

ONE HOT MINUTE

BY EMILY MECHTENBERG, MS

Upcoming Training: 6th Annual AltSex NYC Conference

Virtual sessions are scheduled to include Sex is More than Sex, Kinky Somatics and the Diverse BodyMind, Healing the Erotic Self: Somatic Sex Therapy, Queer(ing) Sex Spaces/Queerly Reimagining Sexual Specialities, Playing in Purpose: The Art of Designing Adult Play, and more. I can't wait!

Recent Workshops through Kip.

I took two **invaluable workshops** through Kip (<https://www.kiptherapy.com>) in fall 2020 and loved them both!! In October, I took Somatic Therapy with Queer and Trans Clients led by Andrea Glik, LCSW. In November, I attended a workshop on Polyamory, Non-monogamy, and Attachment with Joie Deritis, LMSW. Kip's mission has a strong focus on accessibility - both for clients and in providing continuing education for therapists.

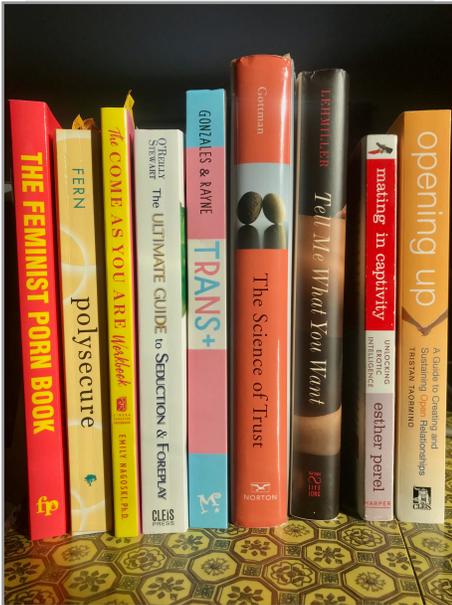


Photo credit: Tristan Taormino

Tribute to Tristan Taormino

It has been a fantastic first six months of running my sex and relationship therapy practice! In my success, I feel immense gratitude toward inspiring leaders and educators whose influence has empowered me to create a business reflective of my values and interests. I could name at least a handful off the top, but there is no question in my mind about who has been the most impactful in shaping my thinking around sex and relationships. This brilliant star of a human is Tristan Taormino. If you don't know about Tristan and her work yet and you are intrigued by ideas around pleasure, empowerment, and care delivered with

Recommended Reading for Clients & Therapists



If any of these authors or titles pique your interest, I encourage you to seek out reviews online. In these pages, you'll find loads of scientific data, interviews, and fresh frameworks for problem-solving that may serve you.

From left to right: **The Feminist Porn Book** edited by Tristan Taormino, Celine Parreñas-Shimizu, Constance Penley, and Mireille Miller-Young, **Polysecure** by Jessica Fern, **Come As You Are** by Emily Nagoski (this photo is of the workbook, which is a companion and BOTH ARE GREAT!), **The Ultimate Guide to Seduction and Foreplay** by Jessica O'Reilly and Marla Renee Stewart, **TRANS+** by Kathryn Gonzales and Karen Rayne, **The Science of Trust** by John Gottman, **Tell Me What You Want** by Justin Lehmler, **Mating in Captivity** by Esther Perel, and **Opening Up** by Tristan Taormino. *Photo at right:* Update on how my office is looking these days.

enthusiastic energy, a great next stop for you is <http://tristantaormino.com>. As you'll see on her home page, she has done and continues to do A LOT to encourage us to reflect on our personal and collective relationships with sex, shame, and our identities.

I remember hearing Tristan's voice for the first time in 2012 as she answered interview questions about working through jealousy in open relationships. I immediately tuned into her intelligence and boldness, coupled with her palpable regard for humanity. That interview was brief and left me wanting more. Stars aligned and in that same year Tristan's podcast, Sex Out Loud, made its debut and became a weekly treat for me. Sex Out Loud is still going strong in 2021 and you will hear Tristan interview authors, sex educators, sex researchers, sex workers, activists, historians, comedians, and on and on. I would say the podcast only gets better, and IT DOES, but many of those older episodes are full of insight and should not be missed!

Of all of the characteristics I appreciate about Tristan, my favorite is that she is a female-identified person who embodies the love of sex and owning her sexuality in a way that is unapologetic and rare. She demonstrates a sense that her sexuality is for her, which should go without saying, but as we know, often does not for women. She shows to other femmes, through her words and actions, that our bodies are our own, and that the realm of sex is a powerful place to practice that ownership. She debunks the notion that femininity is here to be consumed by others, unless the individual females being consumed desire for it to be, for whatever reason. Tristan reveals to the world a brilliant and compassionate femme force who says without having to say the words, "Of course I can be smart and sexual. Why would those two things not go together?"

Thank you, Tristan, for all the ways you make the world (and sex) better.

