



LOVEOLOGY UNIVERSITY®  
HIGHER LEARNING & LOVING

## Certified Loveologist & Love Coach Program

### Syllabus for Professional & Educational Program

# Program Overview

The Certified Love Coach Program is an extensive four level curriculum that includes 36 Multimedia Course Presentations, 21 training videos, 12 erotic instructional videos, 22 Ask The Expert videos, 30 Sexpert 'mythbuster' videos, 6 Documentaries, 32 audios, and 21 books and e-books. This combined material represents over 300 hours in the entire master program at Loveology University® which entitles graduates to receive a Loveologist® Love Coach Certificate. Graduates are automatically eligible to apply for membership to the American College of Sexologists International, a globally recognized organization since 2002.

The Love Coach Program, as with all LU programs, is self-directed, so students may work at their own pace as their schedules provide. All materials, quizzes, exams and certificates are available online 24 hours a day, 7 days week. Depending on time commitment, past students have completed the program in anywhere from six weeks to a year. If a student works on it full time based on a 40-hour work week (eight hours a day, five days a week), they could finish in about six weeks. Students must pass each course quiz plus the final exam at the end of the program to receive a certificate and officially obtain the title of a Certified Loveologist® and Love Coach.

After completion, each Loveology University® student maintains their full profile with access to the program. It is always available for students to return to for further studying or review.

# Objective

The objective of this program is to provide students with the education and accreditation they need to sustain a successful career as a Love Coach, whether it's with a private practice, or as a lecturer, author or media expert. With this expansive, comprehensive knowledge on love, relationships, intimacy, romance, communication, sexual health and human sexuality, Certified

Loveologists® will be able to help others improve the quality of their love lives, and create more love, intimacy and sexual pleasure and sexual satisfaction in their lives.

# Prerequisites & Materials

There are no prerequisites to enrolling in this course. However, it is essential that you have internet access and a dependable computer. Loveology University® does not provide hard copy materials for students, but all multimedia course presentations are available as PDF downloads. The course can be accessed from any computer, but we ask that you do not share our curriculum with anyone else other than a student in the same course or program.

To participate in the program, you will need a computer or tablet with the latest version of your preferred browser, and a broadband internet connection.

## Course Curriculum Overview:

### Level One

#### 1. Love Course

##### Narrated Multimedia Presentation:

This course lays the groundwork for understanding intimate human behavior with essential statistics, history, theory, skill sets and foundational knowledge on the concept of love. Discover the elements of self-love, romantic love, passionate love as well as key theories on rejection and forgiveness. Finally, learn about the necessary ingredients of true love, such as communication, trust and respect to provide the basic underpinning for the program.

Video course running time: 1 hour, 3 minutes

Approximate test time: 30 minutes

##### Ask the Expert Videos:

**Ask The Expert – Ethlie Ann Vare, *Love Addict: Sex, Romance & Other Dangerous Drugs*** (13 minutes, 52 seconds)

Author Ethlie Ann Vare discusses love addiction and how it's defined, with a self-test to diagnose it. She also provides tools to recover from this affliction that affects about 6% of the population.

**Ask The Expert – *Addictions & Recovery with Sherry Gaba, LCSW*** (7 minutes)

Author of *Law of Sobriety*, Sherry discusses the many ways to heal addiction.

**Reading Material:**

**12 Steps to Everlasting Love eBook** (200 pages, estimated time to complete: 3 ½ hours)

This e-book teaches how to create an action plan for finding a life partner. By creating positive messages from the past, becoming open to new experiences, evaluating the type of relationship desired, the steps in this book allow individuals to attract the right person and find lifelong love. Learn a get-into-action plan for finding your life partner.

**Love Around The House eBook** (160 pages, estimated time to complete: 2 ½ hours)

This book explores the many ways to add zest and variety to love and sex with common household items, stressing the importance of adventure, creativity and making your love life a priority.

**2. Flirting Course**

**Narrated Multimedia Presentation:**

Flirting is a crucial element of romance and human sexuality with its own history, techniques, skills and approaches. This course delves into the science of body language, the power of conversation, the role of our five senses, the value of active listening, the significance of positivity, how flirting works in long term relationships and much more.

Video course running time: 51 minutes, 29 seconds

Approximate test time: 30 minutes

**Training Video:**

***Giving Love To Your Body & Showing Love To Your Partner with Dr. Amie Harwick*** (1hr. 30 minutes)

Marriage and family therapist Dr. Amie Harwick, author of *The Sex Bible for Women: The Complete Guide to Sexual Self-Awareness and Intimacy* teaches a variety of sensual movements and fun lap dancing with her assistant Robert.

**Audio:**

***Build Confidence Hypnosis Session*** (20 minutes)

Licensed hypnotherapist Dr. Ava Cadell conducts this powerful hypnosis session that teaches individuals to possess their ideal qualities, take control of their destinies in love, life and work and find their meaning of true happiness through self-confidence.

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**Reading Material:**

***Guide to Flirting & Dating e-book*** (21 pages, estimated time to complete: 42 minutes)  
A how-to guidebook including quick and simple techniques to feel sexy, an overview of flirting props, best places to meet people, unique ways to approach someone, and how to move from dating to intimacy.

**3. Communication Course**

**Narrated Multimedia Presentation:**

Communication plays a central and vital role in relationships of every kind, and mastering the basic elements of human interaction is key to becoming an effective Love Coach. This course outlines fundamental concepts like negotiation, forgiveness, saying no, navigating family life, communicating fantasies, constructive criticism, body language, conversation skills and much more to provide a framework for understanding the development and nuance of most types of personal human connection.

Video course running time: 1 hour, 45 minutes  
Approximate test time: 30 minutes

**Ask the Expert Video:**

**Ask The Expert – Terri Amos Britt, *The Enlightened Mom*** (15 minutes, 28 sec.)  
Terri Amos Britt shares her wisdom about finding spiritual peace from within, rather than seeking love and appreciation externally, to become more loving and dynamic.

**Reading Material:**

***Understanding Cheating eBook*** (132 pages, estimated time to complete: 4 hours)  
This e-book thoroughly examines the reasons men and women cheat, including the interesting results of a cheating survey. Techniques are provided to prevent and solve cheating to enjoy a healthy relationship.

***NeuroLoveology*** (300 page book, estimated time to complete: 10 hours)  
NeuroLoveology: The Power to Mindful Love & Sex explores how the brain processes attraction, relationships, conflict, and sex. Each chapter introduces the science and psychology behind adult romantic relationships and the tools to enhance that relationship, emotionally and sexually.

**4. Dating Course**

**Narrated Multimedia Presentation:**

This course studies the ritual of dating throughout history and across global cultures, with a focus on how dating works within modern society. Practical information about

how and where people meet, the art of conversation, compatibility, the role of sex, dating with children, dating after divorce, dating at different life stages and more provides individuals and coaches with substantive resources to help single clients navigate their romantic lives.

Video course running time: 1 hour, 20 minutes

Approximate test time: 30 minutes

### **Ask the Expert Videos:**

**Ask The Expert – Eva Nagorski, *The Down & Dirty Dish of Revenge* (12 minutes)**

Author Eva Nagorski discusses her book on getting even with a partner that cheated on you.

**Ask The Expert – Lisa Steadman, *Breaking Up Is Hard To Do* (24 minutes)**

Writer, producer and relationship expert Lisa Steadman speaks about how to navigate a break up without losing your self-worth.

