

Principles of Pleasure:

Working With the Good Stuff
in Professional Practice



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Why Don't We Talk About Pleasure?



We worry about:

- Being unprofessional
- Inviting controversy
- Invading privacy
- Our own deep-seated issues

Pleasure is Valid!

Pleasure is a human right

Pleasure improves physical, mental, emotional health

Pleasure is a critical component of relationships

Pleasure affects the experience of self

and facilitates healing

from pain and trauma



You Talk to KIDS About PLEASURE???

Learning to enjoy pleasures that are both physical and emotional, sexual and non-sexual, supports young people in choosing lower risk sexual behaviors and abstinence.



Pleasure is an Antidote to Rape Culture



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Legitimizing pleasure means:

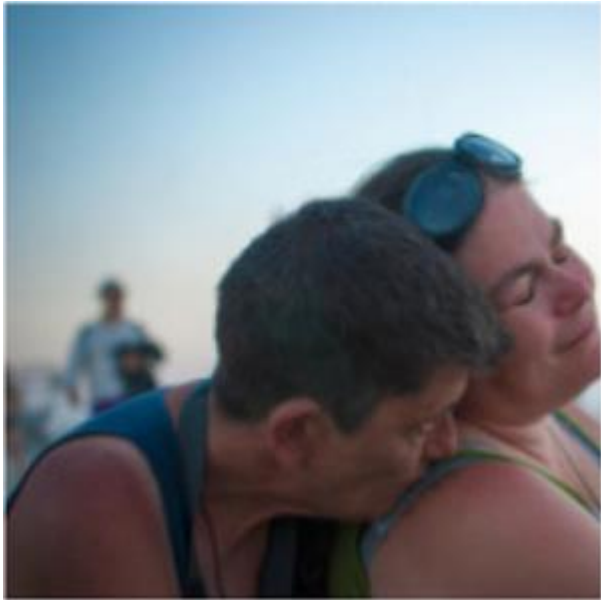
- It is ok to seek pleasure (don't have to be drunk)
- Everyone's pleasure is important
- Consent is an ongoing process
- If someone is not feeling pleasure, it might be a good time to slow down or stop

Whose Needs Are we Meeting?

If “sex = reproduction”

Applies to:

- People who are reproducing



Disadvantages:

- People with vulvas
- LGBTQIA people
- Intersex people
- Those with various gender expressions
- Cis het men
- Hetero couples
- People with disabilities
- People struggling with fertility
- People as they age
- People who don't want to have babies

Shame, Shame



The majority of us deal with sexual shame.

This gets in the way of us taking good care of ourselves and enjoying our lives.

When people can break free from shame, they are transformed!

Use Your Power For Good

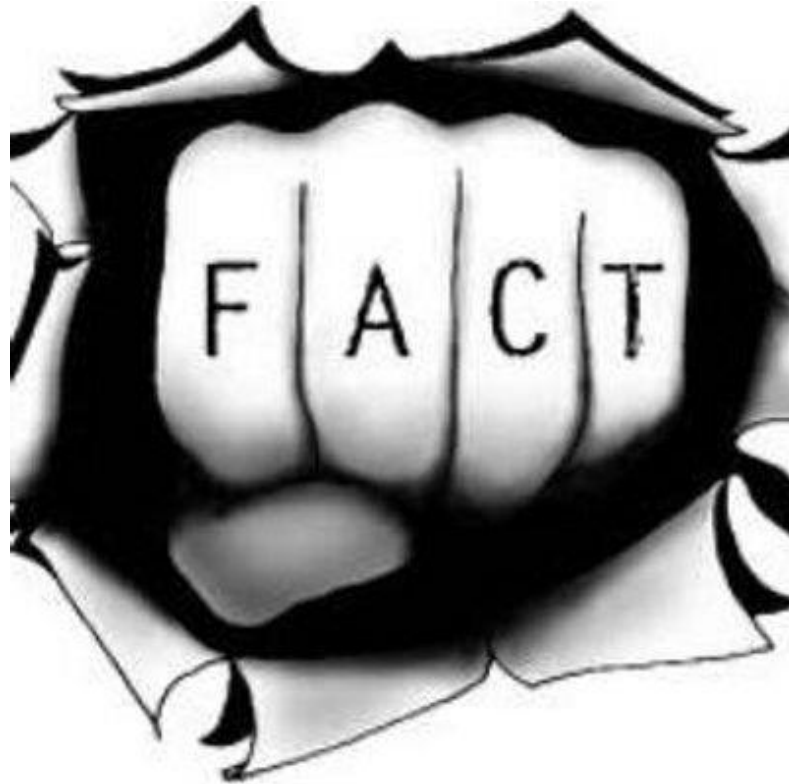
- As sex professionals, we hold a very influential role.
- If we reinforce the taboo on pleasure, we are failing our patients.



