-book by Nikki Leigh*** (45 pages, estimated time to read: 30min)  
Certified Love & Relationship Coach Nikki Leigh authors this e-book that teaches kissing techniques and suggestions that contribute to fulfilling foreplay.

## **7. Self-Pleasure 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 five (5) ways in which masturbation contributes to overall good health.
2. Differentiate between a healthy or compulsive masturbator.
3. Name three (3) important milestones in the history of thought about masturbation in the 20<sup>th</sup> century.
4. Explain the three (3) penis activities men can use to increase penis stamina.
5. Identify at least three (3) ways to avoid vaginal infections.
6. Distinguish between orgasm and ejaculation in men.
7. Understand how to reach the G-spot in a woman’s body and the prostate in a man’s body.
8. Explain the protocol of sex therapists upon referral from a coach.
9. Understand how sex toys can enhance masturbatory pleasure.
10. Learn how partners can initiate conversations about mutual masturbation.

### **Narrated Multimedia Presentation:**

Masturbation is a key component to self-love and sexual health. This course thoroughly explores auto-stimulation for both the male and female sexual organs. You’ll discover multiple manual masturbation techniques and a variety of sex toys you can use to enhance your sexual satisfaction. Finally, to help those overcome sexual guilt or shame, we’ve included the physical, emotional and sexual benefits of masturbation.

Video course running time: 1 hour, 8 minutes  
Approximate test time: 30 minutes

### **Training Video:**

***Knowing Yourself: Body Assessment & Acceptance with Jallen Rix & Elaine Floyer*** (36 minutes)

A live seminar about sexual bodywork, where a group of women evaluate their current sexuality status, measured mentally and physically.

### **Reading Material:**

***The Loveology Guide to Inhibitions E-book*** (26 pages, estimated time to complete: 52 minutes)

Learn about the most common inhibitions for men and women and how to experiment with role-play and erotic talk while setting boundaries and expanding sexual horizons.

## **8. Female Anatomy & Arousal 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) parts of the female genitalia.
2. Differentiate between the various lubricants on the market to enhance female masturbation.
3. Name the five stages of orgasm for women.
4. Explain at least two (2) activities that are considered safe sex.
5. Summarize how acceptance of your sexuality leads to a healthy sex life including body acceptance, permission and personal responsibility.
6. Identify the four (4) parts of the clitoris.
7. Distinguish between the G-spot and the A-spot.
8. Understand how ovulation and impregnation work.
9. Examine common female sexual fantasies.
10. Develop an understanding of when it's important to refer a client to a sex therapist, sexologist or sex counselor.
11. Identify at least five (5) types of orgasms in women.
12. Identify at least three (3) types of gynecological cancer.
13. Explain what and where the Skene's gland is in a woman's body.
14. Understand the importance of the vagina's Ph balance and how it can become upset and / or properly maintained.
15. Learn about psychological obstacles to orgasms in women.

### **Narrated Multimedia Presentation:**

This fundamental course on female sexuality focuses on the basic anatomy of a woman her multiple stages of sexual health and arousal. Internal and external erogenous zones are described in detail so that you can find and stimulate how to stimulate her U, G and A spots enabling maximum pleasure that may lead to orgasm and female ejaculation.

Video course running time: 1 hour, 20 minutes

Approximate test time: 30 minutes

### **Training Videos:**

#### ***Train Your Mind to Be Sexy Through Meditation, Fantasies & Yoga with Dr. Anne Ridley* (45 minutes)**

Licensed psychologist Dr. Anne Ridley conducts this seminar which includes mind and body meditation, breathing and yoga. With interactive exercises, she encourages women to discover pleasure by releasing their inhibitions and showing up for themselves and their partners in a more authentic way.

#### ***Kundalini Yoga for the immune System by Gurutej Kaur* (1 hour, 3 minutes)**

Your immune system and your body's energy system depend on each other, teaches Gurutej Kaur. Viewers are guided through 15 powerful exercises specifically adapted from Kundalini yoga to energize the chakras and the glands that underlie them, freeing the body's natural healing system to work at full capacity. Created especially for those who face high levels of stress—the number one threat to the immune system—here is a dynamic daily practice to help viewers maintain their physical, emotional, and spiritual health.

### **Audio:**

#### ***How To Discover Your Inner Sex Kitten by Dr. Cat Meyer* (23 minutes)**

This is Dr. Cat's guided practice to activating your inner sex kitten. This practice will bring you back into deeper connection + lovership with your body + the palpable energy within.

#### ***Female Sexuality Hypnosis Session* (22 minutes)**

Dr. Ava Cadell uses hypnosis to free women of any sexual inhibitions, guilt or shame associated with sex so that they can enjoy their sexual experiences with no limits. This audio is recommended for clients who need extra help with positive affirmations and creative visualization.

**Never listen to hypnosis recordings while driving a car or operating machinery.** When listening to hypnosis recordings, choose an environment that is quiet and safe. While hypnosis has many beneficial effects, hypnosis is not a substitute for appropriate medical attention. Statements and products offered on this website are not intended to diagnose, treat, cure nor prevent any disease or illness. When dealing with physical and/or mental illness or disease, always consult a qualified physician or therapist. Hypnosis recordings are not recommended for people suffering from mental disorders or illness. There is no guarantee of specific results and results can vary. The only one who can possibly guarantee your success is you.

## **9. Male Anatomy & Arousal 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 three (3) foods that stimulate male genitals.
2. Learn how to do a testicular exam.
3. Name five safer sex activities.
4. Explain the five (5) stages of orgasm for men.

5. Summarize common elements in male sexual fantasies per research studies.
6. Identify the six (6) parts of the male genitalia.
7. Distinguish between orgasm and ejaculation for men.
8. Understand how vascular issues affect Erectile Dysfunction.
9. Explain what erectile dysfunction is and summarize its identified causes.
10. Develop a plan for male clients with Erectile Dysfunction to identify the source of their issues by referring them to medical and talk therapy services to solve the problem.
11. Identify when men should get their prostate gland checked by a medical doctor.
12. Identify at least three (3) techniques for increasing penis stamina.
13. Explain how the prostate gland works, where it is and how to stimulate it.
14. Understand how the Nocturnal Penile Tumescence Test is performed and its significance in diagnosing ED.
15. Learn about how dominance, control and power factor into male sexuality.

### **Narrated Multimedia Presentation:**

This course lays the groundwork for male sexuality, focusing on basic anatomy and stages of arousal, how to stimulate and achieve orgasm, details about multiple orgasms for men and women. Also covered is comprehensive sexual health information from penis exercises and disease prevention to sexual dysfunction and prostate health.

Video course running time: 1 hour, 10 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Knowing Men: Learn What Men Like & Dislike Mentally, Physically & Sexually with Dr. Max McMullen*** (29 minutes)

Dr. McMullen brings a historical perspective of human sexuality and sexual health to the realities of living in a digital age in this seminar that covers low libido, erectile dysfunction, premature ejaculation and testosterone replacement for men. The Q & A section includes discussion about male sex drive and orgasms.

### **Audio:**

***Male Sexuality Hypnosis Session*** (20 minutes)

With clear, simple techniques, Dr. Ava Cadell uses hypnosis to transform the way male individuals think about their bodies so that they can change the way they make love and reach their full sexual potential. This is recommended for clients who need extra help with positive affirmation and creative visualization.

## **10. Foreplay 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) ways for sexual partners to communicate their foreplay preferences.

2. Name at least ten activities that are considered foreplay.
3. Identify and explain at three (3) types of breathing exercises that enhance foreplay and create sexual anticipation.
4. Understand how a “Want, Will, Won’t” list helps sexual partners to communicate their preferences and desires.
5. Examine how oral sex can be considered foreplay.
6. Identify at least six (6) types of touch.
7. Identify at least five (5) erogenous zones that are not related to the genitals.
8. Explain the Triangular Theory of Love.
9. Understand how vocal variations can create attraction between partners.
10. Learn about outercourse and how it functions as both foreplay and safer sex.

### **Narrated Multimedia Presentation:**

This course on foreplay is designed to equip students with detailed information on how to build sexual anticipation that is non-coital. Exploration of sensual breathing techniques, erotic vocal signals, kissing, undressing, sensual touch, physiological response and the role of ‘outercourse’ can all be a prelude for a magical and memorable date. Learning unique foreplay techniques such as mammary, axillary and gluteal sex can open a whole new foreplay world and become your sexual main event.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Creative Foreplay & Communication: To Empower Yourself & Your Partner with Dr. Nikki Goldstein*** (1 hour)

Australia’s top sexologist and author of #SingleButDating teaches this live seminar that includes many unique and creative foreplay tips.