**Ask The Expert – Marc Mani on *plastic surgery and self-confidence* (8 minutes, 6 seconds)**

Plastic surgeon Marc Mani discusses how facial and body procedures can inspire confidence and help people feel sexy, since sexuality is all about confidence.

### **Reading Material:**

***Your Sexual Personality e-book* (65 pages, estimated time to complete: 2 hours, 10 minutes)**

This book analyzes the results of Loveology University's Sexual Personality quiz and defines five sexual personalities based on psychology's 'big five' personality types – Open, Conscientious, Extraverted, Agreeable and Neurotic.

***The Sexpert Guide to 52 Weeks Of Sizzling Sex* (21 pages, estimated time to complete: 45 minutes)**

This interactive e-book has a new suggestion each week for couples to enrich their love lives on a year-long journey of sexy adventures, new techniques and boundary-pushing erotic fun.

## **5. Kissing Course**

### **Narrated Multimedia Presentation:**

This comprehensive course on 'osculation' explores the history, benefits, styles, and techniques of kissing including psychological benefits, brain chemical breakdown, the

role of oral health and disease prevention, sensory and sexual impact (including oral sex) and much more.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

### **Reading Material:**

***Head to Toe Kissing* e-book by Nikki Leigh** (45 pages, estimated time to read: 30min)

Certified Love & Relationship Coach Nikki Leigh authors this e-book that teaches kissing techniques and suggestions that contribute to fulfilling foreplay.

## **6. Self Pleasure Course**

### **Narrated Multimedia Presentation:**

Masturbation is a key component to self-love and sexual health. This course thoroughly explores auto-stimulation for both the male and female sexual organs. You'll discover multiple manual masturbation techniques and a variety of sex toys you can use to enhance your sexual satisfaction. Finally, to help those overcome sexual guilt or shame, we've included the physical, emotional and sexual benefits of masturbation.

Video course running time: 1 hour, 8 minutes

Approximate test time: 30 minutes

### **Training Video:**

***Knowing Yourself: Body Assessment & Acceptance* with Jallen Rix & Elaine Floyer** (36 minutes)

A live seminar about sexual bodywork, where a group of women evaluate their current sexuality status, measured mentally and physically.

### **Erotic Instructional:**

***Penthouse Sex Academy, Masturbation*, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves**, (1 hour, 23 minutes)

This video features live demonstrations of many self-pleasure techniques for singles and couples including the stimulation of nipples, clitoris, U-spot, G-Spot and A-spot for women and penis, testicles and prostate for men, including how to separate orgasm from ejaculation. Also included are advanced demonstrations of sex toys, tools and props for enhanced auto-stimulation.

### **Ask the Expert Video:**

***Ask The Expert – Nicholas Tana, director of masturbation documentary Sticky*** (14 minutes, 15 seconds)

Writer and director Nicholas Tana shares the trailer for his documentary on the history of masturbation, *Sticky*, which stars Joycelyn Elders and Larry Flynt, among other controversial people.

### **Reading Material:**

***The Loveology Guide To Inhibitions E-book*** (26 pages, estimated time to complete: 52 minutes)

Learn about the most common inhibitions for men and women and how to experiment with role-play and erotic talk while setting boundaries and expanding sexual horizons.

## **7. Female Anatomy & Arousal Course**

### **Narrated Multimedia Presentation:**

This fundamental course on female sexuality focuses on the basic anatomy of a woman her multiple stages of sexual health and arousal. Internal and external erogenous zones are described in detail so that you can find and stimulate how to stimulate her U, G and A spots enabling maximum pleasure that may lead to orgasm and female ejaculation.

Video course running time: 1 hour, 20 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Train Your Mind To Be Sexy Through Meditation, Fantasies & Yoga*** with Dr. Anne Ridley (45 minutes)

Licensed psychologist Dr. Anne Ridley conducts this seminar which includes mind and body meditation, breathing and yoga. With interactive exercises, she encourages women to discover pleasure by releasing their inhibitions and showing up for themselves and their partners in a more authentic way.

***Kundalini Yoga For The immune System by Gurutej Kaur*** (1 hour, 3 minutes)

Your immune system and your body's energy system depend on each other, teaches Gurutej Kaur. Viewers are guided through 15 powerful exercises specifically adapted from Kundalini yoga to energize the chakras and the glands that underlie them, freeing the body's natural healing system to work at full capacity. Created especially for those who face high levels of stress—the number one threat to the immune system—here is a dynamic daily practice to help viewers maintain their physical, emotional, and spiritual health.

### **Audio:**

***Female Sexuality Hypnosis Session*** (22 minutes)

Dr. Ava Cadell uses hypnosis to free women of any sexual inhibitions, guilt or shame associated with sex so that they can enjoy their sexual experiences with no limits. This audio is recommended for clients who need extra help with positive affirmations and creative visualization.

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## **8. Male Anatomy & Arousal Course**

### **Narrated Multimedia Presentation:**

This course lays the groundwork for male sexuality, focusing on basic anatomy and stages of arousal, how to stimulate and achieve orgasm, details about multiple orgasms for men and women. Also covered is comprehensive sexual health information from penis exercises and disease prevention to sexual dysfunction and prostate health.

Video course running time: 1 hour, 10 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Knowing Men: Learn What Men Like & Dislike Mentally, Physically & Sexually with Dr. Max McMullen*** (29 minutes)

Dr. McMullen brings a historical perspective of human sexuality and sexual health to the realities of living in a digital age in this seminar that covers low libido, erectile dysfunction, premature ejaculation and testosterone replacement for men. The Q & A section includes discussion about male sex drive and orgasms.

### **Audio:**

**Male Sexuality Hypnosis Session** (20 minutes)

With clear, simple techniques, Dr. Ava Cadell uses hypnosis to transform the way male individuals think about their bodies so that they can change the way they make love and reach their full sexual potential. This is recommended for clients who need extra help with positive affirmation and creative visualization.

## **9. Foreplay Course**



**Narrated Multimedia Presentation:**

This course on foreplay is designed to equip students with detailed information on how to build sexual anticipation that is non-coital. Exploration of sensual breathing techniques, erotic vocal signals, kissing, undressing, sensual touch, physiological response and the role of ‘outercourse’ can all be a prelude for a magical and memorable date. Learning unique foreplay techniques such as mammary, axillary and gluteal sex can open a whole new foreplay world and become your sexual main event.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

**Training Videos:**

***Creative Foreplay & Communication: To Empower Yourself & Your Partner with Dr. Nikki Goldstein*** (1 hour)

Australia’s top sexologist and author of #SingleButDating teaches this live seminar that includes many unique and creative foreplay tips.

**Erotic Instructional:**

***Penthouse Sex Academy, Foreplay, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves,*** (1 hour, 23 minutes)

This video features live demonstrations of many foreplay techniques that could easily be considered the main sexual event, such as mammary sex, axillary sex, bathtub play, oral sex and more ‘outercourse’ techniques.

## **10. Safer Sex Course**

**Narrated Multimedia Presentation:**

The Safer Adult Play course was developed by Dr. Tamara Griffin and Dr. Ava Cadell, and covers all aspects of safer sex and safer relationships, including comprehensive information about STDs and HIV/AIDS, their stages, treatments, prevention methods and protocols. Sexual assault and consent are examined in the context of history and practical application, as are the many different methods of birth control and their effectiveness. This course also identifies how to make safer sex sexy, focusing on the importance of negotiating with sexual partners to use safer sex practices and enhance protection while maintaining eroticism.

