



LOVEOLOGY UNIVERSITY®  
HIGHER LEARNING & LOVING

## Syllabus

# Certified Relationship Coach Program

## A Professional & Educational Program

*This program is approved for 37 AASECT CE Credits, and 75 American College of Sexologists Hours*

## Program Overview

The Certified Relationship Coach Program has an extensive curriculum that includes twelve (12) e-learning courses offered to adults over 21 years of age by Loveology University®. Each course includes a combination of narrated video presentations, instructional videos, training videos, instructional audios, eBooks and a multiple-choice quiz, to help review what you have learned. This combined material represents the entire Relationship Coach program at Loveology University® which entitles graduates to receive a Relationship Coach Certificate, so they can pursue a career as a relationship coach/expert.

The Relationship Coach Program, as with all LU programs, is self-directed, so students may learn at their own comfort level and work at their own pace as their schedules provide.

All materials, quizzes, exams and certificates are available online 24 hours a day, 7 days week, so it accommodates everyone's needs. Depending upon existing knowledge and time commitment, past students have completed the program in anywhere from two weeks to six months.

Students must pass each course quiz plus the final twenty-five (25) question exam at the end of the program to receive a certificate and officially obtain the title of Certified Relationship Coach.

After completion, each Loveology University® student maintains their full profile with access to the program. It is always available for students to return to for further studying or review whenever and wherever they want it. **Furthermore, if students wish to**

**upgrade to the Master Sexpert or Certified Love Coach program, they can do so at any time.**

## Objective

The Relationship Coach Program is intended to provide information that enriches romantic relationships to empower singles and couples with the education they need to improve their love lives. Relationship Coach certification gives people the skills and confidence necessary for dating and relationship success. You can start a new relationship coaching business or add on new skills to an existing coaching business. Either way, you'll have the freedom to design a career you love!

## Prerequisites & Materials

There are no educational or experience prerequisites to register for this course, as long as you are at least 21 years of age. However, it is essential that you have internet access and a dependable computer. Loveology University® does not provide hard copy materials for students, but all multimedia course presentations are available as PDF downloads. The course can be accessed from any computer or mobile device, but we ask that you do not share our curriculum with anyone else other than a student in the same course or program.

To participate in the program, you will need a computer or tablet with the latest version of your preferred browser, and a broadband internet connection.

## Study Recommendations

Loveology University® utilizes different techniques for all portions of the curriculum to address everyone's study style, so that you can study smarter, better and faster. This is why we have created auditory, visual and hands-on work to better improve the quality of your studies. We suggest **creating your own study guide** when reading, watching or listening to the curriculum as it is helpful to do so actively. For example, create an outline of the Individual Courses using the table of contents as the main subjects of focus. As you read along, determine what the main points are of each section so that you can better grasp what each course is aiming to teach you. You can also use our PDF handouts to follow along. Each multimedia course presentation is available in a PDF 'slide show' format. This allows you to study more with less time.

For students who need personal mentoring to help prepare for the exam, we have that available with Tamara Bell, who graduated in 2008 and she's available to mentor during the program and after the program with your career goals.

## Disclaimer

As Loveology University® courses cover teaching topics for adults over 21 years of age that include human sexuality, be aware that there is adult language, graphic images and sexually explicit content in some of the presentations and videos. Consequently, viewing the adult videos is optional and will not affect final grades.

## Continuing Education Credits/Hours



This program is also eligible for credit at the American College of Sexologists towards the 75 hours required for membership. Please note professional life experiences are also eligible for academic credit as determined by the discretion of the ACS International board, including researchers, documentary filmmakers, authors, adult toy retailers or other entrepreneurs in the field of sexual health and pleasure. Visit ACS for more details: [www.americancollegeofsexologists.org](http://www.americancollegeofsexologists.org)

The courses in this program meet the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and together are approved for 37 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification. Please note that AASECT applies these credits on an individual basis, and LU cannot guarantee AASECT membership based on the completion of any LU course or program. Visit AASECT for more details: [www.aasect.org](http://www.aasect.org)

These are AASECT's **Core Knowledge Areas (CKA)** required for certification and certification renewal of all Sexuality Educators, Sexuality Counselors and Sex Therapists. All candidates for certification must have knowledge of the following as they relate to sexual health and pleasure.

- A. Ethics and ethical behavior.
- B. Developmental sexuality from a bio-psycho-social perspective.
- C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values) in relation to sexual values and behaviors.
- D. Issues related to sexual orientation and/or gender identity: heterosexuality; issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.
- E. Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships and family dynamics.

