



## **Certified Love Coach Program**

### Continuing Education Credits & Learning Objectives

Students will be able to apply the knowledge and skills learned in the Certified Love Coach Program for their own practice as relationship coaches, love coaches, wellness coaches, intimacy coaches, and other professional specialties such as educators, sexologists, counselors or therapists.



The courses in this program meet the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and together are approved for 122 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification. Please note that AASECT applies these credits on an individual basis, and LU cannot guarantee AASECT membership based on the completion of any LU course or program.

Visit AASECT for more details: <https://www.aasect.org/>



This program is also eligible for credit at the American College of Sexologists towards the 300 hours required for membership. Please note professional life experiences are also eligible for academic credit as determined by the discretion of the ACS International board, including researchers, documentary filmmakers, authors, adult toy retailers or other entrepreneurs in the field of sexual health and pleasure. Visit ACS for more details:

<http://www.americancollegeofsexologists.org/>

The courses in this program follow SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). Consult the learning objectives for each course individually to review its learning objectives.

## **Certified Love Coach Program**

### **At-a-glance CE credits by course**

1. LOVE COURSE = 3.5 CE credits
2. FLIRTING COURSE = 3.5 CE credits
3. COMMUNICATION COURSE = 4 CE credits
4. DATING COURSE = 4 credits
5. KISSING COURSE = 2 CE credits
6. SELF PLEASURE COURSE = 3 CE credits
7. FEMALE ANATOMY & AROUSAL 4 CE credits
8. MALE ANATOMY & AROUSAL 4 CE credits
9. FOREPLAY 4 CE credits

10. SAFER ADULT PLAY 2.5 CE credits
  11. PLEASING A WOMAN 4 CE credits
  12. PLEASING A MAN 3 CE credits
  13. EROTIC MASSAGE 4 CE credits
  14. EROTIC TALK 3 CE credits
  15. INTIMACY 2.5 CE credit
  16. ORAL PLEASURE 4 CE credits
  17. FANTASIES & ROLE PLAYING 2 CE credit
  18. PLAYFUL POSITIONS 4 CE credits
  19. INTIMACY & DISABILITIES 3 CE credits
  20. COUPLES ENRICHMENT 6 CE credits
  21. THE BIG 'O' 3 CE credits
  22. THE G-SPOT 1 CE credit
  23. ADULT TOYS 4.5 CE credits
  24. BACK DOOR PLAY 2.5 CE credits
  25. BOUNDARIES & TABOOS 3 CE credits
  26. FOOT FETISH 3 CE credits
  27. POWER PLAY 3 CE credits
  28. TANTRIC LOVE 5 CE credits
  29. APHRODISIACS 4 CE credits
  30. EROTICISM 2 CE credits
  31. WOMEN LOVING WOMEN 2 CE credit
  32. MALE LOVERS 2 CE credit
  33. TRANSGENDER FEMALE TO MALE 3 CE credit
  34. TRANSGENDER MALE TO FEMALE 3 CE credit
  35. POLYAMORY 3 CE credits
  36. GROUP EROTICA 2 CE credits
  37. CULTURAL COMPETENCY 2 CE credits
  38. COACHING THE LOVE COACH 4 CE credits
- 122 credits total

1. Love Course



This course is eligible for 3.5 CE credits  
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

#### COURSE WORK FORMAT:

1. Video:
  - a) LOVE Narrated Multimedia Presentation Video (1hr. 3m)
  - b) Ask the Expert video: Addictions & Recovery with Sherry Gaba, LCSW (13m 52s)
2. Reading Material:
  - a) 12 Steps to Everlasting Love eBook (200 pages, estimated time to complete: 3.5 hours)
  - b) Love Around the House eBook (160 pages, estimated time to complete: 2.5 hours)
3. Final Quiz – 25 questions (about 30 minutes)\*

#### 2. Flirting Course



This course is eligible for 3.5 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.
13. Explain how flirting works in long-term relationships.
14. Understand the value of positivity in the context of flirting.
15. Learn about flirtatious conversation starters.