Video course running time: 1 hour, 35 minutes

Approximate test time: 30 minutes

# **Level Two**

## **1. Pleasing a Woman Course**

### **Narrated Multimedia Presentation:**

Pleasing a woman is a multi-faceted enterprise that includes emotional, mental, physical and sexual elements. This course details how to meet the desires of most women, with methods of achieving good communication, trust, intimacy and respect. Tips and techniques include helping her to relax with a foot massage, get her juices flowing with passionate kissing that leads to explicit erotic video demonstrations of enabling her to orgasmic bliss.

Video course running time: 1 hour, 9 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Tantric Massage: How to Relax and Arouse with Sensual Tantric Techniques (performed by a man on a woman)*** (48 minutes)

Brett Stephenson conducts a deep tissue erotic massage in real time, demonstrating sensual tantric techniques.

### **Erotic Instructional:**

***Dr. Ava's How To Please A Woman, Zero Tolerance*** (1 hour, 27 minutes)

Dr. Ava Cadell narrates live demonstrations that feature the essential phases of pleasing a woman, emotionally, physically and sexually. Information includes everything from how to create a romantic atmosphere to exploring and stimulating her G-spot, A-spot, and U-spot.

### **Audio Lessons:**

***Passion Power Audio for Men*** (23 minutes, 19 seconds)

Dr. Ava Cadell teaches men the many essential ways to love a woman, keep a relationship passionate, and deepen intimacy.

### **Reading Material:**

***The Loveologist Guide To What Women Want in Bed*** (20 pages, estimated time to complete: 40 minutes)

This guide explores how intimacy and communication can lead to better sex, with romantic, sensual, sexual, and highly erotic tips and exercises.

## **2. Pleasing a Man Course**

### **Narrated Multimedia Course:**

This course offers a comprehensive look at what men want and need for their sexual, emotional & mental satisfaction. Sexual fantasies, erotic talk, oral sex, erotic massage, role playing, prostate play, quickies, sex positions and giving him the ultimate TriGasm are all explored in depth for a comprehensive understanding of male desire. Sexual knowledge results in sexual satisfaction for both the giver and receiver of pleasure.

Video course running time: 1 hour, 11 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Erotic Massage: How To Convey Love Through Mindful Touches with Jaiya (performed by a woman on a man)*** (36 minutes)

Award-winning somatic sexologist, best-selling author and founder of New World Sex Education, Jaiya Ma, teaches an intimate class on how to convey love with your hands, through sensual massage. Her partner Ian is her model for the live demonstrations where they share their energy through breath and movement and encourage the seminar participants to actively learn techniques. Jaiya introduces her idea of the “Core Erotic Blueprint” which helps people identify the way they like to be touched.

### **Reading Material:**

***The Loveologist Guide To What Men Want In Bed*** (19 pages, estimated time to complete: 37 minutes)

In this guide, Dr. Ava Cadell teaches women how to become a passionate sexual partner, including step-by-step techniques on sensual massage, how to discover his hot-spots, and play into his fantasies.

## **3. Erotic Massage Course**

### **Narrated Multimedia Presentation:**

The art of erotic massage is examined closely in this how-to course that breaks down the process into step-by-step techniques including setting the scene, sensory stimulation, types of touch, basic body landmarks, permission, and orgasmic climaxes. You don't have to be a pro massager to give your lover an erotic massage. The most important component of a great massage is the desire to please your lover. But after watching the erotic massage videos, you might feel like a pro when you or your partner experience a “happy ending.”

Video course running time: 51 minutes, 46 seconds

Approximate test time: 30 minutes

### **Erotic Instructional:**

***Penthouse Sex Academy Erotic Massage***, hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour)

Chock full of live demonstrations, this video includes step-by-step instructions on how to give and receive an erotic massage. From creating a sensual atmosphere to incorporating props and sex toys, experimenting with lubes and oils to communicating wants and desires, this comprehensive video also includes his and hers erotic massage techniques to stimulate his million dollar point, bring her to a trigasm and much more.

**Audio Lessons:**

***Sensual Massage Audio*** (23 minutes, 6 seconds)

Dr. Ava Cadell narrates this program that teaches the tools to relieve tension, improve circulation, awaken nerves, and sexually arouse with step-by-step direction of many sensual massage techniques.

#### **4. Erotic Talk Course**

**Narrated Multimedia Presentation:**

Communicating erotically is one of the foundational elements of a great sex life. This course explores the many motivations and benefits of erotic talk including enriching sensual experiences and fulfilling sexy fantasies. Practical exercises with sample scripts offer guidelines for everything from communicating sexual boundaries to having great phone sex. So, if you want to hear some dirty talk with or without your partner, these erotic audios on masturbation, oral sex and lesbian massage might give you an eargasm!

Video course running time: 49 minutes, 48 seconds

Approximate test time: 30 minutes

**Audio:**

***Ava's Hot Lips*** (58 minutes, 31 seconds)

Erotic audios introduced by Dr. Ava Cadell and performed by real people. The sexual fantasies included are: masturbation, a threesome with two men and one woman, a threesome with two women and one man, oral pleasure, anal pleasure, lesbian massage, swingers, big breasts, spanking and domination, an erotic shoe store fantasy and flashing in the car.

***Soundz of Sex*** (54 minutes, 28 seconds)

The sounds of real sex and erotic talk set to music in techno, blues, pop and R&B styles. Tracks include: Sexycise, Sextrology, Kool Whip, Je T'aime, On Line Love, Voodoo of Love, The Art of Love, On Your Knees and Sic Love Blues.

#### **5. Intimacy Course**

**Narrated Multimedia Presentation:**

Achieving intimacy in a relationship involves a process of mutual personal discovery that includes learning how your partner loves, how their brain works (are they primarily left or right-brained?), in what ways they become distracted, and many other subtle nuances that, once explored, can strengthen the bond. This course delves into all aspects of romantic and sexual intimacy and includes practical exercises for couples' discovery.

Video course running time: 1 hour, 16 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Intimacy Wellness - Experiential Therapy with Dr. Elaine Floyer*** (15 minutes 54 seconds)

Dr. Elaine Floyer discusses the many experiential ways to improve intimacy and encourage relationship growth, including sensate focus, dating role-play, mindful meditation and anxiety reduction through touch.

### **Ask The Expert Videos:**

***Ask The Expert – Dr. Diana Wiley on Baby Boomer Sex*** (7 minutes, 54 seconds)

Marriage and Family Therapist Dr. Diana Wiley discusses the benefits of healthy sexuality for older people, and provides solutions to some of the issues that can arise from aging, like low libido or erectile dysfunction.

## **6. Oral Pleasure Course**

### **Narrated Multimedia Presentation:**

Oral sex history, origins, technique and skill are covered comprehensively in this detailed course that focuses on cunnilingus, fellatio, oral sex positions, oral sex locations, tongue exercises, anilingus and much more. So if you want to learn how to put a condom on with your mouth or watch three hours of explicit oral sex tips, then this course is for you.

Video course running time: 1 hour, 50 minutes

Approximate test time: 30 minutes

### **Erotic Instructional:**

***Dr. Ava's Guide To Oral Sex, Zero Tolerance*** (3 hours)

This three-disc DVD set features dozens of live demonstrations of every oral sex technique imaginable for men, women and couples, including advanced oral sex positions, oral sex games, and skill-improving exercises. Discover his Million Dollar Point,

her G-spot and much more in this comprehensive tastefully graphic guide to oral pleasure of every kind.

**Ask The Expert – Valerie Baber on Fellatio** (5 minutes, 28 seconds)

Love Coach Valerie Baber gives expert advice about fellatio, including insight into how men feel about it, what turns them on most, and their most common desires.