- F. Diversities in sexual expression and lifestyles including, but not limited to, polyamory, swinging, BDSM and Tantra.
- G. Sexual and reproductive anatomy/physiology.
- H. Health/medical factors that may influence sexuality including, but not limited to, illness, disability, drugs, mental health, conception, pregnancy, childbirth, pregnancy termination, contraception, fertility, HIV/AIDS, sexually transmitted infection, sexual trauma, injury and safer sex practices.
- I. Range of sexual functioning and behavior, from optimal to problematic with common issues including: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems and orgasm difficulties.
- J. Sexual exploitation including sexual abuse, harassment and sexual assault.
- K. Cyber sexuality and social media.
- L. Substance use/abuse and sexuality.
- M. Pleasure enhancement skills.
- N. Learning theory and its application.
- O. Professional communication and personal reflection skills.
- P. History of discipline of sex research, theory, education, counseling and therapy.
- Q. Principles of sexuality research and research methods.

## Evaluation

To earn Certification, you must pass the Relationship Coach exam by answering 25 questions consisting of Multiple Choice and True/False objective assessments.

All students must complete the exam and have a passing grade of 80% or higher. Grades are available immediately for the Multiple Choice and True/False answers, and written form answers will be evaluated within a few days of completion. Upon passing the exam, and any remaining course fee balances being paid off, you will receive a certificate of completion by e-mail from our issuing authority, Accredible.com.

## Value-Added Use of LU Slides

Apart from the take-home value of empowering knowledge that can be life-changing, Dr. Ava Cadell gives her students permission to use LU slides in their own presentations, provided a credit to Loveology University® is provided.

## Course Policies

Integrity and honesty are your obligation as a student of Loveology University®. When signing up for any course or program and accepting the terms and conditions in which you must abide by to continue studying. It is a violation to take part in any cheating,

copyright infringement, plagiarism, stealing and any other unlawful or unethical act. The consequence may result in expulsion from Loveology University® or legal action.

## A Message from LU

Loveology University highly values your membership as a student and strives to do the absolute best job to ensure that you receive a superlative education. Our goal is to welcome you into our community so that you feel safe, prepared and excited to learn about the information we offer. We aim to accommodate the needs of all our students and offer the respect that each individual deserves. As a Relationship Coach we encourage you to fully make use of the knowledge you have acquired by implementing it into your personal life as well as your coaching sessions.

We need relationship coaches more than ever, during these uncertain times to give people guidance when they've lost hope of finding love for the first time, or finding love again, after losing a loved one. You can specialize in a variety of niches to help singles, divorced or widowed people find love, or help people build their confidence while dating, or help couples rekindle romance in their relationship. You can make a difference in the lives of others while building a thriving business as a Relationship Coach. There's no limit to living a life of love, as we provide this course and others for you to promote healthy relationships and in return all we ask is that you give us proper credit and of course, to keep coming back.

# Course Curriculum Overview

## 1. Love Course

Eligible for 5 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (3) brain chemicals involved in the 'feeling' of love.
2. Differentiate between the concepts of love and lust.
3. Name & describe four historical philosophies of love.
4. Explain John Allen Lee's 'Types of Love' categories.
5. Understand Sternberg's Triangular Theory of Love.
6. Explain how forgiveness can heal personal relationships.
7. Summarize the most important factors in maintaining love in a long-term relationship.
8. Identify at least five ways to coach someone to process rejection from an intimate partner.
9. Distinguish between at least five (5) ways of expressing love to an intimate partner.
10. Understand how business practices can be applied to romance.
11. Examine successful communication techniques with examples.
12. Develop a plan for keeping a relationship exciting.
13. Identify at least ten (10) steps that lead to healing from a break up.
14. Identify at least three (3) ways to help others let go of the past.
15. Learn about how flirting works to engage potential partners.

### **Narrated Multimedia Presentation:**

This course lays the groundwork for understanding intimate human behavior with essential statistics, history, theory, skill sets and foundational knowledge on the concept of love. Discover the elements of self-love, romantic love, passionate love as well as key theories on rejection and forgiveness. Finally, learn about the necessary ingredients of true love, such as communication, trust and respect to provide the basic underpinning for the program.

Video course running time: 3 hour, 55 minutes

Approximate test time: 30 minutes

### **Ask the Expert Videos:**

**Ask The Expert – Ethlie Ann Vare, *Love Addict: Sex, Romance & Other Dangerous Drugs* (13 minutes, 52 seconds)**

Author Ethlie Ann Vare discusses love addiction and how it's defined, with a self-test to diagnose it. She also provides tools to recover from this affliction that affects about 6% of the population.