## **11. Consent & Safer Sexual Health 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) ways to reduce the risk of HIV and other sexually transmitted infections
2. Differentiate the between HIV and AIDS by explaining the defining criteria for AIDS
3. Name the stages of HIV, explain the different types of HIV testing, and which (4) fluids transmit HIV & why
4. Explain the five major modes of HIV and STIs transmission
5. Summarize the HIV test counseling process and identify at least five (5) protective factors
6. Identify all sexually transmitted infections (STI)
7. Distinguish between direct and indirect risk factors
8. Understand how indirect factors create risk for HIV/AIDS and sexually transmitted infections

9. Examine how our past & personal triggers potentially puts us at risk for HIV and other STIs
10. Develop a safer sex plan by identifying ways to protect yourself
11. Identify all the major methods of birth control and their pros and cons
12. Identify at least three (3) ways to negotiate safer sex & make safer sex sexy
13. Explain the different types of safer sex tools including condoms, female condoms, lubricants
14. Understand the meaning of sexual consent, and the consequences of non-consensual sex
15. Learn about safer dating practices and how to avoid sexual harassment and sexual assault

### **Narrated Multimedia Presentation:**

The Consent & Safer Sexual Health course was developed by Dr. Ava Cadell with contributions by Dr. Tamara Griffin, as they cover all aspects of safer sex and safer relationships, including comprehensive information about STDs and HIV/AIDS, their stages, treatments, prevention methods and protocols. Sexual assault and consent are examined in the context of history and practical application, as are the many different methods of birth control and their effectiveness. This course also identifies how to make safer sex sexy, focusing on the importance of negotiating with sexual partners to use safer sex practices and enhance protection while maintaining eroticism.

Video course running time: 5 hours

Approximate test time: 30 minutes

## **12. Pleasing a Woman 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 five (5) steps to intimacy.
2. Differentiate the between pleasing a woman emotionally, mentally, physically and sexually.
3. Name the 14 qualities that women look for in a partner.
4. Explain how stimulating all five senses can arouse a woman.
5. Distinguish between visual, auditory and kinesthetic approaches to pleasing a woman.
6. Identify all the major parts of the female genitalia.
7. Identify at least three (3) ways to stimulate the clitoris.
8. Explain where the G-spot is on a woman, and how to stimulate it.
9. Understand the meaning of “After Play” and why it’s important to women
10. Learn about the benefits of increases intimacy between partners including building confidence and creating feelings of desirability

### **Narrated Multimedia Presentation:**

Pleasing a woman is a multi-faceted enterprise that includes emotional, mental, physical and sexual elements. This course details how to meet the desires of most women, with methods of achieving good communication, trust, intimacy and respect. Tips and techniques include helping her to relax with a foot massage, get her juices flowing with passionate kissing that leads to explicit erotic video demonstrations of enabling her to orgasmic bliss.

Video course running time: 1 hour, 9 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Tantric Massage: How to Relax and Arouse with Sensual Tantric Techniques (performed by a man on a woman)*** (48 minutes)

Brett Stephenson conducts a deep tissue erotic massage in real time, demonstrating sensual tantric techniques.

### **Audio Lessons:**

***Passion Power Audio for Men*** (23 minutes, 19 seconds)

Dr. Ava Cadell teaches men the many essential ways to love a woman, keep a relationship passionate, and deepen intimacy.

### **Reading Material:**

***The Loveologist Guide To What Women Want in Bed*** (20 pages, estimated time to complete: 40 minutes)

This guide explores how intimacy and communication can lead to better sex, with romantic, sensual, sexual, and highly erotic tips and exercises.

## **1. Pleasing a Man 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 three (3) findings from Bruce J. Ellis and Donald Symons' research on male tendencies in sexual fantasies.
2. Name and define all the parts of male genitalia.
3. Explain how erotic talk enhances male sexual excitement.
4. Summarize basic generalizations about men.
5. Identify the top three (3) men's fantasies and how to execute them as a partner.
6. Understand how to find the prostate gland and how to stimulate it.
7. Identify eight types of physical touch.
8. Identify at least five (5) ways increase a man's love.
9. Explain how to give a Tantric Lingam massage.
10. Learn how to put a condom on with your mouth.

### **Narrated Multimedia Course:**

This course offers a comprehensive look at what men want and need for their sexual, emotional & mental satisfaction. Sexual fantasies, erotic talk, oral sex, erotic massage, role playing, prostate play, quickies, sex positions and giving him the ultimate TriGasm are all explored in depth for a comprehensive understanding of male desire. Sexual knowledge results in sexual satisfaction for both the giver and receiver of pleasure.

Video course running time: 1 hour, 11 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Erotic Massage: How To Convey Love Through Mindful Touches with Jaiya (performed by a woman on a man)*** (36 minutes)

Award-winning somatic sexologist, best-selling author and founder of New World Sex Education, Jaiya Ma, teaches an intimate class on how to convey love with your hands, through sensual massage. Her partner Ian is her model for the live demonstrations where they share their energy through breath and movement and encourage the seminar participants to actively learn techniques. Jaiya introduces her idea of the “Core Erotic Blueprint” which helps people identify the way they like to be touched.

### **Reading Material:**

***The Loveologist Guide To What Men Want In Bed*** (19 pages, estimated time to complete: 37 minutes)

In this guide, Dr. Ava Cadell teaches women how to become a passionate sexual partner, including step-by-step techniques on sensual massage, how to discover his hot-spots and play into his fantasies.

## **13. Erotic Massage 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 five (5) factors to consider when deciding the type of massage to give to a partner.
2. Differentiate between breast and nipple massage and learn to do both.
3. Name the seven sacred chakras and how they relate to body “landmarks.”
4. Explain how trust intersects with massage.
5. Summarize the list of limitations to be considered before giving an erotic massage.
6. Identify at least eight (8) types of physical touch.
7. Identify all the major parts of female and male genitalia.
8. Identify at least three (3) penis massage techniques and how to execute them.
9. Explain how to massage the clitoris to achieve a clitoral orgasm.
10. Learn how to give an erotic foot massage.

### **Narrated Multimedia Presentation:**

The art of erotic massage is examined closely in this how-to course that breaks down the process into step-by-step techniques including setting the scene, sensory stimulation, types of touch, basic body landmarks, permission, and orgasmic climaxes. You don't have to be a pro massager to give your lover an erotic massage. The most important component of a great massage is the desire to please your lover. But after watching the erotic massage videos, you might feel like a pro when you or your partner experience a "happy ending."

Video course running time: 51 minutes, 46 seconds

Approximate test time: 30 minutes

### **Audio Lessons:**

***Sensual Massage Audio*** (23 minutes, 6 seconds)

Dr. Ava Cadell narrates this program that teaches the tools to relieve tension, improve circulation, awaken nerves, and sexually arouse with step-by-step direction of many sensual massage techniques.

## **14. Erotic Talk 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 six (6) basic questions that can be used to initiate erotic talk.
2. Differentiate between similes and metaphors and how they can be used to create erotic phrases.
3. Explain how the five senses can be mined for erotic talk topics.
4. Examine how erotic talk increases arousal and influences sexual behavior.
5. Develop a plan for your clients to overcome any embarrassment or resistance to use erotic talk and improve their intimacy.
6. Identify ten positive reasons for partners to engage in erotic talk.
7. Identify at least three (3) common sexual fantasy tendencies each for men and women.
8. Explain how erotic talk works to continue a man's sexual ability during a refractory period after sex.
9. Understand the basic formula for putting together an erotic sentence.
10. Learn about erotic talk exercises and how they break the ice to overcome shyness or awkward tension.

### **Narrated Multimedia Presentation:**

Communicating erotically is one of the foundational elements of a great sex life. This course explores the many motivations and benefits of erotic talk including enriching sensual experiences and fulfilling sexy fantasies. Practical exercises with sample scripts offer guidelines for everything from communicating sexual boundaries to having great

phone sex. So, if you want to hear some dirty talk with or without your partner, these erotic audios on masturbation, oral sex and lesbian massage might give you an eargasm!

Video course running time: 49 minutes, 48 seconds

Approximate test time: 30 minutes

**Audio:**

*Ava's Hot Lips* (58 minutes, 31 seconds)

Erotic audios introduced by Dr. Ava Cadell and performed by real people. The sexual fantasies included are: masturbation, a threesome with two men and one woman, a threesome with two women and one man, oral pleasure, anal pleasure, lesbian massage, swingers, big breasts, spanking and domination, an erotic shoe store fantasy and flashing in the car.

*Soundz of Sex* (54 minutes, 28 seconds)

The sounds of real sex and erotic talk set to music in techno, blues, pop, and R&B styles. Tracks include: Sexycise, Sextrology, Kool Whip, Je T'aime, On Line Love, Voodoo of Love, The Art of Love, On Your Knees and Sic Love Blues.