**Reading Material:**

***Loveologist's Guide To Oral Pleasure ebook*** (16 pages, approximately 32 minutes to complete)

Open the door to a new and exciting kind of oral sex, learning new techniques for men and women. Overcome sexual inhibitions by boosting confidence in the bedroom and learn how to take precautions to protect your health. From touch to taste, this e-book covers all the ways to experience and give the ultimate oral sex.

## **7. Fantasies & Role Playing Course**

**Narrated Multimedia Presentation:**

Fantasies and role playing can play a key role in unleashing passion and erotic, playful sexuality. This course covers some common and unusual fantasies, what triggers them and how to make them come true creatively. Discover how getting into character can be an effective communication tool for many couples, and how fantasy and role-playing can help to shed inhibitions for deeper intimacy.

Video course running time: 55 minutes

Approximate test time: 30 minutes

**Erotic Instructional Videos:**

**Penthouse Sex Academy, *Fantasies* hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour, 28 minutes)

Dr. Ava Cadell and Dr. Hernando Chaves guide and narrate this sexually detailed video that demonstrates sexual fantasies and how they work to improve your love and sex life. Real couples perform erotic role-playing and fantasy games like 'striptease,' 'hunky cowboy' and more, sharing expert advice on how to turn sex into adult play.

## **8. Playful Positions Course**

**Narrated Multimedia Presentation:**

This course on sexual positions is an all-inclusive how-to guide for a variety of different sexual masturbation, oral sex and intercourse positions including how to perform them, the pros and cons of each position, and the best time to engage in them. Techniques include multiple gender combinations and positions for physical limitations such as pregnancy or disabilities.

Video course running time: 1 hour, 18 minutes

Approximate test time: 30 minutes

**Training Videos:**

***Arousing Sex Techniques & Sexual Positions For Female Satisfaction* with Dr. Sadie Allison** (46 minutes)

Dr. Sadie Allison, founder and CEO of Tickle Kitty, Inc., leads this playful live seminar all about the benefits of sexual positions, with her handsome assistant John who encouraged the women participants to try positions on the Liberator wedge (sex furniture) with him.

**Erotic Instructional:**

***Penthouse Sex Academy, Sexual Positions* hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour, 25 minutes)

Dr. Ava Cadell and Dr. Hernando Chaves host and narrate this comprehensive DVD chock full of live demonstrations of sexual positions of every kind. Find out what angles are the best to stimulate a woman's clitoris, U-spot, G-spot, A-spot or anus, and which positions give him the most pleasure visually and sexually. From unique missionary variations to comfortable sideways positions, advanced standing positions to positions that trigger intense emotion, this video emphasizes that communication is the key to discovering which positions please your lover the most.

**Reading Material:**

***Selections from: Idiot's Guide to the Kama Sutra* by Dr. Ava Cadell** (estimated time to complete: 10 minutes)

The Kama Sutra is not just about making love. It's about connecting with and cherishing a lover every day. *Idiot's Guides: Kama Sutra* is a fun and insightful guide and includes dozens of beautiful, full-color photos that illustrate traditional movements, as well as techniques for modern lovemaking. Dr. Ava Cadell, explores the roots of the ancient art of Kama Sutra, essential warm-ups like aphrodisiacs and erotic massage, erogenous zones, oral pleasures, and more!

***Sexual Positions e-book* by Dr. Ava Cadell** (25 pages, estimated time to complete: 50 minutes)

Filled with instructional pictures, this e-book defines and describes most sexual positions from basic to advanced. Discover the best positions for your needs or the needs of your clients for maximum stimulation, pleasure and satisfaction.

## **9. Disabilities & Intimacy Course**

**Narrated Multimedia Presentation:**

This course is designed to empower abled and disabled people with knowledge about how disabilities affect sexuality. The course covers physical and mental disabilities in varying degrees, and how to overcome barriers to intimacy, love, romance and sex.

Video course running time: 1 hour, 30 minutes

Approximate test time: 30 minutes

**Documentaries:**

**Documentary - *(Sex) Abled: Disabilities Uncensored*** (14 minutes, 32 seconds)

(SEX)ABLED celebrates people with disabilities as sexual beings, increasing visibility for an often ignored population by addressing stereotypes that hinder sexual growth. Viewers are introduced to a community of sexually active disabled people who expose the truth by pulling back the curtain on their sexual lives.

**Documentary - *Asta Philpot*** (17 minutes, 49 seconds)

Asta was born with Arthrogryposis, which limits his mobility, but he can dance in his wheelchair, sing beautifully and is an ardent campaigner on behalf of disabled people through his foundation. In this video, Asta shares his views with Dr. Ava Cadell on love, relationships, intimacy and sexuality that raises awareness about intimacy and disabilities.

**Documentary - *Carlana Stone*** (14 minutes, 28 seconds)

Author of the acclaimed book, "Never Give In, Never Give Up," Carlana speaks about her sexuality as a disabled person, and what she's learned about pleasure and the misconceptions about the disabled.

## Level Three

### 1. **Couples Enrichment Course**

**Narrated Multimedia Presentation:**

This course is designed to give individuals and Love Coaches the tools they need to help couples enrich their relationships with better communication, forgiveness, praise, touch, healing and sexual techniques. From building strong new foundations to creating intense sexual experiences, Couples Enrichment is created to facilitate couples falling in love again and making passion a priority to improve the quality of their love lives.

Video course running time: 1 hour, 45 minutes

Approximate test time: 30 minutes

**Training Videos:**

***Love Lust & Laughter*** with Dr. Ava Cadell, Dr. Hernando Chaves & Dr. Nancy Sutton-Pierce (53 minutes)



The topics in this live interactive seminar video takes place in China and includes the topics of self-love and pleasure, passionate play, sharing fantasies, what turns a man on, tantric sex and power play.

***Sexcises by Sexperts: Yin Yang Yoga for Intimacy, Various Sexperts (1 hour 33 minutes)***

Sexcises by Sexperts: Yin Yang Yoga For Intimacy is a love-changing video guide for couples to rekindle passion, deepen intimacy or just have fun together. Get to know 20 top sexy sexperts as they do live demonstrations of yoga poses to enhance intimate connection. Health benefits include flexibility, strength, balance, muscle tone, improved energy & vitality.

**Audio Lessons:**

***Passion Power for Couples (6 x 1-hour Audios = 6 hours)***

Passion Power is a personal fulfillment and sensual enrichment program for couples. It is designed to improve communication and enhance intimacy, bringing passion back into relationships by expanding sexual horizons. Heart-to-heart connective exercises and empowering interactive techniques encourage couples to work and play together to bring their love lives to a whole new level.

**Reading Material:**

***Passion Power eWorkbook (101 pages, estimated time to complete: 3 hours, 20 minutes)***

This detailed workbook is designed to improve communication and enhance intimacy for couples when they complete the 'Love Work' assigned in each chapter. If couples already have passion, these exercises will make it sizzle, while couples who have lost their mojo will find this journey of kissing rituals and sensual massages brings them to an exciting new place in their relationship.

***Stock Market Orgasm eBook (172 pages, estimated time to complete: 5 hours, 45 minutes)***

This book uses the ups and downs of the stock market as an analogy for a new lovemaking system Dr. Ava has coined, 'The Stock Market Orgasm.' The basic thesis is that if we invest wisely in our lovers, we will reap the reward of a satisfying return. She encourages couples to increase their love portfolio by adding a little bit of time, effort and attention.