**Ask The Expert – *Addictions & Recovery* with Sherry Gaba, LCSW (7 minutes)**

Author of *Law of Sobriety*, Sherry discusses the many ways to heal addiction.

**Reading Material:**

***12 Steps to Everlasting Love eBook* (200 pages, estimated time to complete: 3 ½ hours)**

This e-book teaches how to create an action plan for finding a life partner. By creating positive messages from the past, becoming open to new experiences, evaluating the type of relationship desired, the steps in this book allow individuals to attract the right person and find lifelong love. Learn a get-into-action plan for finding your life partner.

***Love Around the House eBook* (160 pages, estimated time to complete: 2 ½ hours)**

This book explores the many ways to add zest and variety to love and sex with common household items, stressing the importance of adventure, creativity and making your love life a priority.

## 2. **Flirting Course**

Eligible for 4 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) research findings about flirting.
2. Differentiate between appropriate and inappropriate ways to flirt.
3. Name the ways in which women's flirting habits change with their menstrual cycles.
4. Explain the truth about at least two (2) flirting myths.
5. Summarize how conversation can affect flirting.
6. Identify at least five (5) types of body language that are considered flirtatious.
7. Distinguish between flirting, seducing and teasing.
8. Understand how vocal inflections signal flirting.
9. Examine reciprocal disclosure and how it influences flirting behavior.
10. Develop a 5 stage plan for flirting with exercises based on W5 principles of journalism.
11. Identify sexual harassment in the context of flirting.

12. Identify at least three (3) flirting techniques.

**Narrated Multimedia Presentation:**

Flirting is a crucial element of romance and human sexuality with its own history, techniques, skills and approaches. This course delves into the science of body language, the power of conversation, the role of our five senses, the value of active listening, the significance of positivity, how flirting works in long term relationships and much more.

Video course running time: 2 hour, 3 minutes

Approximate test time: 30 minutes

**Training Video:**

***Giving Love To Your Body & Showing Love To Your Partner*** with Dr. Amie Harwick (1hr. 30 minutes)

Marriage and family therapist Dr. Amie Harwick, author of *The Sex Bible for Women: The Complete Guide to Sexual Self-Awareness and Intimacy* teaches a variety of sensual movements and fun lap dancing with her assistant Robert.

**Audio:**

***Build Confidence Hypnosis Session*** (20 minutes)

Licensed hypnotherapist Dr. Ava Cadell conducts this powerful hypnosis session that teaches individuals to possess their ideal qualities, take control of their destinies in love, life and work and find their meaning of true happiness through self-confidence.

*Never listen to hypnosis recordings while driving a car or operating machinery. When listening to hypnosis recordings, choose an environment that is quiet and safe. While hypnosis has many beneficial effects, hypnosis is not a substitute for appropriate medical attention. Statements and products offered on this website are not intended to diagnose, treat, cure nor prevent any disease or illness. When dealing with physical and/or mental illness or disease, always consult a qualified physician or therapist. Hypnosis recordings are not recommended for people suffering from mental disorders or illness. There is no guarantee of specific results and results can vary. The only one who can possibly guarantee your success is you.*

**Reading Material:**

***Guide to Flirting & Dating*** e-book (21 pages, estimated time to complete: 42 minutes)

A how-to guidebook including quick and simple techniques to feel sexy, an overview of flirting props, best places to meet people, unique ways to approach someone, and how to move from dating to intimacy.

**3. Communication Course**

Eligible for 4 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) levels of communication and how they relate to intimacy.
2. Differentiate between at least five (5) left and right brain differences.
3. Name three forgiveness exercises and be able to explain how they work.
4. Explain the three (3) modes of communication styles: auditory, visual & kinesthetic
5. Summarize how couples can effectively communicate three (3) different types of personal boundaries.
6. Identify at least three (3) ways to negotiate disagreements.
7. Distinguish between negative and constructive criticism.
8. Understand general gender communication patterns.
9. Examine how successful communication can lead to safer sex.
10. Develop a plan for facilitating better communication between partners.
11. Identify at least six (6) of the 15 C's for charismatic couples.
12. Identify at least three (3) techniques for single people to communicate more successfully with a goal toward meeting a partner.
13. Explain the role of body language in communication between partners or potential partners.
14. Understand how processing grief affects communication between intimate partners.
15. Learn how to use effective listening to create mutual understanding between partners.