## 15. **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 the primary hormone associated with intimacy and how it works.
2. Differentiate between Erik Erikson's eight stages of Psychosocial Development.
3. Name and define John Allen Lee's six types of love.
4. Explain the Matching Hypothesis.
5. Summarize the Proximity Effect.
6. Identify all five (5) patterns in the progression of flirting.
7. Distinguish between left and right brain thinking and how these styles affect the ability to be intimate and understand another person's intimate needs.
8. Understand the "field of eligible" and how it pertains to finding an intimate partner.
9. Examine the 12 Cs of Intimacy and couples' enrichment.
10. Develop a plan for self-disclosure with your clients so they can overcome fear of judgment, rejection, insecurity or embarrassment.
11. Identify internal and external distractions and how they impact intimacy.
12. Identify the five (5) steps of intimacy.
13. Explain how Erikson's "intimacy and isolation" dichotomy works and how it can result in healthy choices for partnership.
14. Understand Sternberg's Triangular Theory of Love.
15. Learn about historical practices to encourage intimacy such as "Bundling."

### **Narrated Multimedia Presentation:**

Achieving intimacy in a relationship involves a process of mutual personal discovery that includes learning how your partner loves, how their brain works (are they primarily left or right brained?), in what ways they become distracted, and many other subtle nuances that, once explored, can strengthen the bond. This course delves into all aspects of romantic and sexual intimacy and includes practical exercises for couples' discovery.

Video course running time: 1 hour, 16 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Intimacy Wellness - Experiential Therapy with Dr. Elaine Floyer*** (15 minutes 54 seconds)

Dr. Elaine Floyer discusses the many experiential ways to improve intimacy and encourage relationship growth, including sensate focus, dating role-play, mindful meditation, and anxiety reduction through touch.

***Instructional Tantric Massage*** (1 hour)

This is a demonstration of Tantric Massage by Massage Therapist, Brett Stephenson massaging his lovely partner from head to toe, sensually. You will learn how to change pressure while stroking different parts of the body.

Keep in mind, fleshy parts of the body—thighs, arms, buttocks—can stand more pressure than less fleshy parts like necks and ankles. By exploring your lover's body, you will enhance your relationship and you will find new areas of sexual excitement that will expand your sexual horizon. Massage is all about giving the most pleasure to your lover that you possibly can. It is a wonderful way to express yourself. Don't forget to take turns. It's important that you learn to receive a massage as well as give them.

### **Reading Material:**

***Love in the Time of Corona (eBook)*** (166 pages)

Love in the Time of Corona: Advice from a Sex Therapist for Couples in Quarantine by Dr. Diana Wiley.

Invite more intimacy and sensuality back into your relationship. Such healthy pleasures will soothe your anxieties amid the coronavirus pandemic and bring you closer together as a couple. You could even heal your relationship, but only you can make a choice about whether you either enjoy or merely endure this time of forced togetherness.

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!"

## 16. **Oral Pleasure 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) ways to stimulate the penis.
2. Name all the parts of the male and female genitalia.
3. Explain how to make an oral sex dental dam / finger cot combination from a rubber glove.
4. Identify at least three (3) different types of female orgasms.
5. Distinguish between the number of nerve endings in the penis versus the clitoris.
6. Identify at least twelve (12) oral sex positions and their pros and cons.
7. Identify at least three (3) findings by Alfred Kinsey in his research on oral sex.
8. Explain how to put a condom on with your mouth.
9. Understand how to exercise the tongue like any muscle.
10. Learn about oral sex history and where it is still technically illegal.

### **Narrated Multimedia Presentation:**

Oral sex history, origins, technique, and skill are covered comprehensively in this detailed course that focuses on cunnilingus, fellatio, oral sex positions, oral sex locations, tongue exercises, analingus and much more. So, if you want to learn how to put a condom on with your mouth or watch three hours of explicit oral sex tips, then this course is for you.

Video course running time: 1 hour, 50 minutes

Approximate test time: 30 minutes

### **Ask The Expert – Valerie Baber on Fellatio** (5 minutes, 28 seconds)

Love Coach Valerie Baber gives expert advice about fellatio, including insight into how men feel about it, what turns them on most, and their most common desires.

### **Reading Material:**

***Loveologist's Guide to Oral Pleasure eBook*** (16 pages, approximately 32 minutes to complete)

Open the door to a new and exciting kind of oral sex, learning new techniques for men and women. Overcome sexual inhibitions by boosting confidence in the bedroom and learn how to take precautions to protect your health. From touch to taste, this e-book covers all the ways to experience and give the ultimate oral sex.

## 17. **Fantasies & Role-Playing 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. Explain Hock's assertion that sexual fantasies are an adaptive evolutionary survival

- mechanism.
2. Summarize how Somatization works.
  3. Distinguish between legal and illegal sexual acts that are popular in fantasies.
  4. Examine types of fantasy, and sexual fantasy writing samples to be able to explain to others the main elements of fantasy.
  5. Develop a plan for couples to share and explore their sexual fantasies with each other in a safe and healthy way.
  6. Identify the ways in which sexual fantasies affect partnered relationships, and their pros and cons.
  7. Identify at least three (3) findings from Bruce J. Ellis and Donald Symons' study of fantasies.
  8. Explain the generalized differences between male and female sexual fantasies.
  9. Understand the rules for acting out role-playing games or erotic fantasies to create a safe stage for healthy play.
  10. Learn how female sexual fantasies were treated in the Victorian era.

### **Narrated Multimedia Presentation:**

Fantasies and role playing can play a key role in unleashing passion and erotic, playful sexuality. This course covers some common and unusual fantasies, what triggers them and how to make them come true creatively. Discover how getting into character can be an effective communication tool for many couples, and how fantasy and role-playing can help to shed inhibitions for deeper intimacy.

Video course running time: 55 minutes

Approximate test time: 30 minutes

## **18. Playful Positions 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 and explain the eight (8) physical and mental qualities to assess when deciding on sexual positions.
2. Name several important questions to ask of oneself and one's partner before engaging in any new sexual position.
3. Explain how to identify trust between partners in context of sexual positions.
4. Identify the methods and benefits of "outercourse" including as an alternative to women with dyspareunia.
5. Distinguish between heterosexual and homosexual sex positions and name the benefits per position.
6. Understand the risks of standing sexual positions and how height, strength, weight, balance, and coordination factor into safety.
7. Identify all major Tantric sex positions and benefits.
8. Identify at least three (3) intercourse and oral pleasure positions for each partner category.
9. Understand how threesomes and foursomes work to create more possibilities for

anatomical configurations.

### **Narrated Multimedia Presentation:**

This course on sexual positions is an all-inclusive how-to guide for a variety of different sexual masturbation, oral sex and intercourse positions including how to perform them, the pros and cons of each position, and the best time to engage in them. Techniques include multiple gender combinations and positions for physical limitations such as pregnancy or disabilities.

Video course running time: 1 hour, 18 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Arousing Sex Techniques & Sexual Positions For Female Satisfaction with Dr. Sadie Allison*** (46 minutes)

Dr. Sadie Allison, founder and CEO of Tickle Kitty, Inc., leads this playful live seminar all about the benefits of sexual positions, with her handsome assistant John who encouraged the women participants to try positions on the Liberator wedge (sex furniture) with him.

### **Reading Material:**

***Selections from: Idiot's Guide to the Kama Sutra by Dr. Ava Cadell*** (estimated time to complete: 10 minutes)

The Kama Sutra is not just about making love. It's about connecting with and cherishing a lover every day. *Idiot's Guides: Kama Sutra* is a fun and insightful guide and includes dozens of beautiful, full-color photos that illustrate traditional movements, as well as techniques for modern lovemaking. Dr. Ava Cadell explores the roots of the ancient art of Kama Sutra, essential warm-ups like aphrodisiacs and erotic massage, erogenous zones, oral pleasures, and more!

***Sexual Positions e-book by Dr. Ava Cadell*** (25 pages, estimated time to complete: 50 minutes)

Filled with instructional pictures, this e-book defines and describes most sexual positions from basic to advanced. Discover the best positions for your needs or the needs of your clients for maximum stimulation, pleasure and satisfaction.

## **19. 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

## **20. Couples Enrichment 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 and describe each of the seven (7) ingredients of love.
2. Explain how to write a forgiveness letter and name its benefits.
3. Identify the “Big Five” (5) personality traits as theorized by Paul Costa in the 1970s and describe how these traits relate to communication between partners.
4. Distinguish between a G-spot orgasm for her and a Tri-Gasm for him.
5. Understand how Tantric Sex practice increases sexual intimacy and fosters spiritual communication.
6. Examine how oral sex games can increase intimacy in couples.
7. Develop a plan for partners and couple to “fight fair” by identifying ways in which conflict can be communicated productively.
8. Identify all the major ways to cultivate intimacy between partners.
9. Identify the three (3) modes of neurolinguistic programming, and how they impact intimate communication.
10. Explain the main idea of the ‘art of seduction’ and name at least three (3) elements involved in creating an erotic mood and building sensual excitement.
11. Name and understand Dr. Ava’s 12 Cs of couple’s enrichment.
12. Learn how to use foundation building exercises to strengthen intimacy, including the Love List.