## **2. The Big O Course**

**Narrated Multimedia Presentation:**

Orgasms have been defined as everything from a natural stress reliever to a spiritual experience. This course dives deep into the history, facts and research about the 'Big O'

including orgasm stages, pleasure scales, orgasm barriers, erogenous zones and types of orgasms including blended orgasms, bigasms, trigasms and more.

Video course running time: 1 hour, 2 minutes

Approximate test time: 30 minutes

### **Training Videos:**

**Unique Orgasms: Discovering Ultimate Pleasure for your Sexual Health with Dr. Ava Cadell & Dr. Hernando Chaves** Two top sexperts teach about coregasms, nipplegasms, anal orgasms, the A, C, U and G-spot, braingasms, perineum orgasms, multiple orgasms and many more unusual ways to find sexual satisfaction.

### **Ask The Expert Videos:**

**Ask The Expert – *Brandon Maxwell on Male Multiple Orgasms*** (21 minutes)

Dr. Ava Cadell interviews Brandon Maxwell, expert on male multiple orgasms. Discover how multiple orgasms can be achieved by separating orgasm from ejaculation through ancient Tantric techniques.

**Ask The Expert – *Orgasmic Birthing with Jaiya*** (24 minutes, 40 seconds)

Somatic Sexologist, sexological bodyworker and Tantra teacher Jaiya Ma speaks about her practice of coaching women through the journey of orgasmic birth.

### **Documentaries:**

**Documentary - *Orgasm, Inc.*** (1 hour, 23 minutes)

Filmmaker Liz Canner takes a job editing erotic videos for a pharmaceutical company developing the first FDA approved Viagra drug for women to treat a new disease: Female Sexual Dysfunction (FSD). Liz gains permission to film the company for her own documentary and discovers how the medical industry is reshaping our everyday lives around health, illness, desire, and that ultimate moment of orgasm.

## **3. The G-Spot Course**

### **Narrated Multimedia Presentation:**

Learn exactly what the G-spot is, what it's made of, where it's located, its function, and the best techniques to stimulate it digitally or without toys. This course covers the ongoing scientific research on the G-spot and female ejaculation, all aspects of the G-spot orgasm, physical responses to its stimulation, and how best to communicate desires for exploration to a partner.

Video course running time: 39 minutes, 29 seconds

Approximate test time: 30 minutes

## 4. Adult Toys Course

### Narrated Multimedia Presentation:

Sex toys have been around for thousands of years, but never has there been such a huge industry for sexual aids as the present time. Filled with photos and examples of vibrators, dildos, penis rings, butt plugs, nipple clamps, dolls, wands, BDSM gear, sex furniture and much more, this course comprehensively covers the world of sex toys. Learn how to inform your Love Coach clients about the benefits of toys, whether they are singles, couples or groups of any gender or orientation. Also included is information on how to become a sex toy 'party planner' and related business opportunities.

Video course running time: 1 hour, 40 minutes

Approximate test time: 30 minutes

### Training Videos:

***History of Sex Toys: How To Use Sex Toys For Pleasure & Fantasies with Dr. Carol Queen*** (1hr 9 minutes)

Sex educator, activist and writer Carol Queen is the staff sexologist at the women-owned Good Vibrations sex toy and book emporium, and curates the Antique Vibrator Museum. In this live interactive seminar, she teaches about the history of sex toys and how to incorporate them into a relationship to boost intimacy.

***Sex Toys with Dr. Ava Cadell*** (50 minutes, 19 seconds)

A fun and interactive live seminar filmed at Hedonism II in Jamaica. Dr. Ava teaches about how to use popular sex toys to arouse men, women and couples.

### Ask The Expert Videos:

***Ask The Expert – Home Party Planning with Tamara Bell*** (13 minutes, 16 seconds)

Dr. Ava Cadell interviews Tamara Bell, founder of the Home Pleasure Party Plan Association about how to become a pleasure party planning entrepreneur, and how becoming a love coach can benefit your business.

***Ask The Expert – Sex Toys with Dave Levine*** (12 minutes, 22 seconds)

Dr. Ava Cadell interviews SexToy.com owner and entrepreneur Dave "Sex Toy Dave" Levine. He discusses why he started his sex toy empire, which toys sell best for men and women, what's popular and why, and what the future holds in the sex toy industry.

***Ask The Expert – Dave Levine & Dr. Ava Cadell*** (11 minutes, 23 seconds)

Dave Levine from SexToy.com interviews Dr. Ava Cadell about sex toys, discussing asks sex toy styles, uses & benefits.

## 5. Back Door Play Course

### Narrated Multimedia Presentation:

Anal sex has been enjoyed since ancient times, but has often been subject to controversy and taboo. This course thoroughly examines anal pleasure for men and women, anilingus, consent, cleaning, preparation, anal care, breathing techniques, positions, prostate play, risk for STDs, how to talk about desire for anal sex and much more.

Video course running time: 46 minutes

Approximate test time: 30 minutes

### Erotic Instructional:

***Dr. Ava's Guide To Anal Sex For Women, Zero Tolerance*** (1 hour, 42 minutes)

Dr. Ava Cadell demystifies anal sex, giving individuals and couples the empowering information needed to take this sexual adventure together. The guide features the 12 Anal Sex Rules essential for anal safety and pleasure, expert tips on 'anilingus' and playful anal sex positions, as well as innovative skills using the latest toys.

## 6. Boundaries & Taboos Course

### Narrated Multimedia Presentation:

Sexual taboos exist in most cultures, and this course identifies the behaviors and fetishes that have been or are currently considered outside of 'normal' sexuality in various societies, including nudism, prostitution, incest, cheating, multiple partners, splashing, piercings, public sex & much more.

Video course running time: 1 hour, 25 minutes

Approximate test time: 30 minutes

### Training Videos:

***BDSM & Role playing: Erotic Confidence For Women With Kinky Desires with Mistress Minax*** (1hr 12 minutes)

Dominatrix and author of Bondassage, Mistress Minax, teaches women about erotic confidence, kink, fantasies and role-playing in this interactive live seminar. She and her submissive, David, give hands-on demonstrations that allow participants to experience power play.

### Ask the Expert Videos:

***Ask The Expert – Paraphilia & Fetishism with Dr. Hernando Chaves*** (24 minutes, 22 seconds)

Accomplished Sex Therapist and Marriage and Family Therapist Dr. Hernando Chaves speaks about the definition of paraphilia, and the differences between fetishes and paraphilia, giving insight into this behavior.

## **7. Foot Fetish Course**

### **Narrated Multimedia Presentation:**

This is a comprehensive course on one of the most common fetishes in America. Learn theories on what causes foot fetish fascination, variations on classified paraphilia like this, as well as foot play techniques like trampling, footsie, tasting, squish, reflexology, and podiary sex.

Video course running time: 44 minutes

Approximate test time: 30 minutes

## **8. Power Play Course**

### **Narrated Multimedia Presentation:**

Power Play explores Sado Masochism, Bondage, Discipline and Domination for sexual pleasure and fulfillment. Techniques include spanking zones, restraint styles and props, humiliation, domination and submission dialogue. You will learn how to bring these practices into a relationship with power play vocabulary including safe words and role-play scripts.

Video course running time: 1 hour, 12 minutes

Approximate test time: 30 minutes

### **Erotic Instructional:**

***Dr. Ava's Guide To Sensual BDSM for Couples, Zero Tolerance*** (2 videos 1 hour each = 2 hours)

Dr. Ava Cadell helps couples push past their boundaries to explore their sensual limits in this how-to guide to BDSM that covers blindfolding, spanking, domination, rope play, the violet wand, and much more.