### COURSE WORK FORMAT:

1. Video:
  - a) FLIRTING Narrated Multimedia Presentation Video (51m 29s)
  - b) Giving Love To Your Body & Showing Love To Your Partner with Dr. Amie Harwick (1hr. 30 minutes)
2. Audio:  
Build Confidence Hypnosis Session (20 minutes)
3. Reading Material:  
Guide to Flirting & Dating e-book (21 pages, estimated time to complete: 42 minutes)
4. Final Quiz – 25 questions (about 30 minutes)\*

3. Communication Course



This course is eligible for 4 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

### COURSE WORK FORMAT:

1. Video:
  - a) COMMUNICATION Narrated Multimedia Presentation Video (1hr 45m)
  - b) Ask The Expert – Terri Amos Britt, The Enlightened Mom (15 minutes, 28 sec.)

2. Reading Material:

- a) Understanding Cheating eBook (132 pages, estimated time to complete: 4 hours)
- b) NeuroLoveology (300 page book, estimated time to complete: 10 hours)

3. Final Quiz – 25 questions (about 30 minutes)\*

4. Dating Course



This course is eligible for 4 CE credits

AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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 on the dating scene 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 successful, open communication.
5. Summarize the history of dating from colonial times, naming at least one (1) important social behavioral norm per period.
6. Identify at least three (3) ways to communicate adult dating to children who are affected.
7. Distinguish between common dating experiences throughout a lifespan from 20s to over 60.
8. Understand how body language affects dating.
9. Examine ways to reframe negative thought patterns and establish new positive new thoughts to replace them.
10. Develop a realistic dating plan with clear goals for themselves or their clients.
11. Identify at least three (3) ways to practice safer online dating.
12. 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.
13. Explain the value of a sexual compatibility survey in the context of dating.

14. Understand how divorce or grieving affects dating safety and the desire to date.
15. Learn what dating conversation starters are effective and successful.

**COURSE WORK FORMAT:**

**1. Video:**

- a) DATING Narrated Multimedia Presentation Video (1hr 20m)
- b) Ask The Expert – Eva Nagorski, The Down & Dirty Dish of Revenge (12 minutes)
- c) Ask The Expert – Lisa Steadman, Breaking Up Is Hard To Do (24 minutes)
- d) Ask The Expert – Marc Mani on plastic surgery and self-confidence (8 minutes, 6 seconds)

**2. Reading Material:**

- a) Your Sexual Personality e-book (65 pages, estimated time to complete: 2 hr,10m)
- b) The Sexpert Guide to 52 Weeks Of Sizzling Sex (21 pages, estimated time to complete: 45 minutes)

**3. Final Quiz – 25 questions (about 30 minutes)\***

**5. Kissing Course**



This course is eligible for 2 CE credit  
AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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.

**COURSE WORK FORMAT:**

1. Video:  
KISSING Narrated Multimedia Presentation Video (1hr 15m)
2. Reading Material:  
Head to Toe Kissing e-book by Nikki Leigh (45 pages, estimated time to read: 30min)
3. Final Quiz – 25 questions (about 30 minutes)\*
  
6. Self Pleasure Course



This course is eligible for 3 CE credits  
 AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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.

## COURSE WORK FORMAT:

### 1. Video:

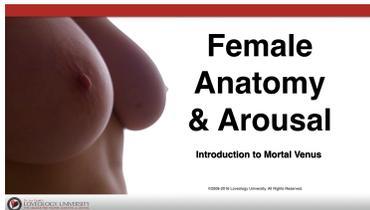
- a) SELF PLEASURE Narrated Multimedia Presentation Video (1hr 8m)
- b) Knowing Yourself: Body Assessment & Acceptance with Jallen Rix & Elaine Floyer (36 minutes)
- c) Penthouse Sex Academy, Masturbation, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves, (1hr, 23m)
- d) Ask The Expert – Nicholas Tana, director of masturbation documentary Sticky (14 minutes)

### 2. Reading Material:

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

### 3. Final Quiz – 25 questions (about 30 minutes)\*

### 7. Female Anatomy & Arousal



This course is eligible for 4 CE credits

AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

**COURSE WORK FORMAT:**

1. Video:
  - a) FEMALE ANATOMY & AROUSAL Narrated Multimedia Presentation Video (1hr 20m)
  - b) Train Your Mind To Be Sexy Through Meditation, Fantasies & Yoga with Dr. Anne Ridley (45 minutes)
  - c) Kundalini Yoga For The immune System by Gurutej Kaur (1hr, 3m)
2. Audio:  
Female Sexuality Hypnosis Session (22 minutes)
3. Final Quiz – 25 questions (about 30 minutes)\*

8. Male Anatomy & Arousal



This course is eligible for 4 CE credits  
 AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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.