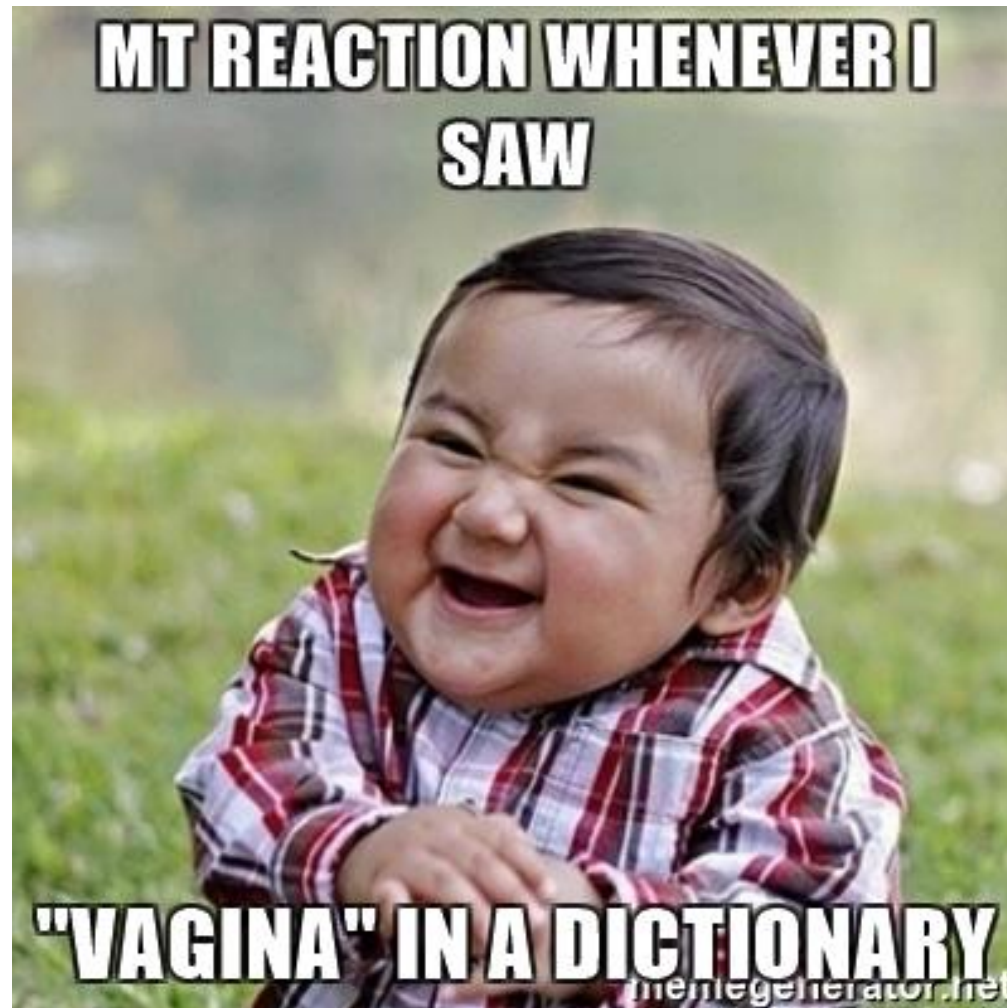
How Can I Talk About Pleasure Without Being Totally Weird?