### **Narrated Multimedia Presentation:**

This course is designed to give individuals and Love Coaches the tools they need to help couples enrich their relationships with better communication, forgiveness, praise, touch, healing, and sexual techniques. From building strong new foundations to creating intense sexual experiences, Couples Enrichment is created to facilitate couples falling in love again and making passion a priority to improve the quality of their love lives.

Video course running time: 1 hour, 45 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Love Lust & Laughter with Dr. Ava Cadell, Dr. Hernando Chaves & Dr. Nancy Sutton-Pierce*** (53 minutes)

The topics in this live interactive seminar video takes place in China and includes the topics of self-love and pleasure, passionate play, sharing fantasies, what turns a man on, tantric sex and power play.

***Sexycises by Sexperts: Yin Yang Yoga for Intimacy, Various Sexperts (1 hour 33 minutes)***

Sexycises by Sexperts: Yin Yang Yoga for Intimacy is a love-changing video guide for couples to rekindle passion, deepen intimacy or just have fun together. Get to know 20 top sexy sexperts as they do live demonstrations of yoga poses to enhance intimate connection. Health benefits include flexibility, strength, balance, muscle tone, improved energy & vitality.

**Audio Lessons:**

***Passion Power for Couples* (6 x 1-hour Audios = 6 hours)**

Passion Power is a personal fulfillment and sensual enrichment program for couples. It is designed to improve communication and enhance intimacy, bringing passion back into relationships by expanding sexual horizons. Heart-to-heart connective exercises and empowering interactive techniques encourage couples to work and play together to bring their love lives to a whole new level.

**Reading Material:**

***Passion Power e-Workbook* (101 pages, estimated time: 3 hours, 20 minutes)**

This detailed workbook is designed to improve communication and enhance intimacy for couples when they complete the 'Love Work' assigned in each chapter. If couples already have passion, these exercises will make it sizzle, while couples who have lost their mojo will find this journey of kissing rituals and sensual massages brings them to an exciting new place in their relationship.

***Stock Market Orgasm eBook* (172 pages, estimated time: 5 hours, 45 minutes)**

This book uses the ups and downs of the stock market as an analogy for a new lovemaking system Dr. Ava has coined, 'The Stock Market Orgasm.' The basic thesis is that if we invest wisely in our lovers, we will reap the reward of a satisfying return. She encourages couples to increase their love portfolio by adding a little bit of time, effort and attention.

**21. The Big O 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 three (3) findings from Alfred Kinsey's research on orgasms.
2. Differentiate between at least five (5) types of orgasms and how they occur.
3. Name two (2) beliefs about orgasms in early Christianity.
4. Explain the female orgasm evolutionary theories of Morris, Baker and Bellis.
5. Summarize Dr. Gemma O'Brien's research on orgasms.
6. Identify the hormones released by orgasms in men and women.
7. Distinguish between the four-stage model of sexual response developed by Masters and Johnson and Dr. Ava's five stages of orgasm.
8. Understand how the Pleasure Scale can increase pleasure between couples.
9. Examine how to find and stimulate the G-spot in women and P-spot in men.

10. Develop a plan to help clients who have difficulty reaching orgasm and understand which type of professional should be consulted.
11. Identify at least three (3) results from the LU's orgasm research study.
12. Identify at least three (3) types of sex toys and how they create orgasms.
13. Explain how multiple orgasms occur for women and men.
14. Understand how the Cowper's glands work, and what fluid they secrete.
15. Learn about physical exercises for men and women to increase orgasmic potential.

### **Narrated Multimedia Presentation:**

Orgasms have been defined as everything from a natural stress reliever to a spiritual experience. This course dives deep into the history, facts, and research about the 'Big O' including orgasm stages, pleasure scales, orgasm barriers, erogenous zones and types of orgasms including blended orgasms, Bi-gasms, Tri-gasms and more.

Video course running time: 1 hour, 2 minutes

Approximate test time: 30 minutes

### **Training Videos:**

**Unique Orgasms: Discovering Ultimate Pleasure for your Sexual Health with Dr. Ava Cadell & Dr. Hernando Chaves** (36 minutes) teach you about Core-gasms, Nipple-gasms, Anal orgasms, the A, C, U and G-spot, Brain-gasms, Perineum orgasms, multiple orgasms, and many more unusual ways to find sexual satisfaction.

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

**Ask The Expert – Brandon Maxwell on Male Multiple Orgasms** (21 minutes)

Dr. Ava Cadell interviews Brandon Maxwell, expert on male multiple orgasms. Discover how multiple orgasms can be achieved by separating orgasm from ejaculation through ancient Tantric techniques.

**Ask The Expert – Orgasmic Birthing with Jaiya** (24 minutes, 40 seconds)

Somatic Sexologist, sexological bodyworker and Tantra teacher Jaiya Ma speaks about her practice of coaching women through the journey of orgasmic birth.

### **Documentaries:**

**Documentary - *Orgasm, Inc.*** (1 hour, 23 minutes)

Filmmaker Liz Canner takes a job editing erotic videos for a pharmaceutical company developing the first FDA approved Viagra drug for women to treat a new disease: Female Sexual Dysfunction (FSD). Liz gains permission to film the company for her own documentary and discovers how the medical industry is reshaping our everyday lives around health, illness, desire, and that ultimate moment of orgasm.

## **22. The G-Spot 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 which sex toys and personal lubricants are appropriate for G-spot stimulation.
2. Explain the emotional and physical challenges to finding the G-spot in a solo and partner context.
3. Name the best sexual positions for heterosexual partners to stimulate the G-spot during intercourse.
4. Explain the common emotional responses to G-spot orgasms in women.
5. Summarize Beverly Whipple's response to the King's College London study on the G-spot.
6. Identify the ten (10) steps to stimulating the G-spot.
7. Distinguish between male ejaculation and female ejaculation.
8. Understand how female ejaculation works.
9. Examine the life history and revolutionary findings of Ernest Grafenberg.
10. Develop a plan to help client's find and stimulate their G-spots to achieve G-spot orgasms and / or female ejaculation.
11. Identify the Skene's glands and G-spot.
12. Identify all the parts of female reproductive anatomy.
13. Explain what the male G-spot or P-spot is, and which gland it stimulates.
14. Describe the G-shot, its purpose, and how it works.
15. Learn about the Venus Butterfly technique and Tri-gasms for women.

### **Narrated Multimedia Presentation:**

Learn exactly what the G-spot is, what it's made of, where it's located, its function, and the best techniques to stimulate it digitally or without toys. This course covers the ongoing scientific research on the G-spot and female ejaculation, all aspects of the G-spot orgasm, physical responses to its stimulation, and how best to communicate desires for exploration to a partner.

Video course running time: 39 minutes, 29 seconds

Approximate test time: 30 minutes

## **23. Adult Toys 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) bondage toys and how they work.
2. Differentiate between silicone, water-based and hybrid personal lubricants.
3. Name & describe at least four (4) categories of sex toys for women.
4. Name & describe at least two (2) categories of sex toys for men.
5. Explain how couple's toys can improve partnered sex.
6. Understand how Kegel balls improve the strength of women's pelvic floor.

7. Explain how to use toys safely with proper hygiene and lubricants.
8. Summarize the factors involved in choosing a sex toy.
9. Identify the A, U and G-spots in women's anatomy.
10. Distinguish between silicone, latex and jelly rubber toy materials.
11. Define female "hysteria" as it was understood as a medical condition in the Victorian era and the role of early 'sex toys' in 'curing' it.
12. Examine which toys can be used therapeutically to help anorgasmia or other sexual dysfunctions.
13. Develop a plan for couples or partners to incorporate sex toys into their sexual relationships.
14. Identify at least three (6) events by year to date in the historical evolution of vibrators.
15. Learn about the history of sex toys and be able to identify at least three (3) landmark events in the historical timeline.

### **Narrated Multimedia Presentation:**

Sex toys have been around for thousands of years, but never has there been such a huge industry for sexual aids as the present time. Filled with photos and examples of vibrators, dildos, penis rings, butt plugs, nipple clamps, dolls, wands, BDSM gear, sex furniture and much more, this course comprehensively covers the world of sex toys. Learn how to inform your Love Coach clients about the benefits of toys, whether they are singles, couples or groups of any gender or orientation. Also included is information on how to become a sex toy 'party planner' and related business opportunities.

