

Sex Tech: VR, Teledildonics and Deepfakes with Dr. Holly Richmond.**Episode 24: Show Notes.**

Today on the podcast we are joined by Dr. Holly Richmond, Somatic Psychologist, Certified Sex Therapist (CST), and Licensed Marriage & Family Therapist (LMFT).

Dr. Holly is one of North America's leading sex therapists, serving women, men, couples, and gender diverse individuals for relationship and sexuality issues. She has been featured and quoted everywhere including Cosmo, CNN, Newsweek, Marie Claire, The New York Times, and more.

In the Sex Tech industry, Dr. Holly is also a sought after consultant and is seen as a pioneer in bridging the gap between sexual health education and adult entertainment.

Her work through the Next-Sex platform is an exploration of the context of emerging technology and sexuality and how to positively address both.

Today, Dr. Holly is on the show to discuss sex tech and how it can help and sometimes hinder your sex life. She also shares the benefits of Teledildonics to improve your sexual experience and the advances of using sex dolls and sex bots in the practice of psychotherapy.

Key Points From This Episode:

- Dr. Holly's background and how she got involved in sex tech.
- What is sex tech, and the role it plays in Dr. Holly's work as a somatic psychologist.
- The positive roles sex tech can play in someone's sex life.
- How virtual reality can help to encourage people to experience healthy eroticism.
- Defining Teledildonics; Bluetooth connected sex toys.
- Why deepfakes can either be really great, or really dangerous.
- The difference between a sex doll and a sex bot; are they a good influence?
- The role of sex dolls and sex bots in psychotherapy.

Tweetables:

"Through my sex positive view, all sex is good sex as long as it's consensual and pleasurable. I don't get to make the choice about how much is too much. Every client does." —

@DrHollyRichmond **[0:05:24.1]**

“Virtual reality is almost a direct line to feeling and not thinking, experiencing instead of watching. It’s this embodied technology where we can become anything.” —

@DrHollyRichmond [0:08:37.1]

Links Mentioned in Today’s Episode:

Dr. Holly Richmond — <http://drhollyrichmond.com/>

Dr. Holly Richmond on Twitter — <https://twitter.com/DrHollyRichmond>

Next-Sex platform — <http://next-sex.com/>

Naughty America — <https://www.naughtyamerica.com/>

Fleshlight — <https://www.fleshlight.com>

Kiiroo — <https://www.kiiroo.com/>

Ella Paradis — <https://www.ellaparadis.com/>

Lioness — <https://lioness.io/>

Our Lovely Toys — <https://ourlovely.com/>

RealDoll — <https://www.realdoll.com/>

Synthetic Surrogates — <https://syntheticsturrogates.com>