#### COURSE WORK FORMAT:

1. Video:
  - a) MALE ANATOMY & AROUSAL Narrated Multimedia Presentation Video (1hr 10m)
  - b) Knowing Men: Learn What Men Like & Dislike Mentally, Physically & Sexually with Dr. Max McMullen (30 minutes)
2. Audio:  
Male Sexuality Hypnosis Session (20 minutes)
3. Final Quiz – 25 questions (about 30 minutes)\*

#### 9. Foreplay Course



This course is eligible for 4 CE credits  
 AASECT CE provider number: 18-916-LU

#### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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 outcourse and how it functions as both foreplay and safer sex.

#### COURSE WORK FORMAT:

1. Video:
  - a) FOREPLAY Narrated Multimedia Presentation Video (1hr 15m)
  - b) Creative Foreplay & Communication: To Empower Yourself & Your Partner with Dr. Nikki Goldstein (1 hour)
  - c) Penthouse Sex Academy, Foreplay, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves, (1 hour, 23 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

#### 10. Safer Adult Play Course



This course is eligible for 2.5 CE credits  
AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

The Safer Adult Play course was developed by Dr. Tamara Griffin and Dr. Ava Cadell, and covers 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.

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

COURSE WORK FORMAT:

1. Video:  
SAFER ADULT PLAY Narrated Multimedia Presentation Video (1hr 35m)
2. Final Quiz – 25 questions (about 30 minutes)\*

11. Pleasing A Woman Course



This course is eligible for 4 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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

### COURSE WORK FORMAT:

1. Video:
  - a) PLEASING A WOMAN Narrated Multimedia Presentation Video (1hr 9m)
  - b) Tantric Massage: How to Relax and Arouse with Sensual Tantric Techniques (performed by a man on a woman) (48 minutes)
  - c) Dr. Ava’s How To Please A Woman, Zero Tolerance (1 hour, 27 minutes)
2. Audio:

Passion Power Audio for Men (23 minutes, 19 seconds)
3. Reading Material:

The Loveologist Guide To What Women Want in Bed (20 pages, estimated time to complete: 40 minutes)
4. Final Quiz – 25 questions (about 30 minutes)\*

## 12. Pleasing A Man Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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:

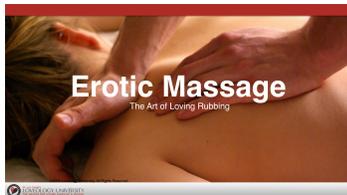
1. Identify at least three (3) findings from Bruce J. Ellis and Donald Symons' research on male tendencies in sexual fantasies.
2. Name and define all the parts of male genitalia.
3. Explain how erotic talk enhances male sexual excitement.
4. Summarize basic generalizations about men.
5. Identify the 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.

### COURSE WORK FORMAT:

1. Video:
  - a) PLEASING A MAN Narrated Multimedia Presentation Video (1hr 11m)
  - b) Erotic Massage: How To Convey Love Through Mindful Touches with Jaiyi (performed by a woman on a man) (36 minutes)
2. Reading Material:

The Loveologist Guide To What Men Want In Bed (19 pages, estimated time to complete: 37 minutes)
3. Final Quiz – 25 questions (about 30 minutes)\*

### 13. Erotic Massage Course



This course is eligible for 4 CE credits  
AASECT CE provider number: 18-916-LU

#### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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."

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.

#### COURSE WORK FORMAT:

1. Video:
  - a) EROTIC MASSAGE Narrated Multimedia Presentation Video (51m)
  - b) Penthouse Sex Academy Erotic Massage, hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour)
2. Audio:  
Sensual Massage Audio (23 minutes)
3. Final Quiz – 25 questions (about 30 minutes)\*

## 14. Erotic Talk Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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!

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:

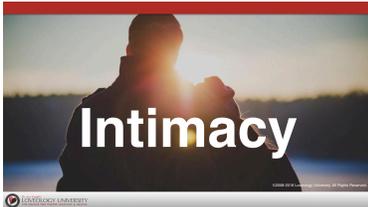
1. Identify the six (6) basic questions that can be used to initiate erotic talk.
2. Differentiate between similes and metaphors and how they can be used to create erotic phrases.
3. Explain how the five senses can be mined for erotic talk topics.
4. Examine how erotic talk increases arousal and influences 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.