Video course running time: 1 hour, 40 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***History of Sex Toys: How To Use Sex Toys For Pleasure & Fantasies with Dr. Carol Queen*** (1hr 9 minutes)

Sex educator, activist and writer Carol Queen is the staff sexologist at the women-owned Good Vibrations sex toy and book emporium, and curates the Antique Vibrator Museum. In this live interactive seminar, she teaches about the history of sex toys and how to incorporate them into a relationship to boost intimacy.

***Sex Toys with Dr. Ava Cadell*** (50 minutes, 19 seconds)

A fun and interactive live seminar filmed at Hedonism II in Jamaica. Dr. Ava teaches about how to use popular sex toys to arouse men, women and couples.

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

***Ask The Expert – Home Party Planning with Tamara Bell*** (13 minutes, 16 seconds)

Dr. Ava Cadell interviews Tamara Bell, founder of the Home Pleasure Party Plan Association about how to become a pleasure party planning entrepreneur, and how becoming a love coach can benefit your business.

***Ask The Expert – Sex Toys with Dave Levine*** (12 minutes, 22 seconds)

Dr. Ava Cadell interviews SexToy.com owner and entrepreneur Dave "Sex Toy Dave" Levine. He discusses why he started his sex toy empire, which toys sell best for men and women, what's popular and why, and what the future holds in the sex toy industry.

**Ask The Expert – Dave Levine & Dr. Ava Cadell** (11 minutes, 23 seconds)

Dave Levine from SexToy.com interviews Dr. Ava Cadell about sex toys, discussing asks sex toy styles, uses & benefits.

**Ask The Expert – Sexpert Panel, Pleasure Products & Adult Toys** (1 hour)

Moderator: Tamara Bell

Panelists: Dr. Ava Cadell, Nicole Grossman (CalExotics), Kim Varner, Coyote Amrich (Good Vibrations), Dr Draï Burch, OB/GYN and founder of Momentum.

## 24. **Back Door Play 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) physical ways to prepare for pleasurable and safe anal penetration.
2. Summarize Alfred Kinsey's research findings about anal sex.
3. Distinguish between myths and facts about anal sex and homosexuality.
4. Examine types of treatment for anal fissures caused by anal penetration.
5. Develop a plan for couples to communicate about anal pleasure safely.
6. Identify major parts of male reproductive anatomy including prostate gland.
7. Identify the three (3) main anatomical parts to the Anus.
8. Explain how to use a prostate massager to stimulate the prostate gland.
9. Understand how to give a buttocks massage.
10. Learn how to self-administer an anal douche.

### **Narrated Multimedia Presentation:**

Anal sex has been enjoyed since ancient times, but has often been subject to controversy and taboo. This course thoroughly examines anal pleasure for men and women, analingus, consent, cleaning, preparation, anal care, breathing techniques, positions, prostate play, risk for STDs, how to talk about desire for anal sex and much more.

Video course running time: 46 minutes

Approximate test time: 30 minutes

## 25. **Boundaries & Taboos 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) research findings from the Loveology University Sexual Boundaries Survey.
2. Differentiate between the term's hooker and sex worker, and explain how language creates stigma.
3. Name the ways in which the LGBTQI community has been harmed by the 'taboo' of homosexuality.
4. Explain the risks of anal penetration.
5. Summarize the reach and results of the 1873 anti-pornography law in the U.S.
6. Identify at least five (5) benefits to legalizing sex work.
7. Define BDSM and give at least three (3) examples of BDSM activities.
8. Define compersion and its role in polyamory.
9. Examine at least five (5) paraphilias.
10. Develop an actionable plan for couples looking to push their own sexual boundaries by engaging in behavior they consider taboo.
11. Identify the legalities of polyamory and polygamy in the U.S. and around the world.
12. Identify the most and least sexually active cultures and explain how they illustrate the globally disparate views about sexual taboos.
13. Explain the Westermarck Effect as it relates to incest.
14. Understand the reasons that people cheat on their partners and identify at least three (3) findings from Loveology University's Cheating Survey.
15. Learn about cultural reactions to nudity in the U.S.

### **Narrated Multimedia Presentation:**

Sexual taboos exist in most cultures, and this course identifies the behaviors and fetishes that have been or are currently considered outside of 'normal' sexuality in various societies, including nudism, prostitution, incest, cheating, multiple partners, splashing, piercings, public sex & much more.

Video course running time: 1 hour, 25 minutes

Approximate test time: 30 minutes

### **Training Videos:**

#### ***BDSM & Role playing: Erotic Confidence For Women With Kinky Desires with Mistress Minax*** (1hr 12 minutes)

Dominatrix and author of Bondassage, Mistress Minax, teaches women about erotic confidence, kink, fantasies and role-playing in this interactive live seminar. She and her submissive, David, give hands-on demonstrations that allow participants to experience power play.

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

#### ***Ask The Expert – Paraphilia & Fetishism with Dr. Hernando Chaves*** (24 minutes, 22 seconds)

Accomplished Sex Therapist and Marriage and Family Therapist Dr. Hernando Chaves speaks about the definition of paraphilia, and the differences between fetishes and paraphilia, giving insight into this behavior.

## **26. Foot Fetish 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) ways in which foot fetishes are safer sex.
2. Differentiate between a healthy and unhealthy fetish.
3. Define the Ordinance of Humility.
4. Explain how fetishes and paraphilias are classified by the Diagnostic Statistical Manual.
5. Summarize how apocrine glands are thought to influence foot fetish behavior.
6. Identify at least ten (10) steps involved with Foot Thrilling.
7. Distinguish between foot fetish, retifism and aretifism.
8. Understand the ancient Chinese practice of foot binding.
9. Distinguish between foot torture and bastinado.
10. Explain how reflexology uses feet to affect the whole body.

### **Narrated Multimedia Presentation:**

This is a comprehensive course on one of the most common fetishes in America. Learn theories on what causes foot fetish fascination, variations on classified paraphilia like this, as well as foot play techniques like trampling, footsie, tasting, squish, reflexology, and podiary sex.

Video course running time: 44 minutes

Approximate test time: 30 minutes

## **27. Power Play 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) bondage scenarios and how they can be executed safely.
2. Differentiate between four different types of dominance / submission relationships.
3. Name and define the four (4) components to safe power play between adults.
4. Summarize the definition and importance of consent within BDSM activities.
5. Distinguish between nylon, hemp and cotton bondage ropes and explain how to determine appropriate lengths and restraint points for bondage.
6. Examine how the 'Want, Will, Won't' list can be used to define boundaries for individuals and couples engaging in power play.
7. Develop a plan for clients to connect their current sexual behavior with more advanced power play activities to enhance their excitement and pleasure safely.
8. Identify at least five (5) types of bondage furniture and how it works.
9. Explain how at least five (5) different types of body restraints are used.
10. Learn how to form a Dragonfly knot and be able to demonstrate it for others.

**Narrated Multimedia Presentation:**

Power Play explores Sado-Masochism, Bondage, Discipline and Domination for sexual pleasure and fulfillment. Techniques include spanking zones, restraint styles and props, humiliation, domination, and submission dialogue. You will learn how to bring these practices into a relationship with power play vocabulary including safe words and role-play scripts.

Video course running time: 3 hours

Approximate test time: 30 minutes

**Ask The Expert – PowerPlay and BDSM (1 hour)**

Moderator: Viloshni Moodley

Panelists: Dr. Ava Cadell, Josh Ortiz, Dr. Patsy Evans & Jason, Sunny Megatron, Tamara Bell.

**28. 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 our 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!

## 29. **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 in dietary value and dangerous or unusual aphrodisiacs based in 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.

## **30. Women Loving Women 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) landmark events on the timeline of LGBT history.
2. Identify the Kinsey Scale and summarize Alfred Kinsey's theory of sexual orientation.
3. Identify at least five (5) of Klein's variables.
4. Examine the history of lesbians from the poet Sappho to the 21<sup>st</sup> century and be able to list at least ten (10) important events along the timeline.
5. Identify the most common misconceptions about lesbian sex by non-lesbians.
6. Identify at least three (3) ways in which lesbians may be discriminated against by medical professionals.

7. Name at least five (5) lesbian sexual positions.
8. Explain how coming out as gay can be challenging and outline self-love exercises that may make it easier.
9. Understand lesbian stereotypes and slang.
10. Learn about famous lesbians throughout modern times.

### **Narrated Multimedia Presentation:**

This course encompasses the history of lesbian culture, societal struggles, and examines the acceptance of sexual orientation. It covers how to meet other women and date as a lesbian, erotic options, sexual benefits, STD risks, relationship boundaries and more.

