



Jessa Zimmerman

Jessa Zimmerman is a licensed sex therapist and couples' counselor. She specializes in helping couples who have a good relationship but who are avoiding sex because it's become stressful, negative, disappointing, or pressured. She educates, coaches, and supports people as they go through her 9-phase experiential process that allows them real world practice in changing their relationship and their sex life.

She does this work through in person therapy in her office in Seattle, online therapy for Washington residents, her Better Sex podcast, and her soon to be published book aimed at helping couples who are avoiding sex.

Jessa earned a Master's Degree in Psychology from LIOS Graduate College of Saybrook University, working through a program that emphasized family systems theory and experiential learning. Upon completion of that degree, she earned a Certificate in Sex Therapy from the University of Michigan. Combining those credentials with many hours of supervision and client work, she earned her certification as a sex therapist through the American Association of Sex Educators, Counselors and Therapists (AASECT). She has pursued advanced training in approaches to couples therapy, including Crucible™ Couples Therapy and Emotionally Focused Couple Therapy (EFT).