### COURSE WORK FORMAT:

1. Video:  
EROTIC TALK Narrated Multimedia Presentation Video (49m)
2. Audio:

- a) Ava's Hot Lips (58 minutes)
  - b) Soundz of Sex (54 minutes)
3. Final Quiz – 25 questions (about 30 minutes)\*

### 15. Intimacy Course



This course is eligible for 2.5 CE credits  
AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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."

## COURSE WORK FORMAT:

1. Video:
  - a) INTIMACY Narrated Multimedia Presentation Video (1hr 16m)
  - b) Intimacy Wellness - Experiential Therapy with Dr. Elaine Floyer (15 minutes)
  - c) Ask The Expert – Dr. Diana Wiley on Baby Boomer Sex (7 minutes, 54 seconds)
2. Final Quiz – 25 questions (about 30 minutes)\*

## 16. Oral Pleasure Course



This course is eligible for 4 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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 the tongue can be exercised like any muscle, and how to do it.
10. Learn about oral sex history and where it is still technically illegal.

## COURSE WORK FORMAT:

1. Video:

- a) ORAL PLEASURE Narrated Multimedia Presentation Video (1hr 50m)
  - b) Dr. Ava's Guide To Oral Sex, Zero Tolerance (3 hours)
  - c) Ask The Expert – Valerie Baber on Fellatio (5 minutes, 28 seconds)
2. Reading Material:  
Loveologist's Guide To Oral Pleasure ebook (16 pages, approximately 32 minutes to complete)
  3. Final Quiz – 25 questions (about 30 minutes)\*

## 17. Fantasies & Role-Playing Course



This course is eligible for 2 CE credit  
AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

**COURSE WORK FORMAT:**

1. **Video:**
  - a) FANTASIES & ROLE PLAYING Narrated Multimedia Presentation Video (55m)
  - b) Penthouse Sex Academy, Fantasies hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 28 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

18. Playful Positions Course



This course is eligible for 4 CE credits  
AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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:

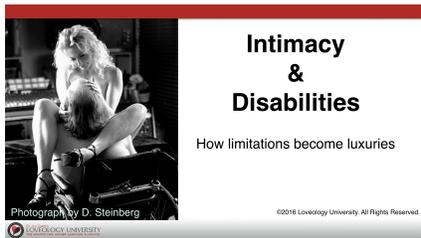
1. Identify and explain the eight (8) physical and mental qualities to assess when deciding on sexual positions.
2. Name several important questions to ask of oneself and one's partner before engaging in any new sexual position.
3. Explain how to identify trust between partners in the context of sexual 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 in to safety.

7. Identify all the major Tantric sex positions and the benefits physically and emotionally.
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.

**COURSE WORK FORMAT:**

1. Video:
  - a) PLAYFUL POSITIONS Narrated Multimedia Presentation Video (1hr 18m)
  - b) Arousing Sex Techniques & Sexual Positions For Female Satisfaction with Dr. Sadie Allison (46 minutes)
  - c) Penthouse Sex Academy, Sexual Positions hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 25 minutes)
2. Reading Material:
  - a) Selections from: Idiot's Guide to the Kama Sutra by Dr. Ava Cadell (estimated time to complete: 10 minutes)
  - b) Sexual Positions e-book by Dr. Ava Cadell (25 pages, estimated time to complete:50 minutes)
3. Final Quiz – 25 questions (about 30 minutes)\*

## 19. Intimacy & Disabilities



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

### COURSE WORK FORMAT:

1. Video:
  - a) INTIMACY & DISABILITIES Narrated Multimedia Presentation Video (1hr 30m)
  - b) Documentary - (Sex) Abled: Disabilities Uncensored (14 minutes)

- c) Documentary - Asta Philpot (17 minutes)
  - d) Documentary - Carlana Stone (14 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

## 20. Couples Enrichment Course



This course is eligible for 6 CE credits  
 AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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 couples enrichment.
12. Learn how to use foundation building exercises to strengthen intimacy, including the Love List.

## COURSE WORK FORMAT:

### 1. Video:

- a) COUPLES ENRICHMENT Narrated Multimedia Presentation Video (1hr 45m)
- b) Love Lust & Laughter with Dr. Ava Cadell, Dr. Hernando Chaves & Dr. Nancy Sutton-Pierce (53 minutes)
- c) Sexycises by Sexperts: Yin Yang Yoga for Intimacy (1hr 33m) with various sexperts.