### **Narrated Multimedia Presentation:**

Communication plays a central and vital role in relationships of every kind, and mastering the basic elements of human interaction is key to becoming an effective Love Coach. This course outlines fundamental concepts like negotiation, forgiveness, saying no, navigating family life, communicating fantasies, constructive criticism, body language, conversation skills and much more to provide a framework for understanding the development and nuance of most types of personal human connection.

Video course running time: 4 hour, 18 minutes

Approximate test time: 30 minutes

### **Ask the Expert Video:**

**Ask The Expert – Terri Amos Britt, *The Enlightened Mom*** (15 minutes, 28 sec.)

Terri Amos Britt shares her wisdom about finding spiritual peace from within, rather than seeking love and appreciation externally, to become more loving and dynamic.

**Reading Material:**

***Understanding Cheating eBook*** (132 pages, estimated time to complete: 4 hours)

This e-book thoroughly examines the reasons men and women cheat, including the interesting results of a cheating survey. Techniques are provided to prevent and solve cheating to enjoy a healthy relationship.

***NeuroLoveology*** (300 page book, estimated time to complete: 10 hours)

NeuroLoveology: The Power to Mindful Love & Sex explores how the brain processes attraction, relationships, conflict, and sex. Each chapter introduces the science and psychology behind adult romantic relationships and the tools to enhance that relationship, emotionally and sexually.

## **4. Dating Course**

Eligible for 2 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (6) questions to ask a client to determine whether they are ready to date.
2. Differentiate between at least five (5) negative personality types that an individual dating might encounter, and how to identify them early.
3. Name three ways that single people can meet new potential partners.
4. Explain four (4) dating rules and how they lead to more open communication.
5. Summarize the history of dating from colonial times, naming at least one (1) important social behavioral norm per period.
6. Distinguish between common dating experiences throughout a lifespan from 20s to over 60.
7. Understand how body language affects dating.
8. Examine ways to reframe negative thought patterns and establish new positive new thoughts to replace them.
9. Develop a realistic dating plan with clear goals for themselves or their clients.
10. Identify at least three (3) ways to practice safer online dating.
11. Identify at least five (5) questions to ask individuals who are ready to have sex with someone they are dating, to encourage physical and emotional safety and pleasure.
12. Explain the value of a sexual compatibility survey in the context of dating.

### **Narrated Multimedia Presentation:**

This course studies the ritual of dating throughout history and across global cultures, with a focus on how dating works within modern society. Practical information about how and where people meet, the art of conversation, compatibility, the role of sex, dating with children, dating after divorce, dating at different life stages and more provides individuals and coaches with substantive resources to help single clients navigate their romantic lives.

Video course running time: 1 hour, 23 minutes

Approximate test time: 30 minutes

### **Ask the Expert Videos:**

**Ask The Expert – Eva Nagorski, *The Down & Dirty Dish of Revenge* (12 minutes)**

Author Eva Nagorski discusses her book on getting even with a partner that cheated on you.

**Ask The Expert – Lisa Steadman, *Breaking Up Is Hard To Do* (24 minutes)**

Writer, producer and relationship expert Lisa Steadman speaks about how to navigate a break up without losing your self-worth.

**Ask The Expert – Marc Mani on *plastic surgery and self-confidence* (8 minutes, 6 seconds)**

Plastic surgeon Marc Mani discusses how facial and body procedures can inspire confidence and help people feel sexy, since sexuality is all about confidence.

### **Reading Material:**

***Your Sexual Personality e-book* (65 pages, estimated time to complete: 2 hours, 10 minutes)**

This book analyzes the results of Loveology University's Sexual Personality quiz and defines five sexual personalities based on psychology's 'big five' personality types – Open, Conscientious, Extraverted, Agreeable and Neurotic.

***The Sexpert Guide to 52 Weeks Of Sizzling Sex* (21 pages, estimated time to complete: 45 minutes)**

This interactive e-book has a new suggestion each week for couples to enrich their love lives on a year-long journey of sexy adventures, new techniques and boundary-pushing erotic fun.

## **5. Kissing Course**

Eligible for 2 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (3) historical kissing related events in the 15<sup>th</sup> and 16<sup>th</sup> century.
2. Describe & define MHC (major histocompatibility complex.)
3. Explain how to create a kissing barrier from a latex glove for genital kissing.
4. Identify at least five physiological effects of kissing.
5. Distinguish between three (3) brain chemicals that are activated during kissing.
6. Develop a plan for establishing kissing boundaries with an intimate partner.
7. Identify at least three (3) kissing techniques.
8. Identify two (2) types of Tantric kissing.
9. Learn about different kissing customs in countries around the world.
10. Identify (5) ways that herpes simplex 1 may be transmitted between human beings.

