

OUR SERVICES

We proudly offer a comprehensive suite of sexuality counseling, education, supervision, and consulting services designed to provide expert guidance, and promote the well-being of individuals and communities.

SEXUALITY SUPERVISION



We offer a nurturing environment where both therapists and educators can refine their skills, boost their confidence, and address the challenges they encounter under the mentorship of seasoned professionals.

Clinical Supervision for Sex Therapists and Educators
Education Supervision for Professionals in Related Fields

INCLUSIVE EDUCATION



Our services extend to providing speaking engagements, custom courses, and supportive group sessions, each meticulously designed to foster learning and discussion on the multifaceted aspects of sexuality.

Speaking Engagements | *Custom Courses* | *Group Support*

SEXUALITY CONSULTING



We assist hospitals, therapeutic programs, and organizations development and refinement of comprehensive sexuality programs to ensure they meet the highest standards of professionalism and inclusivity.

Medical and Program Collaboration | *Wellness Spaces*

SEX THERAPY



We provide individual and couples therapy with a focus on whole-person wellness. Our therapists use eclectic, evidence-based techniques to help clients navigate emotions, thoughts, and behaviors.

Individual Sex Therapy | *Couples Sex Therapy*

OUR VALUES

C: COLLABORATIVE
A: AFFIRMING
L: LEARNING
M: MOTIVATED

COLLABORATIVE

We collaborate closely with our clients, empowering them to participate in their well-being actively. Together, we navigate the path toward sexual health and fulfillment.

AFFIRMING

We believe in making complex issues accessible to all while maintaining an affirming environment that recognizes and respects each person's unique experiences and identities.

LEARNING

Our approach is based on evidence-based practices, combining medical expertise with trauma-informed and person-centered strategies to ensure comprehensive and effective care.

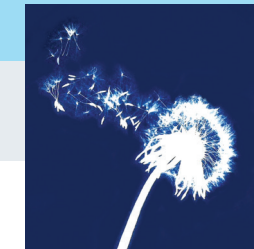
MOTIVATED

Motivated to provide care that is non-judgmental, respectful, culturally informed, and addresses the physical, emotional, and spiritual needs of individuals throughout their lives.

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**SEXUALITY
FOCUSED
SERVICES**



We provide sexuality counseling, therapy, education, and consulting services to enhance overall well-being.

Whether you're a licensed professional or an organization seeking guidance, we're here to help!



A Specialized
Therapy Practice

calmTM
PITTSBURGH

LAWRENCEVILLE | MONROEVILLE | VIRTUAL

SUPERVISION FOR THERAPISTS & EDUCATORS

Our services offer Clinical Supervision for Sex Therapists and Educators who wish to obtain credentials in Sex Therapy and Education. We provide a supportive environment where therapists of all levels can enhance their skills, increase their self-assurance, and tackle the difficulties they face under the guidance of experienced mentors.

SEXUALITY SUPERVISION

Our supervision services are meticulously crafted to offer guidance and support to sex therapists, educators, and professionals in fields touching on somatics, enhancing their practice and understanding of their respective fields.

CLINICAL SUPERVISION FOR SEX THERAPISTS AND EDUCATORS

We offer individual and group supervision for individuals seeking certification with AASECT and IBOSP. Perfect for both seasoned therapists and those new to the field, we provide a supportive space to refine skills and discuss challenges.

EDUCATION SUPERVISION FOR PROFESSIONALS IN RELATED FIELDS

Somatics is the study of the body as it's perceived from within. If you're in a field that touches on this — such as massage, physical therapy, yoga or pilates — we provide trauma-informed supervision to enhance your practice with a focus on consent.

SEXUALITY EDUCATION & CONSULTING

INCLUSIVE EDUCATION

Our team provides expert consulting services designed to cater to various wellness and medical establishments, focusing on incorporating and enhancing sexual health and inclusivity.

SPEAKING ENGAGEMENTS

We prioritize creating inclusive and welcoming environments for all individuals, and our certified educators offer insightful talks in settings ranging from conferences to classrooms.

CUSTOM COURSES

Our tailored courses are designed to specifically meet the needs of your organization or group. Our educators and therapists deliver informative and sensitive presentations on various aspects of sexuality.

GROUP SUPPORT

We offer group support for various topics, including pet loss, cancer, and positive masculinity, with a focus on personal needs.

SEXUALITY CONSULTING

Whether you are initiating the developmental phase of a sexuality program or seeking expert advice on an existing one, we are committed to assisting you in achieving a supportive and inclusive atmosphere in your services.

MEDICAL AND PROGRAM COLLABORATION

We offer specialized consulting services develop and improve their comprehensive sexuality programs with high standards of professionalism and inclusivity.

WELLNESS SPACES

Massage centers, yoga studios, and floatation spaces can benefit from our expertise. We teach about inclusive language and approaches to ensure a welcoming environment for all.

SEX THERAPY INDIVIDUALS & COUPLES

Our therapists employ a variety of eclectic, evidence-based techniques to help our clients navigate feelings, relate to thoughts differently, and build better behaviors.

SEX THERAPY

Our team is comprised of certified educators and licenced therapists with in-depth expertise in the field of sexuality. Trust us to provide compassionate, knowledgeable, and professional services that cater to your specific needs.

INDIVIDUAL SEX THERAPY

Personalized therapeutic sessions catered to address and support individual needs, challenges, or concerns related to sexuality. Whether it's understanding oneself better, addressing sexual dysfunctions, or navigating relationships, our certified therapists are here to guide and support.

COUPLES SEX THERAPY

Whether you're navigating challenges, seeking to enhance intimacy, or simply looking to understand each other better in the context of sexuality, our therapists offer expert guidance tailored for couples. We provide a safe and supportive environment where both partners can communicate openly, build trust, and work towards shared goals.

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*Empathy and compassion are
the cornerstones of our practice.*

LET'S TALK.

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