



Women's Vitality Summit – September 2016 – Dr. Keesha interviews Dr. Patti Britton 1

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit: Caring for Yourself Body and Soul. This is Dr. Keesha Ewers who is your host for today. My interview with this session is Dr. Patti Britton who is a nationally board-certified clinical sexologist and world-renowned pioneering sex coach. She is the author of hundreds of articles, book chapters, and four major books on sexology and she believes women and men have a divine birthright to experience their sexual power, eroticism, and ultimate pleasure. Welcome to the summit, Dr. Patti!

DR. PATTI BRITTON: Thank you so much, it's such a pleasure to be with you today.

DR. KEESHA: This is such a great opportunity because I always start the summit interviews with coming back to the word vitality. And vitality of course is life force, life energy, your passion, your pizzazz, your sparkle, and your dazzle. And I see a lot of women in my clinic who are being drained of their vitality and so I always start the interview with asking the different experts that are on what they see as one of the biggest vitality drainers for women of today.

DR. PATTI BRITTON: Oh, what an interesting question, because it's really a pandemic. And I see it in men, women, and however else people identify themselves. I think that really systemically we're in an era right now where being present is being compromised. And I see that we're actually being robbed of vitality because we're not able to be centered in the present moment, we're not in the present moment so we can really experience the flow of life energy, flowing within us, flowing outside from us. And between us, as couples and as lovers, I think this is such an important question that you're asking. And I also think that – you know, not to be a downer right at the top of this interview – but I think that we really need to coach and counsel our clients and each other to go on many more frequent e-fasts. Put down the devices.

DR. KEESHA: I agree.

DR. PATTI BRITTON: Those devices are stealing you from living a life here and now with your fullest potential as a human. And I see that happening with almost every single one of my clients, I see it with friends, and even myself, you know, sometimes. I'm sure you can relate. You wake up in the morning and go "Oh, I wonder what's in my email!" Well, who's running your life and where's your vitality going? It's going to being at the effect of all of these electronic messages. So one of the things that I want to say right off the bat, is that put down the devices and really tune in to the present moment and you're going to have a revolutionary experience in your life.

DR. KEESHA: Oh, I agree. And when I was younger, I used to be fascinated by studying what made people tick. I'm still fascinated by this, but at the age of 51 I've kind of gotten some patterns figured out a little bit. But when I was really young, I used to really read the autobiographies and biographies of people that I thought were really great. I loved reading about Benjamin Franklin and Thomas Jefferson, I mean, some of the founding fathers of our country, some of the founders of the women's movements of different kinds. I loved reading about the



early people in medicine, just any aspect I could think of. I was voraciously devouring these books and looking at the backstories of how people lived. And I remember taking my kids, I have four children, across the United States for a 12-week road trip and we were hitting every national park in the United States, just this fantastic trip.

And I wanted to stop at Abraham Lincoln's home, I wanted to stop at Thomas Jefferson's, and I wanted to stop in North Dakota where Teddy Roosevelt used to hang out. And one of the reasons I wanted to go see this cabin that I had read about so much, about Theodore Roosevelt, was because he would read at least a book a day and have volumes of correspondence. A lot of these early people that really shaped policy in the early days were doing that. And I thought about that, I thought, "Man, we're so distracted today". Their news came slowly, you know, by horseback. And so, they could go...Monticello, Thomas Jefferson's home, it's set up in this circular fashion where everything he was interested in had a different room. He would just start in one direction and go in a circle all day long. And I thought, "What a great way to set it up". But these distractions we have, I think you're absolutely spot on. It's like the bathtub doesn't have a plug in it, and we're just draining all of this out, this potential that we have.

DR. PATTI BRITTON: Just to piggyback on your tour of the world and your fascination with those who came before us, one of the great inspirations of my life as a person, and I don't think it affected me as a sexologist, but who knows – is when I was sixteen reading about transcendentalism and reading about Walden Pond and about these great thinkers and philosophers. And one of the highlights of my life is a year ago, going to visit my beloved friend who you know very well, Dr. Gina Ogden, in the Boston area, and on one of the days that we took a trip, we drove out to Walden Pond. And we looked at the cabin where Thoreau grew up and lived, which is a tiny house in today's standards, and we all took out noodles and we all noodled around Walden Pond. And talk about being present and in the moment. And in the slowness of nature, and in that sharing at such a deep level, and if we could get our couples and our clients to slow down and to relate around sexuality as being playful, and sharing in the moment and sharing in the deliciousness of every single moment, cherishing it, I think we would probably put ourselves out of business.