### **Ask The Expert Videos:**

***Ask The Expert – BDSM with Sandra Daugherty*** (19 minutes, 33 seconds)

BDSM expert Sandra Daugherty demonstrates discipline techniques on her submissive, using a crop, paddle, feather and whip.

## **9. Tantric Love Course**

### **Narrated Multimedia Presentation:**

This in-depth course will teach you what is Tantra, the types and history of Tantra, tantric sex, orgasmic kissing, multiple orgasms, tantric massage, tantric sex positions, and much more! It covers the 5000-year-old practice of Tantra which involves opening up the Chakras, (energy centers), balancing love energy and ancient sexual techniques such as the Venus Butterfly. Discover how Tantra can heal hurt relationships and treat common sexual concerns such as lack of desire, premature ejaculation and inability to orgasm. Tantric love helps couples to connect on a spiritual level and heighten their intimacy.

Video course running time: 1 hour, 51 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Tantric Sex: Spiritual Sexuality & Deeper Intimacy for Couples with Dr. Ava Cadell*** (57 minutes)

Dr. Ava Cadell conducts this live interactive seminar on Tantric Sex that explores how to create a deeper connection with your lover on a physical, mental, emotional, sexual, and spiritual level. For women, Tantra can empower and fulfill their sensual needs. For men, Tantra can provide the tools to become multi-orgasmic. Dr. Elaine Floyer and her assistant Greg demonstrate synchronized breathing, Tantric Dancing and many other techniques in which the audience also participates.

***Kundalini Yoga for Balancing the Chakras by Gurutej Kaur***

Your chakras are your body's crucial energy centers - each one essential to the health of specific organs, emotions and forces within you. On Chakra Yoga, you will discover how to use the ancient practice of kundalini yoga, "the waking up of primal energy forces," to unblock these centers and gain access to an unlimited source of life energy.

### **Ask The Expert Videos:**

***Ask The Expert – Gurutej on Energizing Yourself*** (17 minutes, 47 seconds)

Energy Guru Gurutej speaks about mastering your own energy to reap the benefits of increased energy and spirituality on a personal and professional level. She demonstrates Kundalini techniques along with Dr. Ava Cadell and encourages viewers to participate.

***Ask The Expert – Laurie Handlers*** (10 minutes, 30 seconds)

Tantric expert Laurie Handlers talks about finding joy and happiness through sexual enlightenment.

***Ask The Expert – Destin Gerek*** (12 minutes, 55 seconds)

Tantric expert Destin Gerek talks about sex mastery and consciousness for dating, love and relationships.

**Audio Lessons:**

***Tantric Lab Audio Course*** (32 minutes, 3 seconds)

Dr. Ava Cadell teaches the unique sexual vocabulary of Tantric love and sex, how to open up your chakras to release your full energy potential, and the six elements of Tantra. This audio also includes techniques to stimulate the G-spot for female ejaculation and the ancient Venus Butterfly technique.

**Reading Material:**

***Tantra Workbook eBook*** (68 pages, estimated time to complete: 2 hours, 10 minutes reading and approximately 6 – 12 hours of exercises, depending on availability of partner)

Tantra is a Sanskrit word that means ‘to weave energy,’ specifically Yin (female) and Yang (male) between two lovers. This energy includes out thoughts, feelings, physical and sexual actions. This workbook focuses on Red Tantra, which directs sexual, loving or healing energy between lovers, teaches how Tantra can help to heal a hurt relationship that has lost its sizzle or simply empower and fulfill sensual needs. It opens a whole new world to intimacy and can give men the tools to become multi-orgasmic. Glossary of terms included.

## Level Four

### 1. **Aphrodisiacs Course**

**Narrated Multimedia Presentation:**

Aphrodisiacs have a long and storied history that speaks to the central importance of love and sexuality in human history. This course studies the history, major classifications, meaning, common use, sensory impact, unusual applications and brain effects of aphrodisiacs and how they integrate into relationships, sexual fantasy, libido and orgasmic pleasure. And if you want to create an aphrodisiac menu for that special occasion, then you are in luck as there is a whole list of love foods for foreplay, excitement and orgasm.

Video course running time: 1 hour, 3 minutes

Approximate test time: 30 minutes

**Training Video:**

***Aphrodisiacs with Dr. Ava Cadell*** (28 minutes)

A fun, interactive live seminar with a group of Chinese participants who get actively involved demonstrating techniques such as putting a condom on a banana with your mouth, and using a papaya to practice female oral sex skills.

**Audio Lessons:**

***Aphrodisiacs Audio Course*** (27 minutes)

Dr. Ava Cadell narrates this primer on aphrodisiacs which covers the history, truths, myths and biological facts about sexual enhancements.

**Documentaries:**

***Beyond Dinner – Short Film*** (35 minutes)

An award-winning short film about an erotic aphrodisiac-enhanced group dinner called a Gate (pronounced gah-tay). Searching to keep their relationship enticing, a wife takes her husband to this erotic dinner party full of sensual foods and interesting people.

**Reading Material:**

***Sexy Little Book of Sex Games eBook*** (145 pages, estimated time to complete: 4 ½ hours)

This is a hip and helpful little guide that is packed with ideas for spicing things up in the bedroom. From sexual novice to seasoned lover, readers will discover just how fun sex can be when they explore mind-blowing games, techniques, and ideas, such as flirty foreplay for the senses, love foods and edibles, sensual chatter and dirty talk, erotic massage, sex fantasies and role playing, and more.

## **2. Eroticism Course**

**Narrated Multimedia Presentation:**

This course examines pornography comprehensively from a historical perspective up to the present day with information on censorship, consent, therapeutic porn, genre categories, award-winning porn and amateur video porn for erotic personal use.

Video course running time: 1 hour, 14 minutes

Approximate test time: 30 minutes

***Ask The Expert – Dorian Gomez on art & sexuality*** (10 minutes)

Dr. Ava Cadell interviews artist and erotic curator Dorian Gomez about her work as an artist, and her role at the Erotic Heritage Museum in Las Vegas.

**Documentaries:**

***Documentary - X-Rated: The Greatest Adult Movies of All-Time*** (94 minutes)

Combining scintillating film clips of the 32 greatest adult movies ever produced with in-depth interviews from the biggest stars in the industry, this erotic documentary is the definitive look at the art of carnal films. Hosted by Chanel Preston, with Jenna Jameson, Ron Jeremy, Marilyn Chambers, Christy Canyon, Jessica Drake, Georgina Spelvin and many more.



### **3. Women Loving Women Course**

#### **Narrated Multimedia Presentation:**

This course encompasses the history of lesbian culture, societal struggles, and examines the acceptance of sexual orientation. It covers how to meet other women and date as a lesbian, erotic options, sexual benefits, STD risks, relationship boundaries and more.

Video course running time: 1 hour, 10 minutes

Approximate test time: 30 minutes

### **4. Male Lovers Course**

#### **Narrated Multimedia Presentation:**

This course covers gay male culture and sex including Alfred Kinsey's scale, Klein's sexual grid, coming out, finding a partner, developing relationships and step-by-step sex information including anal sex, toys, fellatio and much more.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

### **5. Transgender Female to Male Course**

#### **Narrated Multimedia Presentation:**

This course, developed by Dr. Natalia Zhikhareva, a clinical psychologist specializing in transgender care, is a comprehensive overview of what it means to be a transgender man, how a person born physically as a woman can transition to a man's gender assignment, and the testosterone hormone therapy and surgical reassignment procedures involved. The course also covers the psychological and social aspects of gender dysphoria and transition, as well as trans cross dressing, dating and packing. Information on varied sex tools from lubes to pumps and extenders are explored, with sexual techniques on oral and anal pleasure that enhance the trans male sexual experience.

