



RECLAIM YOUR SEX LIFE: HELPING CLIENTS RECOVER AN EMPOWERED SEXUALITY POST-TRAUMA

The following resources provide information, tools, and techniques to facilitate a sex-positive, mindful approach to healing from sexual trauma. This approach supports the goal of empowering clients to develop accepting, pleasurable relationships with themselves and others.

BOOKS

The Joy of Mindful Sex by Claudia Blake
Healing Sex by Staci Haines
Come As You Are by Emily Nagoski
The Body Keeps the Score by Bessel van der Kolk

MINDFULNESS

Mindful.org
Calm.com and phone app
Stop, Breathe, and Think app

3 minute breathing space video
<http://youtu.be/aTCXcxLjNcA>

Staying with Feelings Zine - Rewriting-the-rules.com

NM RESOURCES

Rape Crisis Center of Central NM
Young Women United
Tewa Women United
Solace Crisis Treatment Center

SEXUALITY & CONSENT

Bettymartin.org/videos | Wheel of Consent
O.School | streaming sex ed online
Self Serve Sexuality Resource Center | selfservetoys.com