### 2. Audio:

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

### 3. Reading Material:

- a) Passion Power eWorkbook (101 pages, estimated time to complete: 3 hours, 20 minutes)
- b) Stock Market Orgasm eBook (172 pages, estimated time to complete: 5 hours, 45 minutes)

### 4. Final Quiz – 25 questions (about 30 minutes)\*

## 21. The Big 'O' Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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, bigasms, trigasms and more.

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 and 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 Loveology University orgasm research study.
12. Identify at least three (3) types of sex toys and how they work to 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.

### COURSE WORK FORMAT:

1. Video:
  - a) THE BIG 'O' Narrated Multimedia Presentation Video (1hr 2m)
  - b) Unique Orgasms: Discovering Ultimate Pleasure for your Sexual Health with Dr. Ava Cadell & Dr. Hernando Chaves (45m)
  - c) Ask The Expert – Brandon Maxwell on Male Multiple Orgasms (21 minutes)
  - d) Ask The Expert – Orgasmic Birthing with Jaiya (24 minutes)
  - e) Documentary - Orgasm, Inc. (1 hour, 23 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

### 22. The G-Spot Course



This course is eligible for 1 CE credit  
 AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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 Trigasms for women.

**COURSE WORK FORMAT:**

1. Video:  
THE G-SPOT Narrated Multimedia Presentation Video (39m 29s)
2. Final Quiz – 25 questions (about 30 minutes)\*

**23. Adult Toys Course**



This course is eligible for 4.5 CE credits  
 AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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 couples 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 appropriate 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.

#### COURSE WORK FORMAT:

1. Video:
  - a) ADULT TOYS Narrated Multimedia Presentation Video (1hr 40m)
  - b) History of Sex Toys: How To Use Sex Toys For Pleasure & Fantasies with Dr. Carol Queen (1hr 9 minutes)
  - c) Sex Toys with Dr. Ava Cadell (50 minutes, 19)
  - d) Ask The Expert – Home Party Planning with Tamara Bell (13 minutes)
  - e) Ask The Expert – Sex Toys with Dave Levine (12 minutes)
  - f) Ask The Expert – Dave Levine & Dr. Ava Cadell (11 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

## 24. Back Door Play Course



This course is eligible for 2.5 CE credits  
AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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, anilingus, consent, cleaning, preparation, anal care, breathing techniques, positions, prostate play, risk for STDs, how to talk about desire for anal sex and much more.

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 and explore anal pleasure safely.
6. Identify the major parts of male reproductive anatomy including the prostate gland.
7. Identify the three (3) main anatomical parts to the Anus.
8. Explain how to use a prostate massager toy to locate and stimulate the prostate gland.
9. Understand how to give a buttocks massage.
10. Learn how to self-administer an anal douche.

### COURSE WORK FORMAT:

1. Video:
  - a) BACK DOOR PLAY Narrated Multimedia Presentation Video (46m)
  - b) Dr. Ava's Guide To Anal Sex For Women, Zero Tolerance (1 hour, 42 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

## 25. Boundaries & Taboos Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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, sploshing, piercings, public sex & much more.

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 terms 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..

### COURSE WORK FORMAT:

1. Video:
  - a) BOUNDARIES & TABOOS Narrated Multimedia Presentation Video (1hr 25m)
  - b) BDSM & Role playing: Erotic Confidence For Women With Kinky Desires with

- Mistress Minax (1hr 12 minutes)
- c) Ask The Expert – Paraphilia & Fetishism with Dr. Hernando Chaves (24 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

## 26. Foot Fetish



This course is eligible for 3 CE credits  
 AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

### COURSE WORK FORMAT:

1. Video:  
 FOOT FETISH Narrated Multimedia Presentation Video (44m)
2. Final Quiz – 25 questions (about 30 minutes)\*

## 27. Power Play Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

### COURSE WORK FORMAT:

1. Video:
  - a) POWER PLAY Narrated Multimedia Presentation Video (1hr 12m)
  - b) Dr. Ava's Guide To Sensual BDSM for Couples, Zero Tolerance (2 videos 1 hour each = 2 hours)
  - c) Ask The Expert – BDSM with Sandra Daugherty (19 minutes, 33 seconds)
2. Final Quiz – 25 questions (about 30 minutes)\*

### 28. Tantric Love Course



This course is eligible for 5 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