Video course running time: 50 minutes

Approximate test time: 30 minutes

#### **Reading Material:**

***X-Biz Article: Understanding How The Transgender Community Has Been Transformed***

This short article is an interview with transgender icon and pornographer Buck Angel by Dr. Ava Cadell.

## 6. Transgender Male to Female Course

### **Narrated Multimedia Presentation:**

This course is developed by Dr. Natalia Zhikhareva, a clinical psychologist specializing in transgender care. It offers a comprehensive overview of the transgender woman's experience, and how a person born physically as a man can transition to a woman's gender assignment through feminizing hormone therapy, breast augmentation, hair removal, tracheal shaves, and surgical reassignment procedures. The course covers the psychological and social aspects of gender dysphoria and transition, as well as trans female sexuality, sexual partners, dating and sex tools that include sensual massage, oral pleasure and sex toys to help become comfortable as one's true female self.

Video course running time: 46 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Sex Counseling with Performer Plastic Martyr & Dr. Ava Cadell (Part 1)*** (9 minutes, 23 seconds)

Dr. Ava Cadell counsels singer and model Plastic Martyr about her attraction to "broken men." Martyr identifies proudly as "genderless" because she doesn't like the categories such as cross-dresser, transgender, male or female.

***Sex Counseling with Performer Plastic Martyr & Dr. Ava Cadell (Part 2)*** (9 minutes, 45 seconds)

A continuation of part one, Dr. Ava creates closure for Martyr in her personal relationships by using healing techniques such as role playing and forgiveness.

### **Ask The Expert Video:**

***Ask The Expert – Dr. Connie Rogers on Understanding Transgender Issues*** (35 minutes, 36 seconds)

Dr. Connie Rogers is a retired clinical psychologist and college professor who has published extensively on transgender topics. In this video, she talks about defining trans terms, and the cultural context of transgender identity.

## 7. Polyamory Course

### **Narrated Multimedia Presentation:**

Polyamory (which means "loving more than one") is a course focused on cultural lifestyles that include multiple partners. From plural families to open relationships to swinging, it covers jealousy, fears, benefits, challenges, legalities and more.

Video course running time: 2 hours, 44 minutes

Approximate test time: 30 minutes

**Ask The Expert Video:**

**Ask The Expert – Reid Mihalko on Non-Conventional Sex** (19 minutes, 50 seconds)

Sex positive guru Reid Mihalko talks to future love coaches and sex educators about how to handle clients with non-conventional sexual desires, and how to be sex-positive no matter what their preferences or concerns.

## **8. Group Erotica Course**

**Narrated Multimedia Presentation:**

This course covers the eroticism of threesomes, foursomes, orgies, swingers and more. Discover how people find group sex partners, what kind of sex is involved, group sex etiquette, erotic techniques, safer sex, shedding inhibitions and more.

Video course running time: 1 hour, 20 minutes

Approximate test time: 30 minutes

**Erotic Instructional:**

**Penthouse Sex Academy, *Swinging* hosted by Dr. Ava Cadell & Dr. Hernando Chaves** (1 hour, 8 minutes)

This playful instructional video hosted and narrated by Dr. Ava Cadell and Dr. Hernando Chaves is all about sexual adventure with multiple partners. Live demonstrations of real couples pushing the boundaries of monogamy by showing the ins and outs of swingers etiquette, including how to approach a new couple, the rules of a swingers party, and how to set sexual boundaries with good negotiation. The scenes explore multiple partner positions including live examples of 'Double Doggy,' 'The Doggy Bowl,' and 'The Train.'

## **9. Cultural Competency Course**

**Narrated Multimedia Presentation:**

Cross cultural understanding is at the heart of this course that thoroughly examines geographic and religious differences in sexuality. Expand your horizons by learning how dating, sex, marriage, contraception, gender balance, prostitution, sexual dysfunction, pornography, partner selection work around the globe.

Video course running time: 1 hour, 27 minutes

Approximate test time: 30 minutes

**Ask The Expert – *Dee Tome on Maasai culture & sexuality*** (5 minutes, 40 seconds)

Dr. Ava Cadell interviews Dee Tome, a Maasai tribe member in Kenya. Dee speaks about love, relationships, marriage and sex in the Maasai culture.

**Ask The Expert – *Dr. Amanda Morgan on Ecosexuality*** (10 minutes, 11 seconds)

Professor and sexologist Dr. Amanda Morgan defines ‘ecosexuality,’ discussing the need for a new paradigm for viewing the earth as our ‘lover’ rather than our ‘mother.’

## 10. Coaching The Love Coach Course

### Narrated Multimedia Presentation:

Coaching The Love Coach empowers students to begin their own private practice with detailed step-by-step information on coaching, counseling, responsibilities, developing a rapport with clients, ethics, fee structures, referrals. Discover trade secrets and learn how to market yourself and your business.

Video course running time: 2 hours, 8 minutes

Approximate test time: 30 minutes

### Training Video:

***Neuroloveology For Love Coaches*** with Dr. Ava Cadell at Love Coach Conference 2017  
(45 minutes, 36 seconds)

This fun, interactive live seminar with a group of love coaches looking to enrich their practices will help you as a speaker and love coach in your own private practice. Dr. Ava shares her research on the impact of brain science on love coaching by demonstrating powerful concepts like neuro-linguistic programming, left and right brain distinctions, and more, while teaching her own unique techniques such as her boundary box, passion wheel, couples mission statement and the effects they have on the brain. You can show your clients the scientific medical evidence behind the skills that you teach them, including the effects of powerful brain chemicals like dopamine and oxytocin.

### Ask The Expert Video:

**Sexpert Mythbusters – *Dr. Ava Cadell on Sexual Fantasies*** (1 minute)

Dr. Ava discusses why sexual fantasies should not be stigmatized.

**Sexpert Mythbusters – *Dr. Ava Cadell on oral sex*** (40 seconds)

Dr. Ava discusses whether or not oral sex is safer sex.

**Sexpert Mythbusters – *Dr. Ava Cadell on Kegels*** (40 seconds)

Dr. Ava discusses whether or not kegels are only for women.

**Sexpert Mythbusters – Dr. Ava Cadell on quickies (57 seconds)**

Dr. Ava busts a sex myth about men loving quickies and women always wanting a big production.

**Sexpert Mythbusters – Dr. Ava Cadell on Erotic Massage (57 seconds)**

Dr. Ava discusses whether or not you need to be a massage expert to give a successful erotic massage..

**Sexpert Mythbusters – Dr. Ava Cadell on love at first sight (28 seconds)**

Dr. Ava talks about whether or not love at first sight is a myth.

**Sexpert Mythbusters – Dr. Ava Cadell on intimacy during illness (34 seconds)**

Dr. Ava busts a sex myth about intimacy during illness.

**Sexpert Mythbusters – Dr. Ava Cadell on Valentine’s Day (1 minute)**

Dr. Ava talks about whether or not Valentine’s Day is the most romantic day of the year.

**Sexpert Mythbusters – Emily Morse on penis size (1 minute, 19 seconds)**

Sex With Emily's Emily Morse talks about penis size, busting the myth that women only like big penises.