### **Narrated Multimedia Presentation:**

This comprehensive course on 'osculation' explores the history, benefits, styles, and techniques of kissing including psychological benefits, brain chemical breakdown, the role of oral health and disease prevention, sensory and sexual impact (including oral sex) and much more.

Video course running time: 2 hour, 3 minutes  
Approximate test time: 30 minutes

### **Reading Material:**

***Head to Toe Kissing*** e-book by Nikki Leigh (45 pages, estimated time to read: 30min)

Certified Love & Relationship Coach Nikki Leigh authors this e-book that teaches kissing techniques and suggestions that contribute to fulfilling foreplay.

## **6. Foreplay Course**

Eligible for 3 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) ways for sexual partners to communicate their foreplay

- preferences.
2. Name at least ten activities that are considered foreplay.
  3. Identify and explain at three (3) types of breathing exercises that enhance foreplay and create sexual anticipation.
  4. Understand how a “Want, Will, Won’t” list helps sexual partners to communicate their preferences and desires.
  5. Examine how oral sex can be considered foreplay.
  6. Identify at least six (6) types of touch.
  7. Identify at least five (5) erogenous zones that are not related to the genitals.
  8. Explain the Triangular Theory of Love.
  9. Understand how vocal variations can create attraction between partners.
  10. Learn about outercourse and how it functions as both foreplay and safer sex.

### **Narrated Multimedia Presentation:**

This course on foreplay is designed to equip students with detailed information on how to build sexual anticipation that is non-coital. Exploration of sensual breathing techniques, erotic vocal signals, kissing, undressing, sensual touch, physiological response and the role of ‘outercourse’ can all be a prelude for a magical and memorable date. Learning unique foreplay techniques such as mammary, axillary and gluteal sex can open a whole new foreplay world and become your sexual main event.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

### **Training Videos:**

#### ***Creative Foreplay & Communication: To Empower Yourself & Your Partner with Dr. Nikki Goldstein*** (1 hour)

Australia’s top sexologist and author of #SingleButDating teaches this live seminar that includes many unique and creative foreplay tips.

### **Erotic Instructional:**

#### ***Penthouse Sex Academy, Foreplay, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves***, (1 hour, 23 minutes)

This video features live demonstrations of many foreplay techniques that could easily be considered the main sexual event, such as mammary sex, axillary sex, bathtub play, oral sex and more ‘outercourse’ techniques.

## **7. Erotic Massage Course**

Eligible for 2 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify the five (5) factors to consider when deciding the type of massage to give to a partner.
2. Differentiate between breast and nipple massage and learn to do both.
3. Name the seven sacred chakras and how they relate to body “landmarks.”
4. Explain how trust intersects with massage.
5. Summarize the list of limitations to be considered before giving an erotic massage.
6. Identify at least eight (8) types of physical touch.
7. Identify all the major parts of female and male genitalia.
8. Identify at least three (3) penis massage techniques and how to execute them.
9. Explain how to massage the clitoris to achieve a clitoral orgasm.
10. Learn how to give an erotic foot massage.

### **Narrated Multimedia Presentation:**

The art of erotic massage is examined closely in this how-to course that breaks down the process into step-by-step techniques including setting the scene, sensory stimulation, types of touch, basic body landmarks, permission, and orgasmic climaxes. You don't have to be a pro massager to give your lover an erotic massage. The most important component of a great massage is the desire to please your lover. But after watching the erotic massage videos, you might feel like a pro when you or your partner experience a “happy ending.”

Video course running time: 51 minutes, 46 seconds

Approximate test time: 30 minutes

### **Erotic Instructional:**

**Penthouse Sex Academy *Erotic Massage*, hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour)**

Chock full of live demonstrations, this video includes step-by-step instructions on how to give and receive an erotic massage. From creating a sensual atmosphere to incorporating props and sex toys, experimenting with lubes and oils to communicating wants and desires, this comprehensive video also includes his and hers erotic massage techniques to stimulate his million-dollar point, bring her to a trigasm and much more.

### **Audio Lessons:**

***Sensual Massage Audio* (23 minutes, 6 seconds)**

Dr. Ava Cadell narrates this program that teaches the tools to relieve tension, improve circulation, awaken nerves, and sexually arouse with step-by-step direction of many sensual massage techniques.

