PLEASURE PSYCHTM SEXOLOGY RETREAT

APRIL 10-14, 2025

- Our first, experiential inperson 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 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

Dismantling Harmful Tropes 1pm-2pm **Around Sexuality & Redefining Sex** Arousal (being wet/hard) 2pm-3pm 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-Fluidity in Relationships, 5:30pm **Gender and Sexuality** Was there ever a time when you didn't feel like your socially assigned gender? 5:30pm-Dinner 7pm Sex ed support group 7:30pm-8:30pm session

Relax, network, chat

8:30pm

Saturday, April 12th

6am-7am Sunrise Forest Walk

7am-9am Breakfast, housekeeping,

Somatic Body Scan,

journaling

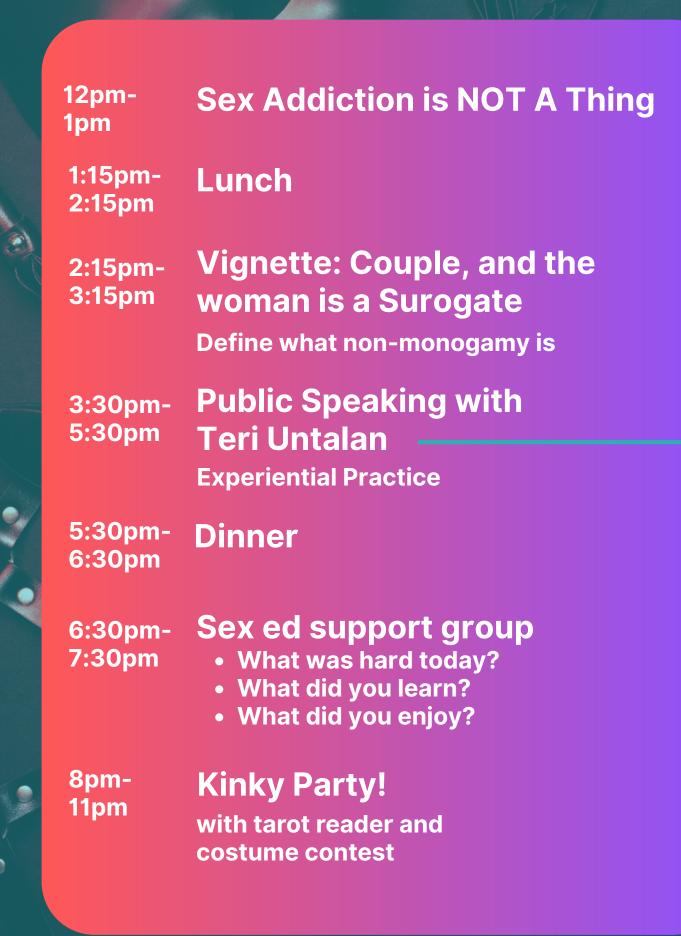
9am-10am Sexual Assualt

- 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





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- Sunrise Hike

8am-9:15am Breakfast, housekeeping

9:15am-9:45am journaling

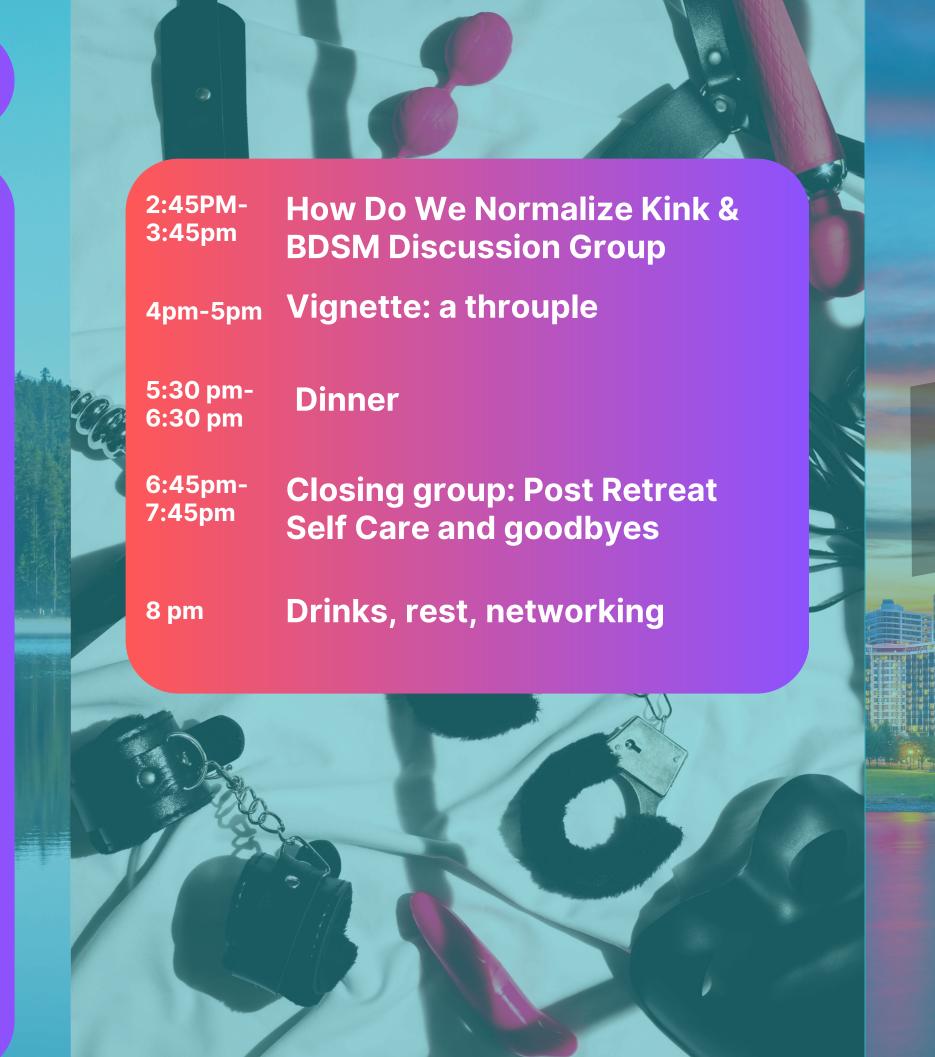
Healing from Betrayal Lecture with Q&A

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

12:15pm- Lunch 1:15pm

1:30pm-2:30 pm and Dating

> How can non-monogamy be toxic vs transformative?



THINGS TO DO

14 Things to See and Do in Portland, OR

The 38 Best Restaurants and Food

Carts in Portland