### COURSE WORK FORMAT:

1. Video:
  - a) TANTRIC LOVE Narrated Multimedia Presentation Video (1hr 51m)
  - b) Tantric Sex: Spiritual Sexuality & Deeper Intimacy for Couples with Dr. Ava Cadell (57 minutes)
  - c) Kundalini Yoga for Balancing the Chakras by Gurutej Kaur (30 m)
  - d) Ask The Expert – Gurutej on Energizing Yourself (17 minutes)
  - e) Ask The Expert – Laurie Handlers (10 minutes)

- f) Ask The Expert – Destin Gerek (12 minutes)
2. Audio:  
Tantric Lab Audio Course (32 minutes)
3. Reading Material:  
Tantra Workbook eBook (68 pages, estimated time to complete: 2 hours, 10 minutes reading and approximately 6 – 12 hours of exercises, depending on availability of partner)
4. Final Quiz – 25 questions (about 30 minutes)\*

## 29. Aphrodisiacs Course



This course is eligible for 4 CE credits  
 AASECT CE provider number: 18-916-LU

### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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:

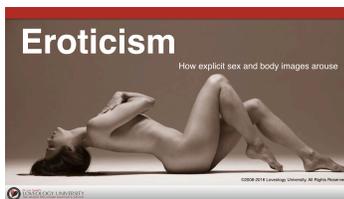
1. Identify the two (2) classes of aphrodisiacs and what categories they include.
2. Differentiate between food-related aphrodisiacs based in dietary value and dangerous or unusual aphrodisiacs based in superstition.
3. Name which common herbs are thought to have sexual stimulant properties and identify 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).

9. Develop a plan for clients to begin experimenting with food and sex.
10. Identify at least three (3) ways in which aphrodisiacs may positively affect an individual's sexual desire.

**COURSE WORK FORMAT:**

1. **Video:**
  - a) APHRODISIACS Narrated Multimedia Presentation Video (1hr 3m)
  - b) Aphrodisiacs with Dr. Ava Cadell (28 minutes)
  - c) Aphrodisiacs Audio Course (27 minutes)
  - d) Beyond Dinner – Short Film (35 minutes)
2. **Reading Material:**  
Sexy Little Book of Sex Games eBook (145 pages, estimated time to complete: 4 . hours)
3. Final Quiz – 25 questions (about 30 minutes)\*

**30. Eroticism Course**



This course is eligible for 2 CE credits  
AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

This course examines pornography comprehensively from a historical perspective up to the present day with information on censorship, consent, therapeutic porn, genre categories, award-winning porn and amateur video porn for erotic personal use.

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 'dictionary scavenger hunt' in relation to defining pornography.
2. Summarize the First Amendment Moral Standards in the U.S. constitution and the 1873 Comstock Law.
3. Identify at least five (5) landmark events on the historical timeline of pornography worldwide.
4. Understand the legal case of Miller vs. California and the subsequent 'Miller Test' that attempted to define obscene material.
5. Examine the ways in which pornography encourages a physical focus versus an emotional focus in the context of sexuality.

6. Identify the top anti-porn feminists and outline their basic arguments.
7. Identify at least five (5) behaviors that may indicate a pornography addiction or compulsive masturbation.
8. Explain the degree of subjectivity involved with definitions of pornography and erotica.
9. Be familiar with the statistics of worldwide pornography consumption.
10. Learn about the benefits of legalizing prostitution.

**COURSE WORK FORMAT:**

1. **Video:**
  - a) EROTICISM Narrated Multimedia Presentation Video (1hr 14m)
  - b) Ask The Expert – Dorian Gomez on art & sexuality (10 minutes)
  - c) Documentary - X-Rated: The Greatest Adult Movies of All-Time (94 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

**31. Women Loving Women**



This course is eligible for 2 CE credits  
 AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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.

#### COURSE WORK FORMAT:

1. Video:  
WOMEN LOVING WOMEN Narrated Multimedia Presentation Video (1hr 10m)
2. Final Quiz – 25 questions (about 30 minutes)\*

### 32. Male Lovers Course



This course is eligible for 2 CE credits  
AASECT CE provider number: 18-916-LU

#### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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. Identify and 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.

#### COURSE WORK FORMAT:

1. Video:  
MALE LOVERS Narrated Multimedia Presentation Video (1hr 30m)
2. Final Quiz – 25 questions (about 30 minutes)\*

### 33. Transgender Female to Male Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

#### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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.