DR. KEESHA: Well that's what we're here to try and do, and just as a side note, Thoreau is one of my ancestors, and I visited that area too. It's just this amazing thing, you know, to think about living in this way where you're so connected. So I love that, and of course this is why you're on the summit, Dr. Patti, is because I really wanted to bring this understanding of vitality to the sexual life of the individual and the individual into relationship with others, and how women approach this. And it has to be first with self and then with other, and you have a really wonderful way of approaching this, and I really want to have you talk about the model that you use when women are struggling with their own sexual expression and identity.



DR. PATTI BRITTON: Well, it's an interesting tale, and I'll be very short in telling this story to you, but when I earned my PhD from the Institute for the Advanced Study of Human Sexuality in 1993, I actually was asked to give a talk at a big conference on wellness. And I thought, okay, I'll give a talk about how I work, because I had married the "what" of sexology, having studied sex therapy, sex education, sex counseling, with the "how" of what was then a brand new phenomenon called life coaching or personal coaching, hence sex coaching was born. And I thought, I don't really know how to depict or differentiate the way that I work because it's non-traditional, it's new, and it's fresh.

And so that's how the MEBES model was founded, or born, and the MEBES model, is my model, which is very similar to the model of Gina Ogden. Ironically we founded our models alone, in different places on earth, yet they're very very reflective of one another, especially when you look at them as a wheel and you look at the four quadrants of the wheel and what drives the wheel as the center. And that five-part, holistic, whole person, centered model to me is really a depiction and gives us an understanding of the five aspects of the sexual self, for anyone. And it includes M for the mental realm, E for the emotional realm, and B for the physical realm known as body, as well as body image and behaviors. I think most of us think about sex as physical when we look at the dimensions and dynamics of how sex really works, it's way beyond the physical.

And in the model the E is for energy, which is in the center of the MEBES wheel and runs everything. And S is for the spiritual dimension, or the essence of self. And the way that I define S in the MEBES model, it's not just a spiritual outlet or a spiritual pathway for expression which is really wonderful, and some people really resonate with that and want that. But it's also a dynamic that talks about that inner flame. Who are you really, where is that authentic voice or essence inside of you, and how do you re-access that, because so many of the women that I work with have lost that, they've lost the connection to the essence of themselves, and they've been wounded, they've been shamed, they've been disappointed. They've been, in some way, taken out of who they are in order to be a pleaser or to shut themselves down for a variety of reasons. And so, for me working with women, the MEBES model really helps women look at "where am I blocked or stuck?"

It's true for men too or trans persons, but I'm really focusing on women. Where am I stuck in any of these five aspects? And what can I as the individual, or working with a sex coach or another form of clinician, how can I create action steps to really get me into flow, either for the first time – for example, a pre-orgasmic woman – or again? Because I think we when clear all the blockage and we clear those obstacles, and we give people permission to be okay with who they are, and be okay with how they are as a sexual being, what happens is sometimes we can re-access the innocence that lies within us. I see so many women are damaged out of the innocence of self, and maybe we can talk about that later. I think that using a model, whether it's my model



the MEBES model or other models, is really a template where we as the clinician or the educator and the client can take a serious look at what's going on and how can I change that.

DR. KEESHA: You know it's funny that you say this about you and Gina, Dr. Ogden, found these different places, parts of the world. I also, same thing, different part of the world, developed my model, then had Dr. Gina Ogden on my radio show and interviewed her, and had read her book that she sent me that I was going to interview her about, and I thought, "oh my gosh, we're saying the same thing!" And so, instantly, I think this is...women have and men do to, but I think we're talking about women in this case...but people have access to the collective consciousness of all humankind where there isn't any original thought, and we come upon these very standard truths when we sit long enough with it, and everything is revealed that we're whole. We're whole beings, we are not in need of psychotherapy and medical model and sex therapy model, all these things that don't treat us as an entire whole being. And that's actually, my beginning comes from medicine, but I quickly learned that there wasn't anyone sitting in my office that didn't have an emotional root cause or a spiritual root cause or a mental root cause to what was going on in his or her body. And so then I had to go back to school. I said, okay, I've got to learn this.