Video course running time: 1 hour, 10 minutes

Approximate test time: 30 minutes

### **Ask An Expert**

*Sexpert Panel, LGBTQ* (1 hour)

Moderator: Tamara Bell

Panelists: Buck Angel, Dr. Natalia Zhikhareva (Dr. Z), Chelsea Downs, Nenna Joiner, Dr. Ava Cadell, Dr. Marjha Hunt

## **31. Male Lovers 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) landmark events on the timeline of LGBT history.
2. Identify the Kinsey Scale and summarize Alfred Kinsey's theory of sexual orientation.
3. Identify at least five (5) of Klein's variables.
4. Examine how to create sexual boundaries between gay male partners using the 'Want, will, won't' chart.
5. Identify the most common ways in which the HIV virus is transmitted and how gay male sex can present unique opportunities for the virus.
6. Explain how to have healthy safer anal sex.
7. Describe at least three (3) gay male sex toys that enhance sexual pleasure.
8. Name at least five (5) gay male sexual positions.
9. Understand gay stereotypes and slang.
10. Learn about famous gay men throughout modern times.

### **Narrated Multimedia Presentation:**

This course covers gay male culture and sex including Alfred Kinsey's scale, Klein's sexual grid, coming out, finding a partner, developing relationships and step-by-step sex information including anal sex, toys, fellatio and much more.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

### **Ask An Expert**

*Sexpert Panel, LGBTQ* (1 hour)

Moderator: Tamara Bell

Panelists: Buck Angel, Dr. Natalia Zhikhareva (Dr. Z), Chelsea Downs, Nenna Joiner, Dr. Ava Cadell, Dr. Marjha Hunt

## **32. Transgender Female to Male 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. Understand gender dysphoria and how it manifests over the stages of life.
2. Identify at least three (3) etiological theories of etiology for transgender identity.
3. Differentiate between gender identity, sexual orientation, and biological sex.
4. Name four (4) ways in which a trans man can engage in a 'social transition' to his true gender identity.
5. Explain the negative effects on human beings that result from suppressing one's true gender identity.
6. Summarize how binding and packing work to change a trans man's appearance.
7. Identify at least five (5) ways testosterone therapy changes a trans man's physical body and emotions.
8. Be familiar with the requirements for transsexual top and bottom surgery as outlined by the World Professional Association for Transgender Health (WPATH).
9. Distinguish between and describe the two types of 'top' surgery, which removes breast tissue.
10. Develop a plan for trans clients to work through their body acceptance and become excited about dating and sex in their new identity.
11. Identify at least three (3) effects of surgery on sexual response.
12. Identify at least three (3) effects of transition on sexuality.
13. Explain the procedures of Metoidioplasty, Phalloplasty, Scrotoplasty and Urethroplasty.
14. Understand the benefits and challenges of the trans man's experience post-operation.
15. Learn about disclosure and how that relates to the trans man's dating experience.

### **Narrated Multimedia Presentation:**

This course, developed by Dr. Natalia Zhikhareva, a clinical psychologist specializing in transgender care, is a comprehensive overview of what it means to be a transgender man, how a person born physically as a woman can transition to a man's gender assignment, and the testosterone hormone therapy and surgical reassignment procedures involved. The course also covers the psychological and social aspects of gender dysphoria and transition, as well as trans cross dressing, dating, and packing. Information on varied sex

tools from lubes to pumps and extenders are explored, with sexual techniques on oral and anal pleasure that enhance the trans male sexual experience.

Video course running time: 50 minutes

Approximate test time: 30 minutes

**Reading Material:**

***X-Biz Article: Understanding How The Transgender Community Has Been Transformed***

This short article is an interview with transgender icon and pornographer Buck Angel by Dr. Ava Cadell.

**Ask An Expert**

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

Moderator: Tamara Bell

Panelists: Buck Angel, Dr. Natalia Zhikhareva (Dr. Z), Chelsea Downs, Nenna Joiner, Dr. Ava Cadell, Dr. Marjha Hunt

**Ask The Expert – *Transgender Zoom Interview/Training***, Dr. Ava Cadell and Dr. Natalia Zhikhareva (Dr. Z) (1 Hour)

**33. Transgender Male to Female 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. Understand gender dysphoria and how it manifests over the stages of life.
2. Identify at least three (3) etiological theories of etiology for transgender identity.
3. Differentiate between gender identity, sexual orientation and biological sex.
4. Name four (4) ways in which a trans woman can engage in a 'social transition' to her true gender identity.
5. Explain the negative effects on human beings that result from suppressing one's true gender identity.
6. Summarize how tucking and stuffing work to change a trans woman's appearance.
7. Identify at least five (5) ways estrogen, antiandrogen and progesterone therapy changes a trans woman's physical body and emotions.
8. Be familiar with the requirements for transsexual top and bottom surgery as outlined by the World Professional Association for Transgender Health (WPATH).
9. Be familiar with how the prostate gland can be used to create a G-spot during a trans woman's surgery.
10. Develop a plan for trans clients to work through their body acceptance and become excited about dating and sex in their new identity.
11. Identify at least three (3) effects of surgery on sexual response.
12. Identify at least three (3) effects of transition on sexuality.
13. Explain the procedures of Orchiectomy, Penectomy and Vaginoplasty surgery.
14. Understand the benefits and challenges of the trans woman's experience post-

operation.

15. Learn about Facial Feminization surgery and a Tracheal Shave.

### **Narrated Multimedia Presentation:**

This course is developed by Dr. Natalia Zhikhareva, a clinical psychologist specializing in transgender care. It offers a comprehensive overview of the transgender woman's experience, and how a person born physically as a man can transition to a woman's gender assignment through feminizing hormone therapy, breast augmentation, hair removal, tracheal shaves, and surgical reassignment procedures. The course covers the psychological and social aspects of gender dysphoria and transition, as well as trans female sexuality, sexual partners, dating and sex tools that include sensual massage, oral pleasure and sex toys to help become comfortable as one's true female self.

Video course running time: 46 minutes

Approximate test time: 30 minutes

### **Training Videos:**

*Sex Counseling with Performer Plastic Martyr & Dr. Ava Cadell (Part 1)* (9 minutes, 23 seconds)

Dr. Ava Cadell counselling session with singer Plastic Martyr about her attraction to "broken men." Martyr identifies proudly as "genderless" because she doesn't like the categories such as cross-dresser, transgender, male or female.

*Sex Counseling with Performer Plastic Martyr & Dr. Ava Cadell (Part 2)* (9 minutes, 45 seconds)

A continuation of part one, Dr. Ava creates closure for Martyr in her personal relationships by using healing techniques such as role playing and forgiveness.

### **Ask The Expert Video:**

*Ask The Expert – Dr. Connie Rogers on Understanding Transgender Issues* (35 minutes, 36 seconds)

Dr. Connie Rogers is a retired clinical psychologist and college professor who has published extensively on transgender topics. In this video, she talks about defining trans terms, and the cultural context of transgender identity.

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

Moderator: Tamara Bell

Panelists: Buck Angel, Dr. Natalia Zhikhareva (Dr. Z), Chelsea Downs, Nenna Joiner, Dr. Ava Cadell, Dr. Marjha Hunt

*Ask The Expert – Transgender Zoom Interview/Training*, Dr. Ava Cadell And Dr. Natalia Zhikhareva (Dr. Z) (1 Hour)

## **34. Polyamory 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) vocabulary words specific to polyamory.
2. Differentiate between polyamory and swinging.
3. Name the six (6) different poly configurations and define their parameters.
4. Define NRE and identify who coined the term.
5. Identify at least five (5) elements of a healthy poly relationship.
6. Distinguish between polyamory and open relationships.
7. Understand Dr. Leanna Wolfe's research studies of polyamory and be familiar with at least three (3) findings.
8. Identify the major authors associated with polyamory and how they define different modes of sexual expression.
9. Identify at least three (3) polyamorous micro-cultures from around the world.
10. Explain how the Oneida community of the 19<sup>th</sup> century was structured and how it engaged in polyamory.
11. Be familiar with the Kerista commune and how its operations served to define the polyamorous lifestyle.
12. Learn about 'Shares' and what happens during these events.

### **Narrated Multimedia Presentation:**

Polyamory (which means "loving more than one") is a course focused on cultural lifestyles that include multiple partners. From plural families to open relationships to swinging, it covers jealousy, fears, benefits, challenges, legalities and more.