#### COURSE WORK FORMAT:

1. Video:  
TRANSGENDER FEMALE TO MALE Narrated Multimedia Presentation Video (50m)
2. Reading Material:  
X-Biz Article: Understanding How The Transgender Community Has Been Transformed
3. Final Quiz – 25 questions (about 30 minutes)\*

#### 34. Transgender Male to Female Course



This course is eligible for 3 CE credits  
AASECT CE provider number: 18-916-LU

#### THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

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.

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:

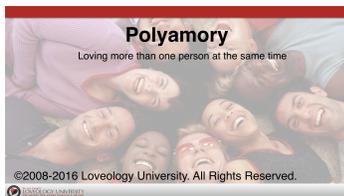
1. Understand gender dysphoria and how it manifests over the stages of life.
2. Identify at least three (3) etiological theories of etiology for transgender identity.
3. Differentiate between gender identity, sexual orientation and biological sex.
4. Name four (4) ways in which a trans woman can engage 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.

**COURSE WORK FORMAT:**

1. Video:
  - a) Narrated Multimedia Presentation Video (46m)
  - b) Training Video - Sex Counseling with Performer Plastic Martyr & Dr. Ava Cadell- Part 1 (10 minutes)
  - c) Sex Counseling with Performer Plastic Martyr & Dr. Ava Cadell- Part 2) (10 minutes)
  - d) Ask The Expert – Dr. Connie Rogers on Understanding Transgender Issues (35 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

35. Polyamory



This course is eligible for 3 CE credits  
 AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

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.

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.

#### COURSE WORK FORMAT:

1. Video:
  - a) POLYAMORY Narrated Multimedia Presentation Video (2hrs 44m)
  - b) Ask The Expert – Reid Mihalko on Non-Conventional Sex (20 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

#### 36. Group Erotica



This course is eligible for 2 CE credits  
AASECT CE provider number: 18-916-LU

**THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

This course covers the eroticism of threesomes, foursomes, orgies, swingers and more.

Discover how people find group sex partners, what kind of sex is involved, group sex etiquette, erotic techniques, safer sex, shedding inhibitions and more.

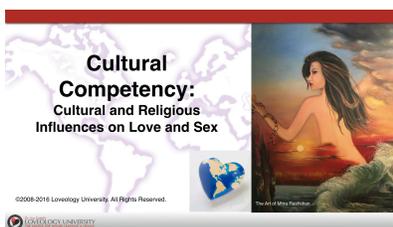
This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) pros and cons each for engaging in group sex.
2. Differentiate between polyandry, polygamy, polygyny and polyamory.
3. Name at least eight (8) vocabulary words associated with the group sex 'scene.'
4. Explain how the 'Want, will, won't' chart helps couples create boundaries to prepare for group sex activities.
5. Summarize the self-awareness questions from Vantoch's Threesome Handbook.
6. Identify at least five (5) unhealthy reasons for engaging in group sex.
7. Understand and define the fears associated with engaging in group sex.
8. Examine group sex Kama Sutra positions.
9. Develop a plan for singles, partners or couples to safely engage in group sex physically and emotionally.
10. Identify at least three (3) group sex positions for each group sex configuration.

#### COURSE WORK FORMAT:

1. Video:
  - a) GROUP EROTICA Narrated Multimedia Presentation Video (1hr 20m)
  - b) Penthouse Sex Academy, Swinging hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 8 minutes)
2. Final Quiz – 25 questions (about 30 minutes)\*

#### 37. Cultural Competency



This course is eligible for 2 CE credits  
AASECT CE provider number: 18-916-LU

#### **THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®**

Cross cultural understanding is at the heart of this course that thoroughly examines geographic and religious differences in sexuality. Expand your horizons by learning how dating, sex, marriage, contraception, gender balance, prostitution, sexual dysfunction, pornography, partner selection work around the globe.

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 erotocentricity.
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.

#### COURSE WORK FORMAT:

1. Video:
  - a) CULTURAL COMPETENCY Narrated Multimedia Presentation Video (1hr 27m)
  - b) Ask The Expert – Dee Tome on Maasai culture & sexuality (5 minutes, 40 seconds)
  - c) Ask The Expert – Dr. Amanda Morgan on Ecosexuality (10 minutes, 11 seconds)
2. Final Quiz – 25 questions (about 30 minutes)\*

#### 38. Coaching the Love Coach Course



This course is eligible for 4 CE credits  
AASECT CE provider number: 18-916-LU

## THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Coaching The Love Coach empowers students to begin their own private practice with detailed step-by-step information on coaching, counseling, responsibilities, developing a rapport with clients, ethics, fee structures, referrals. Discover trade secrets and learn how to market yourself and your business.