DR. PATTI BRITTON: Yeah. And I've got to say, I'm going to turn what we're talking about away a little bit and say that I do agree with you that there is a collective consciousness and there are some basic human truths, which we see as common themes. However, it also may be the way its designed or packaged resonates for one person in one way, and another package resonates for someone else in another way. Not everyone I work with do I really emphasize spirituality for example.

I've had people who are very high type A, I'm in Los Angeles, Hollywood, where I have many people who are writers or directors or actors or heavy thinkers; I have attorneys, I have therapists in my private practice, who really in many ways, even the therapists – they're actually the most challenged of my clients – don't live in that wholeness of self, they live in the left hemisphere of their brain. They're thinkers, they're doers. It's hard for them to become be-ers. We say human "being" not human "doing", but really what I see, at least clinically that too many people are stuck in the mode of being a "doing". And a human doing is not the essence of self.

And I think for women, we're pulled in so many directions and here we are in a revolutionary moment where we're talking, where we actually have a woman running for the President of the United States, and there's so much buzz around this major historical movement taking place of the empowerment of women, and yet there are women who resent her, women who don't like her, don't trust her, and there's so much around just what it means to be a woman today, whether we're talking sexually or a gender identity or role modeling. And we have to really be kinder. I find that I think that's a message I want to give your listening audience, is that we need to be kinder to ourselves, to be kinder to our sisterhood. Because we're living in really tough times,



and it affects everything, our sexuality is affected by the wind, the stars, what we tell ourselves, the culture we grew up in, our social milieu, our physiology, and our chemistry. All of us. All of these aspects of self impinge on and affect our sexual happiness and our sexual wellness. That's really the focus I take, towards sexual wholeness and sexual wellness with all of my clients and all of the work that I do in the world.

DR. KEESHA: And I couldn't agree with you more, that's exactly it. That's one of the reasons I love Ayurvedic medicine is because ten thousand years ago they recognized this, and they said we all have different ways of processing information, we all have different ways of showing up in this world, we all have different ways and foods we should be eating based on our body types, and that was a long time ago that they had that figured out, our own bio-individuality. And that's exactly how our sexuality must be approached. So, let's move on to that then. What is the ramification then of TV and movies and books that say you're always supposed to be in the mood?

DR. PATTI BRITTON: Well, we know as clinicians and as sexologists in particular because we're taught how to decode the noise out there in the market place. And we understand that low desire or no desire among women out there is a very complex thing. And it's so interesting – and I now train sex coaches and sex experts through Sex Coach University, and I'm now spreading my mission and my message in 45 countries and Puerto Rico, to hundreds of people who are then going to carry that out and create healing in the world. And what I notice is that when we talk about desire, it's really like the MEBES wheel: it's mental, it's emotional, it's physical, it's spiritual, and it's energetic.

And I love how you work because you do bring that aspect of medicine and health and wellness into the work that you do. And unlike psychotherapy, which relies so heavily on emotional processing, or on cognitive processing, which is something that coaches do a lot, we do a lot of cognitive work, we do a lot of reframing and restructuring of thought. And we do a lot of myth busting so that people know the truth and can start being validated and normalized for who they really are as an individual. But desire is affected by so many things and it just galls me when I see things like a new pill come out, flibanserin in particular, or Addyi as the commercial version is called that purports that it can just muck around with serotonin in the brain and create hot women who want to have sex.

And that may be true for a very small proportion of the population that can have that particular drug prescribed. But those of us who work in sexuality understand that a drug doesn't do it, a pill is never the answer. And to look at what is she telling herself, what are the beliefs she grew up with, what are the myths that she holds? How does she talk to herself in the mirror? This is one of my biggest things with women, is body image issues. I'm sure you find that too.

DR. KEESHA: Oh yeah.



DR. PATTI BRITTON: 90% of my women that I serve, and even in training sex coaches, they have to go through their own process, they have to heal themselves before they can become a safe and appropriate container for other clients' issues. And what happens is, when you look at yourself in the mirror, as a woman, the media just says all the wrong things. And not only that, but we don't really have a good concept of what reality is. I know that, I'll share a quick story with you, which is kind of hilarious.

