

# Course Syllabus

## Become a Sexual Badass in 30 Days

### Clinicians may get 3.5 CEUS

**Moushumi Ghose, MA MFT**

Moushumi Ghose, LMFT has been a licensed marriage and family therapist in private practice since 2007, specializing in sexuality, gender, and relationships. She has extensive experience working with alternative lifestyles, the LGBTQIA community, KINK/BDSM, Sex Workers, Ethical & Consensual Non-monogamy/ Polyamory and her focus is working with couples and empowering relationship styles.

#### *Educational Goals*

This course will help participants become more sex-positive which may lead to more comfort around sex, sexuality, intimacy, and relationships. We live in an overwhelmingly sex-negative culture. As a society we are fed a lot of misinformation about sex, sexuality, desire. People are often operating from a very limited view of sexuality, have little to no sexual education and then find that they are limping along in sexual relationship. Sexuality can be healing and empowering. By dismantling myths about sexuality, desire, relationship styles and more from a sex-positive lens participants will learn, re-learn, undo and re-do various aspects of their understanding of sex and their own sexual relating styles. By addressing healthy sexuality, to understanding the role that social rules play in more undermining our sexual health, participants will learn to take a more critical thinking approach when it comes to determining their values around sexuality and transforming their own sexual, intimate and relational journeys.

#### *Measurable Learning Objectives*

- Participants will be able to identify societally prescribed sex-negative messages which lead to misinformation, trauma, shame, guilt, other mental health, relational and social maladies.
- Participants will be able to distinguish the socially prescribed forms of sexuality vs what feels right to them or descriptive forms of sexuality.
- Participants will be able to define heteronormativity, biphobia, and other concepts which help us to have better language around discussing healthier attitudes towards sexuality
- Participants will be able to apply techniques for navigating sexuality concerns and conflicts
- Participants will be able to identify non-normative identities, relationship styles,
- Participants will be able to understand and identify emotions.
- Partners will be able to shift from societally prescribed notions of goal-oriented sex, relational disparities and ideas around little or no sex, to more fluid, open, sensual connections.
- Participants will be able to apply healthy communication methods to shift perspective, reduce conflict, reduce co-dependence, build or re-build autonomy, build or rebuild desire, reduce resentment, connect more deeply and authentically.

- Participants will learn sex education concepts around physical intimacy and the tenets for continuing to lead with sex-positivity in their own lives.
- Participants will be able to apply new understanding of healthy boundaries to shift perspective, reduce conflict, reduce co-dependence, build or re-build autonomy, build or rebuild desire, reduce resentment, connect more deeply and authentically.
- Participants, through daily journaling will begin to understand the stories they have learned and held throughout their life based on experience, education, information that which have colored and shaped their views.