

PLEASURE PSYCH™ SEXOLOGY RETREAT

APRIL 10-14, 2025

🔥 Our first, experiential in-person training

🔥 5 Day Immersion Retreat!

🔥 Deepen your sexology therapy and intimacy coaching practice

LEADERS



MOUSHUMI GHOSE, LMFT



KELLY JONES, LMFT



WAYNE LESANE, CSRC

Taking place at a cozy private residence amidst the pine woods and gorgeous mountain forests in beautiful Oregon, your weekend will be an extravaganza of activities, workshops, experiential growth modules, and so much more designed to help you feel supported in your journey towards becoming a sex therapist and/or coach!



SCHEDULE

Thursday, April 10

Afternoon/
Evening **Arrivals!**

8pm-10pm **Welcome Group**
Late night intros
w/champagne and
snacks

Fri, April 11-Sun, 13

Monday, April 14

Morning **Breakfast**

Morning/
Afternoon **Depart/
Transportation to
PDX**

Friday, April 11

7am-9am **Breakfast, housekeeping,
guided meditation,
intention setting**

9am-10:30
am **Healing Trauma in
Couples/Partners Work**

- How to work with one person in a couple /long term relationship
- Teaching emotional regulation
 - What is emotional reactivity?
 - What are trauma's symptoms?
 - What is a "trigger"?
 - What are some responses?
 - Fight or Flight
- Emotional labour in relationships

11am-12pm **Vignette: Individual
Client (Kelly) + Q&A**

12pm-1pm **Lunch**

1pm-2pm **Dismantling Harmful Tropes
Around Sexuality &
Redefining Sex**

- 2pm-3pm
- Arousal (being wet/hard)
 - PIV, Orgasm
 - Virginity as A Social Construct, The Hymen
 - The Clitoris
 - Masturbation as gateway to sexuality even if you're in a relationship
- 3pm -4pm
- What do women need?
 - What do men need?
 - Sex & Aging
 - Vignette

4:30pm-
5:30pm **Fluidity in Relationships,
Gender and Sexuality**

Was there ever a time when you didn't feel like your socially assigned gender?

5:30pm-
7pm **Dinner**

7:30pm-
8:30pm **Sex ed support group
session**

8:30pm **Relax, network, chat**

Saturday, April 12th

6am-7am **Sunrise Forest Walk**

7am-9am **Breakfast, housekeeping, Somatic Body Scan, journaling**

9am-10am **Sexual Assault**

- Statistics ([see attached](#))
- What is Consent vs what is not consent
- What stories have you held onto about your experience?
- Working with our clients, supporting relational and intimate growth and holding space for the trauma

10:30 am-11:30 am **Let's Talk About Sex Work Discussion Group**

- Journal about sex work
- Would you do it? Why or why not?
- Would you pay for sex?
- Sex as Erotic Labour

12pm-1pm

Sex Addiction is NOT A Thing

1:15pm-2:15pm

Lunch

2:15pm-3:15pm

Vignette: Couple, and the woman is a Surrogate

Define what non-monogamy is

3:30pm-5:30pm

Public Speaking with Teri Untalan

Experiential Practice

5:30pm-6:30pm

Dinner

6:30pm-7:30pm

Sex ed support group

- What was hard today?
- What did you learn?
- What did you enjoy?

8pm-11pm

Kinky Party!

with tarot reader and costume contest



Teri Untalan

Singer, songwriter, violist & educator, Teri Untalan has performed & recorded as a solo artist and a backing musician up and down the west coast with the likes of Ages & Ages, Oh Captain My Captain, Prince guitarist Miko, San Francisco's Brad Brooks and Portland based Alan Singley & Pants Machine to name a few. She has been a Regional Arts & Culture Council grant recipient, a featured artist in first Asian American Music Conference's Artist Showcase & Pacific Fusion TV. In her most recent years she's focused on bringing empowerment to marginalized groups through her work with Rock'n'Roll Camp for Girls & Ladies Rock Camp as well as to all her teaching community in her private practice. She's released her first single "Aura of Love" off her new album coming out this year. www.teriuntalan.com

Sunday, April 13th

6am-8am **Sunrise Hike**

8am-9:15am **Breakfast, housekeeping**

9:15am-9:45am **Yoga, stretching, breathwork, journaling**

10am-12pm **Healing from Betrayal
Lecture with Q&A**

- Journaling about betrayal
- When did you experience betrayal?
- What is infidelity?

12:15pm-1:15pm **Lunch**

1:30pm-2:30 pm **Toxic Concepts in Monogamy and Dating**

- How can non-monogamy be toxic vs transformative?

2:45PM-3:45pm **How Do We Normalize Kink & BDSM Discussion Group**

4pm-5pm **Vignette: a throuple**

5:30 pm-6:30 pm **Dinner**

6:45pm-7:45pm **Closing group: Post Retreat
Self Care and goodbyes**

8 pm **Drinks, rest, networking**

THINGS TO DO

PORTLAND

[14 Things to See and Do in Portland, OR](#)

[The 38 Best Restaurants and Food Carts in Portland](#)