

HERSH CENTRE FOR SEXUAL WELLNESS



Sex lies at the root of life, and we can never learn to reverence life until we know how to understand sex.

- Havelock Ellis

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Sexuality is complex and may be complicated and emotionally challenging.

Sexual concerns do not exist in a vacuum. They are always connected to other issues within your self and your relationship.

The good news is people don't have to suffer. We know how to help you enjoy the exciting benefits of sexual wellness.

We offer a safe, comfortable and inclusive space in which to examine your sexual and relationship issues and concerns.

You will be able to examine who you are, where you may be stuck, your stumbling blocks and the issues which interfere with your having a satisfying and rewarding relationship in and out of bed.

You will learn to use the tools and skills you already have while developing new, more successful relationship strategies.

We will help you understand and incorporate your eroticisms into your relationship. If you are single, you can learn skills to find a partner and to be able to communicate your desires.

What is Sex Therapy?

Sex therapy uses specialized skills and specific treatment approaches to sexual problems and relationship issues. It helps you clarify, set goals and resolve sexual questions or difficulties which affect you and your relationship.

Sometimes physical difficulties prevent or diminish sexual pleasure. In other

instances, sexual communication and intimacy may seem difficult, and unsatisfying.

How does Sex Therapy work?

Choosing to begin sex therapy takes confidence to risk speaking about and sharing some very private information about oneself.

Your therapist will do an assessment and, when appropriate, a full social and sexual history.

You finish therapy when you have accomplished your goals. At all times, you are in charge of the pace, type of growth and the changes that you make.

Sex therapy sessions are confidential.

What does Sex Therapy treat?

Many issues are appropriate for counselling, including sexual communication and negotiation. Other topics may be frequency, mutually agreeable behaviours, extra-marital sex and managing jealousy, lack of desire or boredom with routine.

Some men may have problems with erections or ejaculation and women may have concerns about orgasm, painful intercourse or lubrication.

For both partners there are sexual changes through life's stages, including the effects of pregnancy and parenting, questions in mid-life, menopause and ageing, and sexual activity following illness, surgery or disability.

We see people who have had sexual trauma: are recovering from sexual assault, sexual harassment, sexual exploitation as a child and other coercive sexual experiences.

We also help people become comfortable with less common eroticisms, behaviours and fetishes.

Is Sex Therapy for you?

Sex therapy is helpful to couples, families and individuals. In fact, sexual concerns are often major factors which prevent people from forming satisfying relationships.

People of various ages are seen in therapy. People from all walks of life experience sexual difficulties and want accurate sexual information. Also cultural taboos, shyness or embarrassment about sex affect many people.

For many couples who are interested in sexual enrichment, therapy is a safe place to acquire appropriate information and explore new behaviours.

Although your sexual history reflects how you interact in many other areas of your life, not all issues that bring you to therapy are of a sexual nature.

We can help you create or change a relationship, including contracting an alternative lifestyle or dissolution. We assist you to perceive options, make choices and resolve your concerns.

Our Calgary office has a dedicated staff of sex therapists, psychotherapists and marital therapists. We help people to fulfill their personal lives and intimate relationships, and to explore an exciting, satisfying and fun sex life.

Dr. David Hersh, Clinical Director, is a Board Certified Sexologist, trained by Dr. Wardell Pomeroy of the Kinsey Institute. He is a Psychotherapist and licensed Marriage and Family Therapist with over 40 years' experience. He also has offices in Nelson, BC, and San Francisco, California.

Dr. Perry Sirota has been a Registered Psychologist for over 25 years. In addition to sexual issues, his focus is on individuals and couples experiencing clinical and wellness challenges including sexuality, anxiety, depression, sleep problems, addictions, workplace conflict and career uncertainty.

Ms. Jodi Dahlgren is Director of Serenity House Drug and Alcohol Treatment Centre, and Senior Clinician with Sirota Psychological Services. She is an addictions therapist and general counsellor with over 15 years' experience.

She has been mentored by Dr. Hersh to help individuals and couples with a variety of sexual challenges including intimacy, lack of desire and sexually-related communication. She has also worked with all forms of sexual trauma and negative sexual experiences.

Our Mission

We believe that an active and healthy sex life, based on mutual consent and respect between partners, is an important component of a happy and fulfilled life. It is vital to physical, emotional, spiritual and mental well-being.

We provide information on all aspects of sexuality in a comfortable, welcoming environment permitting a sex-positive attitude. We offer various programs and provide education in support of diversity and freedom of choice regarding sexual practices.

We help people resolve anguish related to emotional, mental, sexual or physical diseases/disorders, as well as making appropriate referrals to other qualified professionals.

We assist with any other concerns directly or indirectly related to sexuality or relationships, recognizing that human sexuality is not isolated from other life factors.

