

What is a somatic sexuality professional?

Somatic sexuality professionals are trained practitioners who utilize touch to help clients achieve their goals of health and wellness.

The enclosed representation is a brief introduction to a rich and diverse world of touch work professionals. Here are a few examples of modalities to serve as an introduction.

As we share representative types of touch work, we want to acknowledge the presence of sex work that does not fit into the frameworks presented and assert its value in society.

Regardless of the modality it is advisable to learn more about the specifics of how each professional practices, inquire about training and certifications, and obtain relevant professional recommendations. Listing of professional organizations above is not an endorsement of individual practitioners from those organizations.

Surrogate Partner Therapy

I'm a professional who helps clients with challenges to emotional and physical intimacy.

Touch

Surrogate partners offer a variety of somatic exercises as well as nurturing, sensual, erotic, and sexual touch. Touch is two-way and is in service to the therapeutic goals of the client.

Relationship

Surrogate partners work from inside of the relationship with clients. Surrogates are trained professionals, but also use their personal relationship to the client to provide unique insight into the client's therapeutic process and model healthy dynamic, allowing for a corrective emotional experience.

Therapy

Because of the unique relationship dynamics in Surrogate Partner Therapy, clients must always work with a collaborating therapist in addition to a Surrogate. This is known as a Therapeutic Triad. Clients must have continued talk therapy throughout the process of SPT, with explicit exchange of information between talk therapist and surrogate. Talk therapy before SPT, as well as after, is necessary for clients to prepare for and process the work.

Want to know more?

Check out the following organizations for more information



ONLINE SUPPORT COMMUNITY

Professional Cuddling

I'm a professional that provides clients with safe, platonic touch.

Touch

Professional Cuddlers offer two-way (practitioner and clients may both "give" and "receive"), clothed, platonic and/or nurturing touch. Touch may be in service of therapeutic goals, but may also be motivated by a clients need for affection and physical connection.

Relationship

The relationship between Cuddler and Client is boundaried and professional. The relationship may be concluded when specific goals are reached or may be ongoing.

Therapy

While Professional Cuddlers may receive referrals from or work in tandem with talk therapists, they are not specifically trained in collaboration nor are they required to do so.

SOMATIC SEXUALITY PROFESSIONALS

What are the various touch modalities and how can they be used to supplement talk therapy?



Somatic Sex Education & Sexological Bodywork

I'm a professional that provides clients with safe, one-way touch.

Touch

SSEs and SBs offer one-way (practitioner touches clothed or nude client) platonic and/or nurturing touch, sensual touch, erotic, and sexual touch with hands. Oral sex and penetrative intercourse are outside of the ethical boundaries of both modalities.

Relationship

The relationship between SSE or SB and Client is boundaried and professional. The professional relationship is usually concluded when the client's goals are reached.

Therapy

While SSEs and SBs may receive referrals from or work in tandem with talk therapists, they are not specifically trained in collaboration nor are they required to do so.