About a year and a half ago I had a photo shoot done, and I had all these beautiful glam photos done, and it came out really well, because I'm very photogenic and I had a brilliant photographer who used natural light. It was really cool. And he gives me all these photos, and I pick the ones I like, and he says, "That's a really good one, would you like me to shrink-wrap you?" And I said, "What did you just say?" And he said, "Oh, there's this software thing we do, because all women want to be shrink-wrapped." So he uses the software, and my image goes "shhh-fwoop," a stick figure. Well that's what we're seeing: airbrushed, or shrink-wrapped, or whatever the images are for women in the media, or this really unfortunate and I think unhealthy emphasis on youth and on perfection.

And there is no perfection, and living in the Beverly Hills area, it's actually very challenging to work with women who are suffering from negative body image issues, who want to have a plastic surgery or cosmetic surgery to correct the shape of their vulva, their inner lips that are maybe protruding, their labia. Or, an aging person might want to have a neck lipped, or their eyes done, and they all look the same. They all look like big guppies, and like they went to the same factory to get this new face, and they're not them. And this is tragic to me. As a sex coach I want women to really learn how to love themselves, how to be healthy and fit, that's part of the work that I do, but how to love the skin that you're in.

DR. KEESHA: You know, that's so important, I couldn't agree with you more on all of those things, and when you're in the grocery store looking at the magazine rack before you check out, and there's Cosmopolitan, there's whatever's on the rack, and you've got these shrink-wrapped, airbrushed images staring back at you, or on the buses that drive by, or on the billboards, or on everything that you watch, it's just an inundating imagery of "this is what your boy should look like". But go through a little art history class and you'll see that's not accurate, that's not rational, that's not logical, that's definitely not healthy, and it's destroying female vitality.

DR. PATTI BRITTON: It is, it is. I think some women are actually starving to death, and I mean that in a very literal way. And they're certainly starving that pleurability that their bodies can produce for them, and a lot of work that I'm sure that you do that I do is helping women relocate pleasure at the physical level. Not a thought of pleasure, but sensations and experiences of pleasure. We live in a body, and we should enjoy that from a pleasure-based perspective.



DR. KEESHA: Well we happen to be in possession of the one and only body part between males and females that is meant only for pleasure. It's kind of nice.

DR. PATTI BRITTON: You mean the clitoris? Are you talking about Miss Clit?

DR. KEESHA: I mean the clitoris! Oh my gosh, what a blessing we have as women to own a clitoris.

DR. PATTI BRITTON: That's right, and how huge it is! Now that we finally have the proper science and understanding to know that our organ is actually analogous and homologous with the penis! We have an inverted penis that is huge, with four times the nerve endings as the head of the male penis. Isn't this a wonderful discovery?

DR. KEESHA: Yeah, and we discover it when we're tiny little toddlers, and then we're shooed away from it. "Don't touch that. Don't put your hands there. Stop that." Right? And we have that messaging as we grow up, and so anyone that's raised with – and I'm not going to judge anything as good or bad, because I actually don't think of it that way – but if you're raised with the messaging that sexual desire is bad, or sex is bad, then at a point when everything is allowed, you get married and can turn everything on, then many women have trouble with that, don't they?

DR. PATTI BRITTON: Yes. And now we also see that happening in men. You know, we see that this kind of epidemic of, sorry about pun, this epidemic of low sexual desire is a really serious and significant couples issue and we speak heterosexually or even same-sex couples. And a lot of it is created by false expectations and hopes, inability to communicate, and I think there's a lot of physiological harm being done as well. I think when we look at our food sources and food supplies, and we look at how people are so sedentary today, and not moving their bodies. There are just so many factors that really affect sexual wellness and vitality, and therefore affect desire. That's an energy and a force that really has to have the ability to be contained and to flow within the self, and if the self is depleted, we can't really touch that or tap that.

DR. KEESHA: Well and one of the things I always teach women is that your sexual, your libido level or your level of sexual desire is much like the gas gauge on the dashboard of your car. And if it's low, if your gas gauge says it's low, you don't push the gas pedal harder and expect to go faster and longer. You know that your car will break down if you don't give it some attention and pull over and refuel. But with our bodies we don't do that. If you look at your libido level, and it's low, instead of popping open another Red Bull or having a third cup of coffee, or even one, and expecting to go further on no gas, your body will break down. And it shows up as broken down in autoimmunity. You know, autoimmune disease is 80% women, so that's why I'm doing this summit.