## 8. Intimacy Course

Eligible for 1.5 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify the primary hormone associated with intimacy and how it works.
2. Differentiate between Erik Erikson's eight stages of Psychosocial Development.
3. Name and define John Allen Lee's six types of love.
4. Explain the Matching Hypothesis.
5. Summarize the Proximity Effect.
6. Identify all five (5) patterns in the progression of flirting.
7. Distinguish between left and right brain thinking and how these styles affect the ability to be intimate and understand another person's intimate needs.
8. Understand the "field of eligible" and how it pertains to finding an intimate partner.
9. Examine the 12 Cs of Intimacy and couples enrichment.
10. Develop a plan for self-disclosure with your clients so they can overcome fear of judgment, rejection, insecurity or embarrassment.
11. Identify internal and external distractions and how they impact intimacy.
12. Identify the five (5) steps of intimacy.
13. Explain how Erikson's "intimacy and isolation" dichotomy works and how it can result in healthy choices for partnership.
14. Understand Sternberg's Triangular Theory of Love.
15. Learn about historical practices to encourage intimacy such as "Bundling."

### **Narrated Multimedia Presentation:**

Achieving intimacy in a relationship involves a process of mutual personal discovery that includes learning how your partner loves, how their brain works (are they primarily left or right-brained?), in what ways they become distracted, and many other subtle nuances that, once explored, can strengthen the bond. This course delves into all aspects of romantic and sexual intimacy and includes practical exercises for couples' discovery.

Video course running time: 1 hour, 16 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Intimacy Wellness - Experiential Therapy*** with Dr. Elaine Floyer (15 minutes 54 seconds)

Dr. Elaine Floyer discusses the many experiential ways to improve intimacy and encourage relationship growth, including sensate focus, dating role-play, mindful meditation and anxiety reduction through touch.

### **Ask The Expert Videos:**

**Ask The Expert – Dr. Diana Wiley on Baby Boomer Sex** (7 minutes, 54 seconds)

Marriage and Family Therapist Dr. Diana Wiley discusses the benefits of healthy sexuality for older people, and provides solutions to some of the issues that can arise from aging, like low libido or erectile dysfunction.

## **9. Couples Enrichment Course**

Eligible for 5 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify and describe each of the seven (7) ingredients of love.
2. Explain how to write a forgiveness letter and name its benefits.
3. Identify the “Big Five” (5) personality traits as theorized by Paul Costa in the 1970s, and describe how these traits relate to communication between partners.
4. Distinguish between a G-spot orgasm for her and a Tri-Gasm for him.
5. Understand how Tantric Sex practice increases sexual intimacy and fosters spiritual communication.
6. Examine how oral sex games can increase intimacy in couples.
7. Develop a plan for partners and couple to “fight fair” by identifying ways in which conflict can be communicated productively.
8. Identify all the major ways to cultivate intimacy between partners.
9. Identify the three (3) modes of neurolinguistic programming, and how they impact intimate communication.
10. Explain the main idea of the ‘art of seduction’ and name at least three (3) elements involved in creating an erotic mood and building sensual excitement.
11. Name and understand Dr. Ava’s 12 Cs of couples enrichment.
12. Learn how to use foundation building exercises to strengthen intimacy, including the Love List.

### **Narrated Multimedia Presentation:**

This course is designed to give individuals and Love Coaches the tools they need to help couples enrich their relationships with better communication, forgiveness, praise, touch, healing and sexual techniques. From building strong

new foundations to creating intense sexual experiences, Couples Enrichment is created to facilitate couples falling in love again and making passion a priority to improve the quality of their love lives.

Video course running time: 1 hour, 45 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Love Lust & Laughter with Dr. Ava Cadell, Dr. Hernando Chaves & Dr. Nancy Sutton-Pierce*** (53 minutes)

The topics in this live interactive seminar video takes place in China and includes the topics of self-love and pleasure, passionate play, sharing fantasies, what turns a man on, tantric sex and power play.

***Sexycises by Sexperts: Yin Yang Yoga for Intimacy, Various Sexperts*** (1 hour 33 minutes)

Sexycises by Sexperts: Yin Yang Yoga For Intimacy is a love-changing video guide for couples to rekindle passion, deepen intimacy or just have fun together. Get to know 20 top sexy sexperts as they do live demonstrations of yoga poses to enhance intimate connection. Health benefits include flexibility, strength, balance, muscle tone, improved energy & vitality.

### **Audio Lessons:**

***Passion Power for Couples*** (6 x 1-hour Audios = 6 hours)

Passion Power is a personal fulfillment and sensual enrichment program for couples. It is designed to improve communication and enhance intimacy, bringing passion back into relationships by expanding sexual horizons. Heart-to-heart connective exercises and empowering interactive techniques encourage couples to work and play together to bring their love lives to a whole new level.