Factual and Appropriate



Technical Terms/Mirroring Language



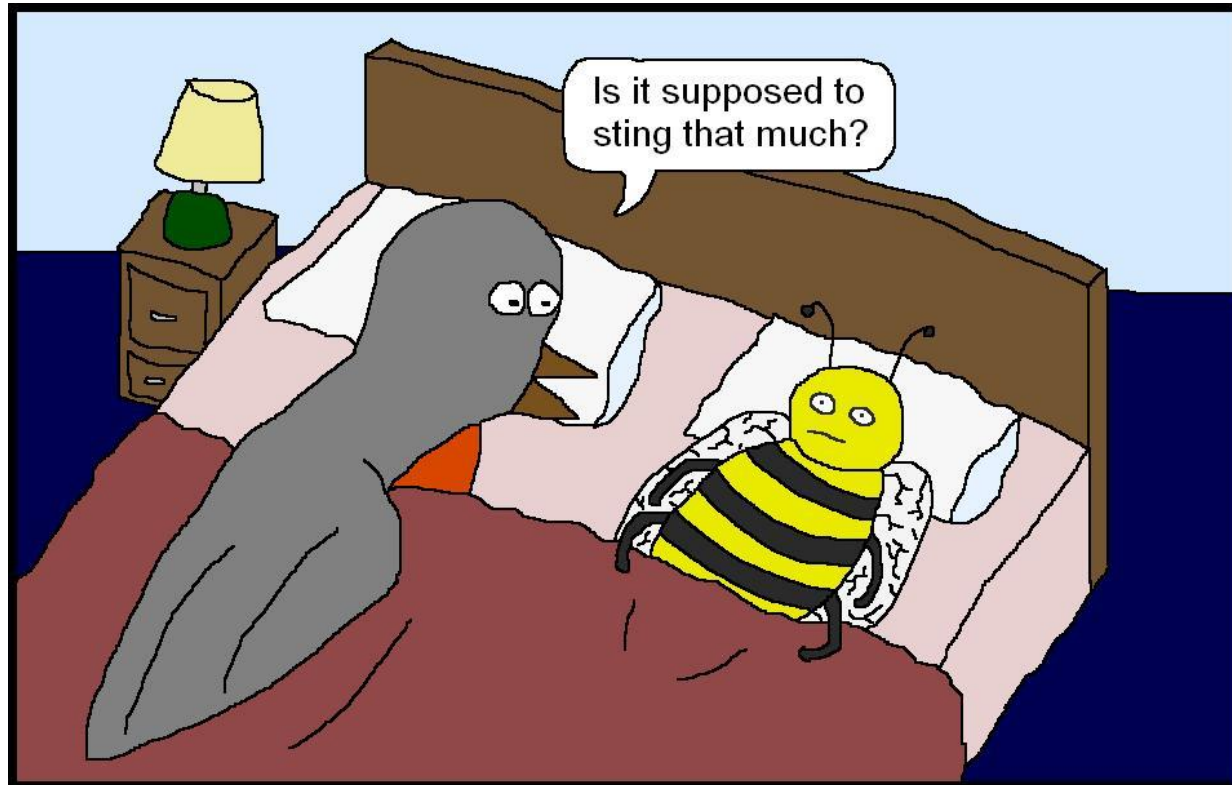
Avoid Assumptions



Using Yourself as an Example?



Be Clear, Avoid Euphemism



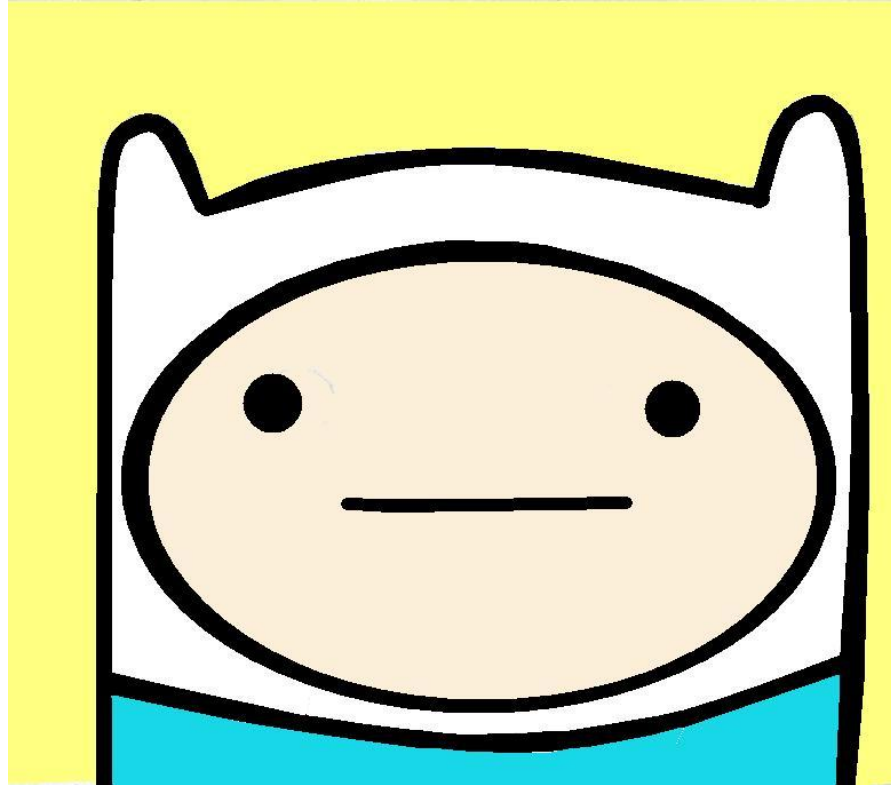
Be Inclusive



Don't Yuck My Yum



Keep a Good Poker Face



Experience Based Language

- Are you enjoying your current sexual activities with yourself and/or others?
- What kinds of sex do you enjoy, if any?
- What are the ways you and your partner are staying connected during this pregnancy?
- How do you know when your partner is experiencing pleasure?
- Has pregnancy changed your sexual relationship?

Identifying Yourself as a Person Who Talks About Pleasure



Practice!

You are meeting a new patient for the first time. What are ways you can signal that you are open to talking about pleasure?

Some Specifics: Sex After Baby

- No such thing as “normal”
- Non-sexual loving touches
- Legitimizing a sex schedule
- Set a communication routine
- Responsive desire
- Lube

Some Specifics: Sex After Baby

YOUR TURN!

- Positioning suggestions
- Body image/self concept
- What kind of pain to expect/not expect
- Lactation and sex
- Getting in the mood

Inspirational Finish!



THE PRINCIPLES OF
Pleasure

Working with the Good Stuff as Sex Therapists and Educators

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WITH LINDSEY HOSKINS

ILLUSTRATIONS BY HANNAH JORDEN

ROUTLEDGE
