

# Erotic INTEGRITY

How to be True to Yourself Sexually

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## What Is a Clinical Sexologist?

*As a Clinical Sexologist I am a trained professional (PhD in Clinical Sexology), with almost twenty five years of experience, specializing in sexual and relationship issues. This is something I know a lot about, and work with exclusively.* I offer sex counseling in the San Francisco Bay Area and in Marin, to help people understand and accept themselves as sexual beings and meet their sexual goals. I work with *individuals and couples*. It is very similar to marriage and couples therapy and has an *added focus on sexuality*. As a Sexologist I am inherently sex-positive and maintain a broad perspective by taking factors such as biological, psychological, sociological, anthropological and historical into consideration when addressing sexual issues. *I am nonjudgmental, which means that I do not have any preconceptions of what a client's sexuality "should" look like.*

## What is a sex therapist?

It's the same thing as a Clinical Sexologist. "Sex Therapist" is a term more people are familiar with.

## How Does a Clinical Sexologist Work?

A Clinical Sexologist is the same as a sex therapist. I have advanced training in Counseling Psychology as well as in sexuality. I combine the two in my sex therapy practice.

Clinical Sexologists facilitate clients' sexual growth by helping them to identify their sexual goals and by offering education, resources, tools and techniques to help them meet those goals and ultimately manage their own sexual growth. The sex therapy process entails the following steps:

1. Helping clients to identify where they are, and where they want to be when they finish their work with a *psychosexual specialist*.
2. Helping clients to identify the factors that allow them to feel safe, and those that prevent them from meeting their sexual goals.
3. Designing and suggesting exercises to help clients to progressively expand their sexual comfort zones until they reach their goals.

This is considered "brief therapy," which is a goal-oriented counseling though sometimes sexual difficulties appear to be rooted in deeper emotional issues. If a client requires medical attention before or during work with a Clinical Sexologist, referrals will be provided, to supplement the effectiveness of the sex therapy.

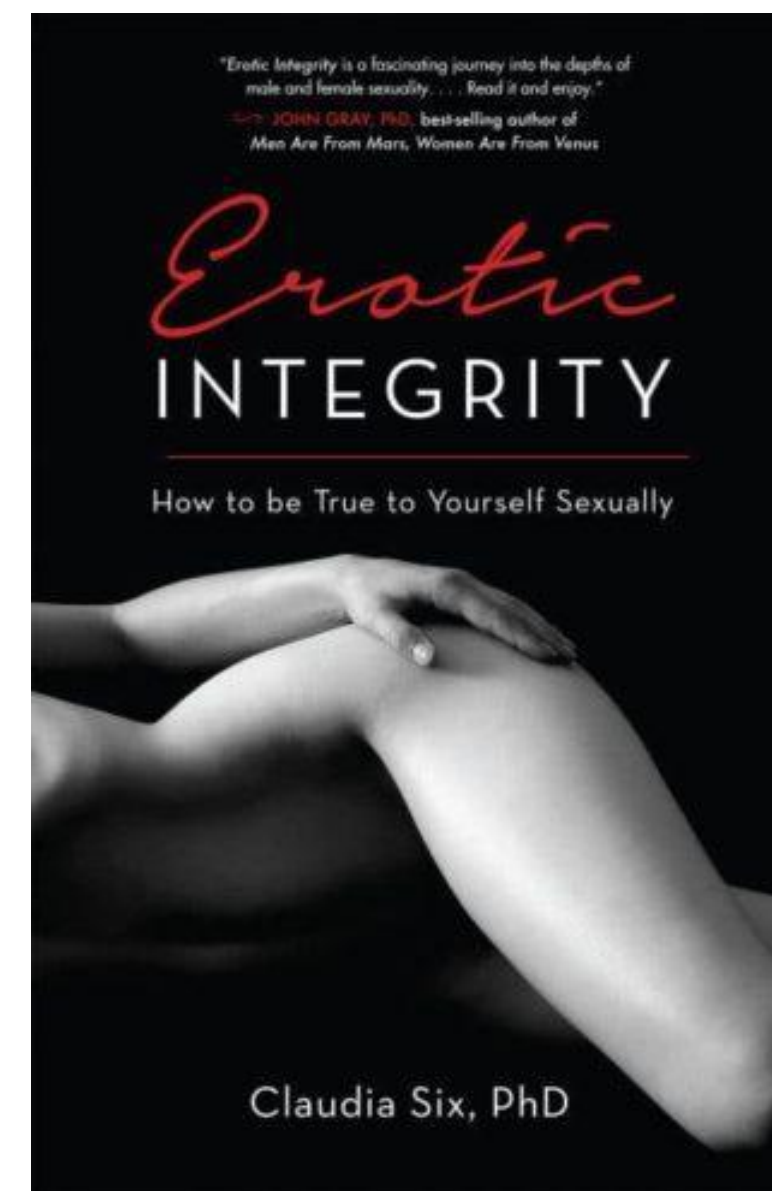
Dissatisfaction with the sexual relationship and the loss of that shared intimacy, in many instances, may lead to negative feelings and attitudes which are destructive to the relationship. Many marriages end, therefore, because of unresolved sexual differences and difficulties. Seeing a sex therapist can resolve those issues.

**The DSM 5 (latest version of the Diagnostic and Statistical Manual) explicitly recognizes that people sometimes have a need for sexuality education, counseling, and therapy even when there is nothing "wrong" with them. It supports work that doesn't just remediate sexual dysfunction but improves sexual health.**

I offer [sex therapy services](#) to people in Marin County and the San Francisco Bay Area from my San Rafael office. In addition to face to face consulting in my office, I offer [Skype and phone sessions](#) for folks who are further afield.

[Go](#)

## Read the Erotic Integrity Book



In *Erotic Integrity*, Dr. Claudia Six leads readers through ten sexual themes including garden-variety performance anxiety, sexual boredom, newly dating, coming out, and more and reveals three simple steps to a more rewarding sex life: knowing who you truly are as a sexual being, embracing that knowledge, and living it authentically.

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## New Video Course



## Embrace Your Erotic Integrity

You've read the book, you've seen the TEDx talk. And you want more. A lot of people have given me that feedback. That's why I created these modules.

[Enroll Now](#)

## Dr. Six on Facebook



### New on the Blog

Erogenous zones, & Live Desire Broadcast  
Crying After Sex Is More Common Than You Think  
What's your parenting story?  
2 ways to find out more about DESIRE:  
Dr SIX on Sex @ 6 PM Pacific Thursday 7/11: live video podcast!!

### Credentials

Clinical Sexologist specializing in Sexual and Intimacy issues in Marin and the San Francisco Bay Area.  
  
PhD Clinical Sexology  
MA Counseling Psychology  
Board Certified Clinical Sexologist

### Contact Information

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Serving clients in Marin, Napa, Sonoma, San Francisco, San Rafael, San Anselmo, Santa Rosa, Novato, Petaluma, Berkeley, Mill Valley, Sausalito, Ross, Corte Madera, and Larkspur.