

FAQs

What is Sexology?

Sexology is the scientific study of human sexuality. The scientific study of sex and sexuality can be traced back at least to the classical Greek period in the Western world, and even earlier in the Eastern world. Throughout history, emphasis in sexological study has tended to focus on the outcomes of sex, rather than the experience of sexuality. Specific focal areas for the study of sexology have primarily prioritized human reproduction and sexual health as topics for learning and research. The study of love, sexual emotions, human relationships, human sexual response, criminal sexual behaviour, sexual function, sexual pleasure and fulfillment have been relatively recent endeavours in the scientific study of sexuality and ones Kelly and Jo have studied and will continue to study and explore with you.

A sexologist is someone who has studied all areas of sex including anatomy, physiology, sexual development, sexual orientation, the dynamics of sexual relationships, as well as the mechanics of sexual contact/acts. A sexologist looks to other disciplines to understand human sexuality such as history, sociology, psychology, biology, gender studies, and more, in order to see how sex works in the context of social, cultural and religious environments.

A Certified Sexologist has credentials that qualify them to offer sex therapy, sex counseling, education, or sexological research and hold a postgraduate degree in their chosen field from an accredited or approved institution of higher learning. Requiring licenses to practice sex therapy and counseling.

What are the Differences in Counselings & Coaching?

There are large overlaps between what Coaching and Counseling offers you, however, the broad differences are:

Counseling is:

- more focused on the Past and Present
- more oriented on feelings
- and who you are 'being' as a person.

Coaching is:

- more focused on the Present and the Future
- more oriented on projects or goals or skills
- and what you are 'doing' as a person.

I've had both counseling and coaching training, and can use both or one of the approach depending on the client's needs.

Is There Touching or Nudity?

- There is never any touch or nudity during any of the sessions. It is entirely possible to learn a lot about sex and sexuality through the use of educational videos, sexual aids, as well as diagrams. I abide by the code of conduct and ethnics provided by the Dr. Racheal Insitute, and NBCC.