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.

### COURSE WORK FORMAT:

1. Video:
  - a) COACHING THE LOVE COACH Narrated Multimedia Presentation Video (2hrs 8m)
  - b) Neuroloveology For Love Coaches with Dr. Ava Cadell at Love Coach Conference 2017 (45 minutes)
  - c) Sexpert Mythbusters – Dr. Ava Cadell on Sexual Fantasies (1 minute)
  - d) Sexpert Mythbusters – Dr. Ava Cadell on oral sex (40 seconds)
  - e) Sexpert Mythbusters – Dr. Ava Cadell on Kegels (40 seconds)
  - f) Sexpert Mythbusters – Dr. Ava Cadell on quickies (57 seconds)
  - g) Sexpert Mythbusters – Dr. Ava Cadell on Erotic Massage (57 seconds)

- h) Sexpert Mythbusters – Dr. Ava Cadell on love at first sight (28 seconds)
  - i) Sexpert Mythbusters – Dr. Ava Cadell on intimacy during illness (34 seconds)
  - j) Sexpert Mythbusters – Dr. Ava Cadell on Valentine’s Day (1 minute)
  - k) Sexpert Mythbusters – Emily Morse on penis size (1 minute, 19 seconds)
  - l) Sexpert Mythbusters – Dr. Nikki Goldstein on validation (1 minute, 25 seconds)
  - m) Sexpert Mythbusters – Dr. Nikki Goldstein on safer sex (52 seconds)
  - n) Sexpert Mythbusters – Dr. Nikki Goldstein on relationship sex (1 minute, 6 seconds)
  - o) Sexpert Mythbusters – Dr. Nikki Goldstein on vibrators (46 seconds)
  - p) Sexpert Mythbusters – Dr. Claudia Six on Arousal vs. Desire (1 minute, 38 seconds)
  - q) Sexpert Mythbusters – Dr. Marilyn Lawrence on sex and age (40 seconds)
  - r) Sexpert Mythbusters – Dr. Candida Royalle on orgasms (1 minute, 37 seconds)
  - s) Sexpert Mythbusters – Dr. Jane Hamilton on penises (35 seconds)
  - t) Sexpert Mythbusters – Dr. Annie Sprinkle on orgasms (46 seconds)
  - u) Sexpert Mythbusters – Dr. Hernando Chaves on sex education (24 seconds)
  - v) Sexpert Mythbusters – Dr. Susan Block on Orgasms without touch (6 minutes, 27 seconds)
  - w) seconds)
  - x) Sexpert Mythbusters – Dr. Carol Queen on orgasms (2 minutes, 40 seconds)
  - y) Sexpert Mythbusters – Alexandra Silk on sex surrogacy (1 minute, 6 seconds)
  - z) Sexpert Mythbusters – April Grimes on sex and gender (1 minute, 18 seconds)
  - aa) Sexpert Mythbusters – Charlie Glickman on prostate pleasure (1 minute, 54 seconds)
  - bb) Sexpert Mythbusters – Tiny B Hiney on burlesque dancing (44 seconds)
  - cc) Sexpert Mythbusters – Jessica Drake on anal sex (1 minute)
  - dd) Sexpert Mythbusters – Emily Lindin on slut shaming (1 minute, 21 seconds)
  - ee) Sexpert Mythbusters – Gurutej Kaur on spiritual sex (1 minute, 4 seconds)
  - ff) Sexpert Mythbusters – Gurutej Kaur on ‘drying up’ (54 seconds)
  - gg) Sexpert Mythbusters – Jennifer Martsoff on personal lube (1minute, 19 seconds)
2. Audio:  
 How To Talk To Your Kids About Love & Sex (22 minutes, 47 seconds)  
 Between The Sheets: Secrets From A Sexologist (60 minutes)
3. Reading Material:  
 a) Confessions To A Sexologist eBook (325 pages, estimated time to complete: 10 hours)  
 b) Loveologist Guide to Parental Concerns (24 pages, estimated time to complete: 48 minutes)
4. Final Quiz – 25 questions (about 30 minutes)\*

\*If you are enrolled in our Certified Love Coach Program, Certified Master Sexpert Program or Certified Relationship Coach Program, you will be required to take an exam of 100, 50 or 30 questions respectively with a combination of multiple choice, true false and essay questions. A passing grade is 80%.