Video course running time: 2 hours, 44 minutes

### **Reading Material:**

**177 Lovers and Not Done Counting: My Life as a Sex Researcher**

Dr. Leanna Wolf's

### **Ask The Expert Video:**

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

Moderator: Ava Cadell

Panelists: Carol & David, Tamara Bell, Nancy Sutton-Pierce, Dr. Elisabeth Sheff, Erika Jordan, Carol Queen

## **35. Cultural Competency 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. Differentiate between ethnocentricity and egocentricity.
2. Name five (5) cultures in which women around the world are discriminated against

- during their menstrual cycles.
3. Explain how to take a personal inventory of one's cultural beliefs and biases in the context of sexuality.
  4. Summarize how gender balance across the globe relates to sexual satisfaction rates.
  5. Identify at least five (5) world cultures and summarize their attitudes toward sexuality.
  6. Distinguish between abortion acceptance rates between American political and religious parties.
  7. Define the Westermarck Effect and how it relates to incest.
  8. Understand how SAR (Sexual Attitude Restructuring) changes sexual attitudes and beliefs.
  9. Examine global laws around sexual acts and how they compare.
  10. Develop a coaching practice that is sensitive to cultural differences and influences on sexuality and personal relationships.
  11. Identify how at least five (5) different cultures treat erectile dysfunction.
  12. Identify at least three (3) research findings from Jankowiak and Fisher.
  13. Explain the Triangular Theory of Love.
  14. Understand at least three (3) marriage customs around the world.
  15. Learn about how polygamy manifests around the world.

### **Narrated Multimedia Presentation:**

Cross cultural understanding is at the heart of this course that thoroughly examines geographic and religious differences in romantic relationships and sexuality. Expand your horizons by learning how dating, love, sex, and marriage are perceived around the world, through traditions and laws. Knowledge on global views of contraception, gender balance, prostitution, sexual dysfunction, and partner selection is of paramount importance if you want to be Love Coach.

Video course running time: 3 hour, 15 minutes

Approximate test time: 30 minutes

### **Ask The Expert – *Dee Tome on Maasai culture & sexuality* (6 minutes)**

Dr. Ava Cadell interviews Dee Tome, a Maasai tribe member in Kenya. Dee speaks about love, relationships, marriage, and sex in the Maasai culture.

## **36. Coaching The Love Coach 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) responsibilities of the Love Coach.
2. Differentiate between Love Coaching and therapy.
3. Teach clients how to create a Boundary Box to achieve mutual respect and explore new sexual activities.
4. Explain how a Mutual Love Agreement can benefit a couple or partnership.
5. Summarize how Positive Peaks and Positive Turnaround benefit individual self-

- esteem and overall happiness.
6. Identify at least three (3) techniques to raise your client's self-esteem, confidence, and self-value.
  7. Distinguish between gratitude, reward, romance, and love journaling.
  8. Understand how to set up a private love coaching business including how to create an intake form to gather initial personal information.
  9. Examine neurolinguistics programming and be able to differentiate between auditory, kinesthetic, and visual communication styles.
  10. Develop a plan for referring clients to medical doctors, psychiatrists, and other professionals if their issues extend beyond Love Coaching expertise.
  11. Identify the dynamics of a couple's conflicts and teach them the principles of "fighting fair."
  12. Identify at least one (1) way in which Guided Imagery, Creative Visualization and Manifestation achieve positive results for clients.
  13. Explain how to use a Pattern Tree, a Control Chart, and a Motivational Table to help clients change their own behavior and relationship outcomes.
  14. Understand the value of the Satisfaction Scale, Love List and Powerful Questions to help clients evaluate their life experience with relationships up to the present moment.
  15. Learn about how the Passion Wheel can reignite passion within a long-term relationship.

### **Narrated Multimedia Presentation:**

Coaching The Love Coach empowers students to begin their own private practice with detailed step-by-step instructions on coaching responsibilities, developing a rapport with clients, ethics, and fee structures. Dr. Ava Cadell shares dozens of unique interactive exercises you can do with your clients, whether they are single or in a relationship to help them improve their love lives. Perhaps the most important part of Coaching the Love Coach is knowing when to refer your clients to licensed therapists, certified sexologists, counselors or medical professionals!

Video course running time: 2 hours, 8 minutes

Approximate test time: 30 minutes

### **Training Video:**

***Neuroloveology For Love Coaches with Dr. Ava Cadell at Love Coach Conference 2017*** (45 minutes, 36 seconds)

This fun, interactive live seminar with a group of love coaches looking to enrich their practices will help you as a speaker and love coach in your own private practice.

Dr. Ava shares her research on the impact of brain science on love coaching by demonstrating powerful concepts like neuro-linguistic programming, left and right brain distinctions, and more, while teaching her own unique techniques such as her boundary box, passion wheel, couples mission statement and the effects they have on the brain. You can show your clients the scientific medical evidence behind the skills that you teach them, including the effects of powerful brain chemicals like dopamine and oxytocin.

**Coaching the Love Coach Reenactment Video**, Dr. Ava Cadell, and Tamara Bell (1 hour)

**Ask The Expert Video:**

**Sexpert Mythbusters – Dr. Ava Cadell on Sexual Fantasies** (1 minute)

Dr. Ava discusses why sexual fantasies should not be stigmatized.

**Sexpert Mythbusters – Dr. Ava Cadell on oral sex** (40 seconds)

Dr. Ava discusses whether or not oral sex is safer sex.

**Sexpert Mythbusters – Dr. Ava Cadell on Kegels** (40 seconds)

Dr. Ava discusses whether or not kegels are only for women.

**Sexpert Mythbusters – Dr. Ava Cadell on quickies** (57 seconds)

Dr. Ava busts a sex myth about men loving quickies and women always wanting a big production.

**Sexpert Mythbusters – Dr. Ava Cadell on Erotic Massage** (57 seconds)

Dr. Ava discusses whether or not you need to be a massage expert to give a successful erotic massage.

**Sexpert Mythbusters – Dr. Ava Cadell on love at first sight** (28 seconds)

Dr. Ava talks about whether or not love at first sight is a myth.

**Sexpert Mythbusters – Dr. Ava Cadell on intimacy during illness** (34 seconds)

Dr. Ava busts a sex myth about intimacy during illness.

**Sexpert Mythbusters – Dr. Ava Cadell on Valentine’s Day** (1 minute)

Dr. Ava talks about whether or not Valentine’s Day is the most romantic day of the year.

**Sexpert Mythbusters – Emily Morse on penis size** (1 minute, 19 seconds)

Sex With Emily's Emily Morse talks about penis size, busting the myth that women only like big penises.

**Sexpert Mythbusters – Dr. Nikki Goldstein on validation** (1 minute, 25 seconds)

Dr. Nikki Goldstein busts the myth that women need to have a partner in their lives in order to be validated as a successful person.

**Sexpert Mythbusters – Dr. Nikki Goldstein on safer sex** (52 seconds)

Dr. Nikki Goldstein busts the myth that condoms make sex completely safe.

**Sexpert Mythbusters – Dr. Nikki Goldstein on relationship sex** (1 minute, 6 seconds)

Dr. Nikki Goldstein busts the myth that sexual pleasure has to come with a relationship.

**Sexpert Mythbusters – Dr. Nikki Goldstein on vibrators** (46 seconds)

Dr. Nikki Goldstein busts the myth that every device that vibrates is solely for sexual pleasure.

**Sexpert Mythbusters – Dr. Claudia Six on Arousal vs. Desire** (1 minute, 38 seconds)  
Dr. Six discusses arousal and desire and why they are not the same thing.

**Sexpert Mythbusters – Dr. Marilyn Lawrence on sex and age** (40 seconds)  
Dr. Lawrence busts the myth that sexual knowledge is only for young people.

**Sexpert Mythbusters – Dr. Candida Royalle on orgasms** (1 minute, 37 seconds)  
Dr. Royalle busts the myth that women should be able to have orgasms through penetration only.

**Sexpert Mythbusters – Dr. Jane Hamilton on penises** (35 seconds)  
Dr. Hamilton discusses the myth that in order to have sex, you need to have a big, hard penis.

**Sexpert Mythbusters – Dr. Annie Sprinkle on orgasms** (46 seconds)  
Dr. Annie Sprinkle discusses the myth that female orgasms are only about the clitoris.

**Sexpert Mythbusters – Dr. Hernando Chaves on sex education** (24 seconds)  
Dr. Chaves discusses why sex education is essential to having an exciting, fulfilling sex life.

**Sexpert Mythbusters – Dr. Susan Block on Orgasms without touch** (6 minutes, 27 seconds)  
Dr. Block discusses why it's myth that you have to touch yourself to have an orgasm.

**Sexpert Mythbusters – Dr. Carol Queen on orgasms** (2 minutes, 40 seconds)  
Dr. Queen talks about the most common myth she hears that people are 'not normal' if they can't orgasm through heterosexual intercourse.

**Sexpert Mythbusters – Alexandra Silk on sex surrogacy** (1 minute, 6 seconds)  
Ms. Silk discusses the myth that sex surrogacy is the same as prostitution.

**Sexpert Mythbusters – April Grimes on sex and gender** (1 minute, 18 seconds)  
Ms. Grimes discusses the myth that men enjoy sex more than women

**Sexpert Mythbusters – Charlie Glickman on prostate pleasure** (1 minute, 54 seconds)  
Mr. Glickman discusses the myth that men who enjoy prostate stimulation must be gay.