**Sexpert Mythbusters – Dr. Nikki Goldstein on validation (1 minute, 25 seconds)**

Dr. Nikki Goldstein busts the myth that women need to have a partner in their lives in order to be validated as a successful person.

**Sexpert Mythbusters – Dr. Nikki Goldstein on safer sex (52 seconds)**

Dr. Nikki Goldstein busts the myth that condoms make sex completely safe.

**Sexpert Mythbusters – Dr. Nikki Goldstein on relationship sex (1 minute, 6 seconds)**

Dr. Nikki Goldstein busts the myth that sexual pleasure has to come with a relationship.

**Sexpert Mythbusters – Dr. Nikki Goldstein on vibrators (46 seconds)**

Dr. Nikki Goldstein busts the myth that every device that vibrates is solely for sexual pleasure.

**Sexpert Mythbusters – Dr. Claudia Six on Arousal vs. Desire (1 minute, 38 seconds)**

Dr. Six discusses arousal and desire and why they are not the same thing.

**Sexpert Mythbusters – Dr. Marilyn Lawrence on sex and age (40 seconds)**

Dr. Lawrence busts the myth that sexual knowledge is only for young people.

**Sexpert Mythbusters – Dr. Candida Royalle on orgasms (1 minute, 37 seconds)**

Dr. Royalle busts the myth that women should be able to have orgasms through penetration only.

**Sexpert Mythbusters – Dr. Jane Hamilton on penises** (35 seconds)

Dr. Hamilton discusses the myth that in order to have sex, you need to have a big, hard penis.

**Sexpert Mythbusters – Dr. Annie Sprinkle on orgasms** (46 seconds)

Dr. Annie Sprinkle discusses the myth that female orgasms are only about the clitoris.

**Sexpert Mythbusters – Dr. Hernando Chaves on sex education** (24 seconds)

Dr. Chaves discusses why sex education is essential to having an exciting, fulfilling sex life.

**Sexpert Mythbusters – Dr. Susan Block on Orgasms without touch** (6 minutes, 27 seconds)

Dr. Block discusses why it's myth that you have to touch yourself to have an orgasm.

**Sexpert Mythbusters – Dr. Carol Queen on orgasms** (2 minutes, 40 seconds)

Dr. Queen talks about the most common myth she hears, that people are 'not normal' if they can't orgasm through heterosexual intercourse.

**Sexpert Mythbusters – Alexandra Silk on sex surrogacy** (1 minute, 6 seconds)

Ms. Silk discusses the myth that sex surrogacy is the same as prostitution.

**Sexpert Mythbusters – April Grimes on sex and gender** (1 minute, 18 seconds)

Ms. Grimes discusses the myth that men enjoy sex more than women

**Sexpert Mythbusters – Charlie Glickman on prostate pleasure** (1 minute, 54 seconds)

Mr. Glickman discusses the myth that men who enjoy prostate stimulation must be gay.

**Sexpert Mythbusters – Tiny B Hiney on burlesque dancing** (44 seconds)

Ms. Hiney discusses the stereotypical myth that burlesque dancers need to be busty blondes.

**Sexpert Mythbusters – Jessica Drake on anal sex** (1 minute)

Ms. Drake busts the myth that anal sex is as easy as it looks in adult films

**Sexpert Mythbusters – Emily Lindin on slut shaming** (1 minute, 21 seconds)

Founder of The Unslut Project, Emily Lindin, busts the myth that how you dress or act indicates that you're a 'slut' and deserving of 'slut shaming.'

**Sexpert Mythbusters – Gurutej Kaur on spiritual sex** (1 minute, 4 seconds)

Gurutej discusses the myth that 'enlightened' or spiritual people do not need or desire sex.

**Sexpert Mythbusters – Gurutej Kaur on 'drying up'** (54 seconds)

Gurutej discusses the myth that women 'dry up' as they age, and talks about how to stay in a 'juicy' frame of mind.

**Sexpert Mythbusters – Jennifer Martsoff on personal lube** (1minute, 19 seconds)

Ms. Martsoff discusses how personal lubricant makes sex better.

**Audio Lessons:**

***How To Talk To Your Kids About Love & Sex*** (22 minutes, 47 seconds)

This audio helps parents understand their role as sex educators, teaching how to plan ahead of time, ask specific questions and to listen as opposed to judge. Honesty, approachability, and correct reproductive information combine to help children grow to be safe and healthy adults.

***Between The Sheets: Secrets From A Sexologist*** (60 minutes)

This audio teaches how to make safer sex sexy, how to prolong lovemaking using PC muscles, methods to discover the G-spot and how to maintain sensual passion in a relationship.

**Reading Material:**

***Confessions To A Sexologist eBook*** (325 pages, estimated time to complete: 10 hours)

This unique book compiles the fascinating case histories from clients of sexologist Dr. Ava Cadell, offering a telling glimpse of sexual life in America.

***Loveologist Guide to Parental Concerns*** (24 pages, estimated time to complete: 48 minutes)

It's hard enough being a parent without having to be a sex educator. This book is packed with definitions about love and sex to help parents connect with children. Whether your or your client's child is a fourth grader or a teen, the information in this e-Book will help facilitate open and honest dialogue to ensure that they grow into adults who will make their own choices that result in healthy and stable relationships.

**Study Recommendations:**

We understand there is an abundance of information in the Love Coach Program curriculum and this is challenging when studying for the exam. Loveology University® utilizes different techniques for all portions of the curriculum to address everyone's study style. This is why we have created auditory, visual and hands-on work to better

improve the quality of your studies. Some suggestions that we recommend to improve you studying even more are:

### **Create your own study guide**

When reading, watching or listening to the curriculum it is helpful to do so actively. For example, create an outline of the Individual Courses using the table of contents as the main subjects of focus. As you read along, determine what the main points are of each section so that you can better grasp what each course is trying to teach you. You can also use our PDF handouts to follow along. Each multimedia course presentation is available in a PDF 'slide show' format, but will not include the voice-over script.

### **Evaluation**

To earn Certification, you must pass the Love Coach exam. You must be able to answer 100 questions consisting of multiple choice, true/false and short answers. The multiple choice & true/false answers will be 50% and short answers will be the other 50% of the exam. All students must complete the exam and have a passing grade of 70% or higher. Grades are available immediately for the multiple choice and true / false answers, and written form answers will be evaluated within a few days of completion. Upon passing the Love Coach exam, you will receive a Loveologist® Love Coach Certificate.

### **Value-Added Use of LU Slides**

Dr. Ava gives her students permission to use LU slides in their own presentations, provided a credit to Loveology University® is provided.

### **Course Policies**

Integrity and honesty is your obligation as a student of Loveology University. When signing up for this course, you accepted the terms and conditions in which you must abide by to continue studying. It is a violation to take part in any cheating, copyright infringement, plagiarism, stealing and any other unlawful or unethical act. The consequence of doing so may result in expulsion from the Loveology University® or legal action.

### **A Message from Loveology University®**

Loveology University® highly values your membership as a student and does the absolute best job to ensure that you receive a superlative education. Our goal is to welcome you into our community so that you feel safe, prepared and excited to learn about the information we offer. We aim to accommodate the needs of all our students and offer the respect that each individual deserves. As a Love Coach we encourage you to fully make use of the knowledge you have acquired by using the information in your own practice or coaching sessions. With the goal of improving love lives worldwide, we provide this course and others for you to promote healthy relationships and education and in return all we ask is that you give us proper credit and of course, to keep coming back!