### **Reading Material:**

***Passion Power e-Workbook*** (101 pages, estimated time: 3 hours, 20 minutes)

This detailed workbook is designed to improve communication and enhance intimacy for couples when they complete the 'Love Work' assigned in each chapter. If couples already have passion, these exercises will make it sizzle, while couples who have lost their mojo will find this journey of kissing rituals and sensual massages brings them to an exciting new place in their relationship.

***Stock Market Orgasm eBook*** (172 pages, estimated time: 5 hours, 45 minutes)

This book uses the ups and downs of the stock market as an analogy for a new lovemaking system Dr. Ava has coined, 'The Stock Market Orgasm.' The basic thesis is that if we invest wisely in our lovers, we will reap the reward of a satisfying return. She encourages couples to increase their love portfolio by adding a little bit of time, effort and attention.

## 10. **Tantric Love Course**

Eligible for 4 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) types of Tantra.
2. Name and define the six basic elements of Tantra.
3. Explain where the 7 sacred chakras are located on the body and what energy centers they represent.
4. Differentiate between orgasm and ejaculation for men.
5. Summarize the various types of Tantra kissing.
6. Identify at least five (5) qualities each for yin and yang energy.
7. Understand how the G-spot can be stimulated to achieve a G-spot orgasm that may result in female ejaculation.
8. Develop a Lovework plan for clients who want to explore opening their energy centers.
9. Identify seven (7) types of Tantric touch.
10. Identify and define at least six (6) Tantric breathing techniques.
11. Explain how to administer an erotic Tantric massage for a man and a woman.
12. Learn the glossary of Tantric terms.

### **Narrated Multimedia Presentation:**

This in-depth course will teach you what is Tantra, the types and history of Tantra, tantric sex, orgasmic kissing, multiple orgasms, tantric massage, tantric sex positions, and much more! It covers the 5000-year-old practice of Tantra which involves opening up the Chakras, (energy centers), balancing love energy and ancient sexual techniques such as the Venus Butterfly. Discover how Tantra can heal hurt relationships and treat common sexual concerns such as lack of desire, premature ejaculation and inability to orgasm. Tantric love helps couples to connect on a spiritual level and heighten their intimacy.

Video course running time: 1 hour, 51 minutes

Approximate test time: 30 minutes

### **Training Videos:**

***Tantric Sex: Spiritual Sexuality & Deeper Intimacy for Couples with Dr. Ava Cadell*** (57 minutes)

Dr. Ava Cadell conducts this live interactive seminar on Tantric Sex that explores how to create a deeper connection with your lover on a physical, mental, emotional, sexual, and spiritual level. For women, Tantra can empower and fulfill their sensual needs. For men, Tantra can provide the tools to become multi-orgasmic. Dr. Elaine Floyer and her assistant Greg demonstrate synchronized

breathing, Tantric Dancing and many other techniques in which the audience also participates.

***Kundalini Yoga for Balancing the Chakras by Gurutej Kaur*** (1 hour, 9 minutes)

Your Chakras are your body's crucial energy centers - each one essential to the health of specific organs, emotions and forces within you. On Chakra Yoga, you will discover how to use the ancient practice of kundalini yoga, "the waking up of primal energy forces," to unblock these centers and gain access to an unlimited source of life energy.

**Ask The Expert Videos:**

***Ask The Expert – Gurutej on Energizing Yourself*** (17 minutes, 47 seconds)  
Energy Guru Gurutej speaks about mastering your own energy to reap the benefits of increased energy and spirituality on a personal and professional level. She demonstrates Kundalini techniques along with Dr. Ava Cadell and encourages viewers to participate.

***Ask The Expert – Laurie Handlers*** (10 minutes, 30 seconds)  
Tantric expert Laurie Handlers talks about finding joy and happiness through sexual enlightenment.

***Ask The Expert – Destin Gerek*** (12 minutes, 55 seconds)  
Tantric expert Destin Gerek talks about sex mastery and consciousness for dating, love and relationships.

**Audio Lessons:**

***Tantric Lab Audio Course*** (32 minutes, 3 seconds)  
Dr. Ava Cadell teaches the unique sexual vocabulary of Tantric love and sex, how to open up your chakras to release your full energy potential, and the six elements of Tantra. This audio also includes techniques to stimulate the G-spot for female ejaculation and the ancient Venus Butterfly technique.