**Sexpert Mythbusters – Tiny B Hiney on burlesque dancing** (44 seconds)  
Ms. Hiney discusses the stereotypical myth that burlesque dancers need to be busty blondes.

**Sexpert Mythbusters – Jessica Drake on anal sex** (1 minute)

Ms. Drake busts the myth that anal sex is as easy as it looks in adult films

**Sexpert Mythbusters – Emily Lindin on slut shaming** (1 minute, 21 seconds)

Founder of The Unslut Project, Emily Lindin, busts the myth that how you dress, or act indicates that you're a 'slut' and deserving of 'slut shaming.'

**Sexpert Mythbusters – Gurutej Kaur on spiritual sex** (1 minute, 4 seconds)

Gurutej discusses the myth that 'enlightened' or spiritual people do not need or desire sex.

**Sexpert Mythbusters – Gurutej Kaur on 'drying up'** (54 seconds)

Gurutej discusses the myth that women 'dry up' as they age and talks about how to stay in a 'juicy' frame of mind.

**Sexpert Mythbusters – Jennifer Martsoff on personal lube** (1minute, 19 seconds)

Ms. Martsoff discusses how personal lubricant makes sex better.

**Audio Lessons:**

***How to Talk to Your Kids About Love & Sex*** (22 minutes, 47 seconds)

This audio helps parents understand their role as sex educators, teaching how to plan ahead of time, ask specific questions and to listen as opposed to judge. Honesty, approachability, and correct reproductive information combine to help children grow to be safe and healthy adults.

***Between The Sheets: Secrets From a Sexologist*** (60 minutes)

This audio teaches how to make safer sex sexy, how to prolong lovemaking using PC muscles, methods to discover the G-spot and how to maintain sensual passion in a relationship.

**Reading Material:**

***Confessions To a Sexologist eBook*** (325 pages, estimated time to complete: 10 hours)

This unique book compiles the fascinating case histories from clients of sexologist Dr. Ava Cadell, offering a telling glimpse of sexual life in America.

***Loveologist Guide to Parental Concerns*** (24 pages, estimated time to complete: 48 minutes)

It's hard enough being a parent without having to be a sex educator. This book is packed with definitions about love and sex to help parents connect with children. Whether your or your client's child is a fourth grader or a teen, the information in this e-Book will help facilitate open and honest dialogue to ensure that they grow into adults who will make their own choices that result in healthy and stable relationships.

**EXTRACURRICULAR LOVEWORK**

These assignments are to help you with real-world challenges in your career.

Doing your own research for the latest statistics is of paramount importance for you to grow personally and professionally. Designing an aphrodisiac menu, writing a dialog on sexual harassment, and choosing adult toys for all genders and sexualities can be valuable seminar tools. Setting positive affirmations, recording personal meditations, and writing your own lectures will help get you into the entrepreneurial mindset for a successful coaching career! Creating your own, writing a dialog,

1. Write down how Covid has impacted Flirting and Dating.
2. Write a dialog between you and a Sexual Harasser, with a resolution that deflects your harasser.
3. Write an Aphrodisiac Menu of appetizers, main course, and deserts.
4. Write a research study on the latest statistics on Consent and Safer Sex.
5. Write a list of Adult Toys you would recommend for all Genders and Sexualities.
6. Write down your definition of Sex Positivity.
7. Write a Healing Meditation or Affirmation.
8. Write down some examples of Cultural Competence.
9. Write down how you would coach an LGBTQ client Coming Out.
10. Write a seminar and make a video of yourself giving a TED type of talk.

[END OF SYLLABUS]

EXAM

**Optional**

*The instructional videos below are available as extra ad-ons, since they contain explicit adult content & they are not mandatory for the final exam. You may purchase them for \$69.00, which is optional.*

**1. Erotic Instructional:**

**Penthouse Sex Academy, *Masturbation*, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves,**  
(1 hour, 23 minutes)

This video features live demonstrations of many self-pleasure techniques for singles and couples including the stimulation of nipples, clitoris, U-spot, G-Spot and A-spot for women and penis, testicles, and prostate for men, including how to separate orgasm from ejaculation. Also included are advanced demonstrations of sex toys, tools, and props for enhanced auto-stimulation.

**2. Erotic Instructional:**

**Penthouse Sex Academy, *Foreplay*, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves,**  
(1 hour, 23 minutes)

This video features live demonstrations of many foreplay techniques that could easily be considered the main sexual event, such as mammary sex, axillary sex, bathtub play, oral sex and more ‘outercourse’ techniques.

**3. Erotic Instructional:**

***Dr. Ava's How to Please A Woman, Zero Tolerance*** (1 hour, 27 minutes)

Dr. Ava Cadell narrates live demonstrations that feature the essential phases of pleasing a woman, emotionally, physically, and sexually. Information includes everything from how to create a romantic atmosphere to exploring and stimulating her G-spot, A-spot, and U-spot.

**4. Erotic Instructional:**

**Penthouse Sex Academy *Erotic Massage*, hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour)

Chock full of live demonstrations, this video includes step-by-step instructions on how to give and receive an erotic massage. From creating a sensual atmosphere to incorporating props and sex toys, experimenting with lubes and oils to communicating wants and desires, this comprehensive video also includes his and hers erotic massage techniques to stimulate his million-dollar point, bring her to a trigasm and much more.

**5. *Dr. Ava's Guide to Oral Sex, Zero Tolerance*** (3 hours)

This three-disc DVD set features dozens of live demonstrations of every oral sex technique imaginable for men, women, and couples, including advanced oral sex positions, oral sex games, and skill-improving exercises. Discover his Million Dollar Point, her G-spot and much more in this comprehensive tastefully graphic guide to oral pleasure of every kind.

**6. Erotic Instructional Videos:**

**Penthouse Sex Academy, *Fantasies* hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour, 28 minutes)

Dr. Ava Cadell and Dr. Hernando Chaves guide and narrate this sexually detailed video that demonstrates sexual fantasies and how they work to improve your love and sex life. Real couples perform erotic role-playing and fantasy games like 'striptease,' 'hunky cowboy' and more, sharing expert advice on how to turn sex into adult play.

**7. Erotic Instructional:**

**Penthouse Sex Academy, *Sexual Positions* hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour, 25 minutes)

Dr. Ava Cadell and Dr. Hernando Chaves host and narrate this comprehensive DVD chock full of live demonstrations of sexual positions of every kind. Find out what angles are the best to stimulate a woman's clitoris, U-spot, G-spot, A-spot or anus, and which positions give him the most pleasure visually and sexually. From unique missionary variations to comfortable sideways positions, advanced standing positions to positions that trigger intense emotion, this video emphasizes that communication is the key to discovering which positions please your lover the most.

**8. Erotic Instructional:**

***Dr. Ava's Guide to Anal Sex for Women, Zero Tolerance*** (1 hour, 42 minutes)

Dr. Ava Cadell demystifies anal sex, giving individuals and couples the empowering information needed to take this sexual adventure together. The guide features the 12 Anal

Sex Rules essential for anal safety and pleasure, expert tips on ‘Analingus’ and playful anal sex positions, as well as innovative skills using the latest toys.

**9. Erotic Instructional:**

***Dr. Ava’s Guide to Sensual BDSM for Couples, Zero Tolerance*** (2 videos 1 hour each = 2 hours)

Dr. Ava Cadell helps couples push past their boundaries to explore their sensual limits in this how-to guide to BDSM that covers blindfolding, spanking, domination, rope play, the violet wand, and much more.

**10. Erotic Instructional:**

**Penthouse Sex Academy, *Swinging* hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour, 8 minutes)

This playful instructional video hosted and narrated by Dr. Ava Cadell and Dr. Hernando Chaves is all about sexual adventure with multiple partners. Live demonstrations of real couples pushing the boundaries of monogamy by showing the ins and outs of swingers’ etiquette, including how to approach a new couple, the rules of a swinger’s party, and how to set sexual boundaries with good negotiation. The scenes explore multiple partner positions including live examples of ‘Double Doggy,’ ‘The Doggy Bowl,’ and ‘The Train.’

**11. Erotic Instructional:**

***Dr. Ava’s Guide to Prostate Pleasure for Couples, Zero Tolerance*** (1 video 1 hour)

Dr. Ava Cadell encourages couples to be open about prostate play as it can be empowering for a man that can result in mind-blowing orgasms for him. This video takes a step-by-step approach to prostate pleasure with erotic demonstrations that show specific techniques such as “The million-dollar point” and “Triple Pleasure” with adult toys. From beginner finger play to prostate massage and prostate milking, this video covers myriad ways to pleasure your man both internally and externally for maximum sexual satisfaction.