**Reading Material:**

***Tantra Workbook eBook*** (68 pages, estimated time: 2 hours, 10 minutes reading and approximately 6 – 12 hours of exercises).  
Tantra is a Sanskrit word that means 'to weave energy,' specifically Yin (female) and Yang (male) between two lovers. This energy includes out thoughts, feelings, physical and sexual actions. This workbook focuses on Red Tantra, which directs sexual, loving or healing energy between lovers, teaches how Tantra can help to heal a hurt relationship that has lost its sizzle or simply

empower and fulfill sensual needs. It opens a whole new world to intimacy and can give men the tools to become multi-orgasmic. Glossary of terms included.

## 11. **Aphrodisiacs Course**

Eligible for 2.5 AASECT CE Credits

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify the two (2) classes of aphrodisiacs and what categories they include.
2. Differentiate between food-related aphrodisiacs based in dietary value and dangerous or unusual aphrodisiacs based in superstition.
3. Name which common herbs are thought to have sexual stimulant properties and identify what medical science is behind it.
4. Explain why Viagra is not an aphrodisiac.
5. Summarize the Hawthorne effect.
6. Identify at least five (5) ingestible types of aphrodisiacs, and explain why they are thought to enhance sexuality.
7. Understand how the placebo effect works.
8. Examine a variety of common foods and be able to name the active proteins and minerals and nutrients of at least five (5).

### **Narrated Multimedia Presentation:**

Aphrodisiacs have a long and storied history that speaks to the central importance of love and sexuality in human history. This course studies the history, major classifications, meaning, common use, sensory impact, unusual applications and brain effects of aphrodisiacs and how they integrate into relationships, sexual fantasy, libido and orgasmic pleasure. And if you want to create an aphrodisiac menu for that special occasion, then you are in luck as there is a whole list of love foods for foreplay, excitement and orgasm.

Video course running time: 1 hour, 3 minutes

Approximate test time: 30 minutes

### **Training Video:**

***Aphrodisiacs with Dr. Ava Cadell*** (28 minutes)

A fun, interactive live seminar with a group of Chinese participants who get actively involved demonstrating techniques such as putting a condom on a banana with your mouth and using a papaya to practice female oral sex skills.

### **Audio Lessons:**

***Aphrodisiacs Audio Course*** (27 minutes)

Dr. Ava Cadell narrates this primer on aphrodisiacs which covers the history, truths, myths and biological facts about sexual enhancements.

### **Documentaries:**

#### ***Beyond Dinner – Short Film* (35 minutes)**

An award-winning short film about an erotic aphrodisiac-enhanced group dinner called a Gate (pronounced gah-tay). Searching to keep their relationship enticing, a wife takes her husband to this erotic dinner party full of sensual foods and interesting people.

### **Reading Material:**

#### ***Sexy Little Book of Sex Games eBook* (145 pages, estimated time to complete: 4 ½ hours)**

This is a hip and helpful little guide that is packed with ideas for spicing things up in the bedroom. From sexual novice to seasoned lover, readers will discover just how fun sex can be when they explore mind-blowing games, techniques, and ideas, such as flirty foreplay for the senses, love foods and edibles, sensual chatter and dirty talk, erotic massage, sex fantasies and role playing, and more.

## **12. Coaching the Relationship Coach Course**

### **Eligible for 2 AASECT CE Credits**

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) responsibilities of the Relationship Coach.
2. Teach single clients how to find love by asking ten (10) meaningful questions.
3. Explain how a Mutual Love Agreement can benefit a couple or partnership.
4. Summarize Foundation Building techniques in the context of common elements that kill passion in a relationship.
5. Examine neurolinguistics programming and be able to differentiate between auditory, kinesthetic and visual communication styles.
6. Develop a plan for clients who are experiencing the break-up of a relationship.
7. Identify the dynamics of a couple's conflicts and teach them the principles of "fighting fair."
8. Explain how to use a Pattern Tree, a Control Chart and a Motivational Table to help clients change their own behavior and relationship outcomes.
9. Understand the value of the Satisfaction Scale and Powerful Questions to help clients evaluate their life experience with relationships up to the present moment.
10. Learn about how the Action Checklist assists clients in identifying and moving past obstacles to their relationship goals.

**Narrated Multimedia Presentation:**

Coaching The Relationship Coach empowers students to begin their own private practice with many coaching techniques developed and employed by Dr. Ava Cadell. Detailed step-by-step information covers how to use these techniques, the results to expect, and how to deal with coaching issues. Also provided is information about developing a rapport with clients, ethics, business tips and referrals. Discover trade secrets and learn how to market yourself and your Relationship Coach business.

Video course running time: 1 hour, 08 minutes

Approximate test time: 30 minutes

[END OF SYLLABUS]