Autoimmune disease. 80% of anyone diagnosed with an autoimmune disease is female. And so, you talked about male desire also being low, we are surrounded in our environment now with what we call estrogen disrupters. So many chemicals and things that we're doing to our groundwater and our food supply that are interfering with our hormone balance. So it's really been so crucial that we keep tabs on that. And that's why I have the Academy for Integrated Medicine and I teach health coaches how to do this testing for women, and women are coming out of the woodwork to find out. They know they're tired. They know they're overweight and are trying their hardest to get that back to where they want it to be, but they're doing it in the wrong ways because they're not paying attention to their body's feedback. And libido level is one of our feedback mechanisms ladies. If it's not there then there's something going on. So that's a really important thing to understand.

DR. PATTI BRITTON: And as we age, unfortunately for many women libido does decline, because of the imbalance of hormones, or the loss of estrogen and particularly testosterone, and we may agree or not agree on that, but so much of the research that I've read is really pointing to testosterone depletion as one of the culprits of low everything. Low desire, low performance, low energy. Even sometimes it's prescribed offhand as an antidepressant to elevate the spirit or elevate wellness. So it's interesting you're talking this in particular, the estrogen disrupters. One of the plenaries, or major featured speeches at the recent conference for AASEC, the American Association of Sex Educators, Counselors and Therapists, of which I am a past president nationally, and I just received the Sexuality Educator of the Year award at that conference, so –

DR. KEESHA: Congratulations!

DR. PATTI BRITTON: Thank you very much. So it was a wonderful, wonderful experience. My doctor, Dr. Narayan Reddy, who is a scientist and sex therapist medical doctor from India, and a lot of his talk was on love and hormones, and these environmental disrupters are really growing, and you know the studies and the stats. I'm sure you teach this and train your people, and I'm sure you talk to your clients about this. But our environment and the foods we eat and the water we drink is really affecting us. And even things that I see in men and women, like estrogenizing foods, or changes in the gender or sex of fishes. This is the crap that's being dumped in the treatment plants, and what goes into drinking water sources. Or areas where a lot of chemicals are dumped that include SSRIs, which we know, have a very damaging effect on libido as well as experience of orgasm. This is eco-sexology; it's such an important aspect of understanding sexuality today, and not one that a lot of people are talking about, so I'm so thrilled that you're talking about it. And certainly it's something that many of us talk about in our own community.

DR. KEESHA: Well, I have a model that I use, it's called the SEX model, SEX system and each of the letters in SEX has an acronym attached to it. And when we get to X it's talking about xeno-estrogens, which is a fancy name for what we're talking about. And when we look at health, there's a really interesting, very simple formula to remember if you're not feeling up to



snuff. You've got brain fog, you're tired, and you're struggling with desire and motivation in your world for anything. You know, things you used to be passionate about you're not passionate about anymore, anxiety, depression, not sleeping. All of these things can be plugged in to this very simple formula, which is genetics plus your ability to detox the things you're exposed to, plus your exposure to those toxins, the level that you're exposed to, equals how you feel.

So that's why I always give the Woody Allen and George Burns comparison. George Burns could smoke cigars and drink scotch all the way through to a very late age in life and be sharp as a tack, and Woody Allen can't. It's these different genetics, and we're learning so much about this these days and it's one of the things I teach my health coaches is how to do the genetic testing and really read. There are genes that indicate you are wired for depression/anxiety, and how well your liver is getting rid of toxic overload. This is such an important thing to understand about your own individual health that it's in this formula. So your genetics, plus your exposure to toxins, plus your ability to get rid of said toxins equals your level of health. So it's pretty important. And the toxins are not just xeno-estrogens; it's also emotional toxic life, mental toxic life, and spiritual toxic life. It's all of it. And your ability to be able to manage it is the other component of that. So it's a pretty interesting way of thinking about things if you look at your sexual desire as a reflection of that.

And of course we haven't talked about the 1-in-4 reported cases – which means there's a lot more – of sexual abuse that people undergo in childhood or adulthood that then makes up their libido story, which also of course influences this. Some people never have had sexual desire. Their sex mapping got messed up somewhere along the way as they were developing.

So Dr. Patti, I would love to have you talk a little bit about some of the sexual healing that you do with your coaching program. What are some of the things that you cover? I know you went through your MEBES model, but what else do you talk to women about when it comes to their own sexuality? You have a nice bonus, a free book that you are going to give to our listeners too about this, right?

DR. PATTI BRITTON: Absolutely. One of the things that I do in my multi-varied career, is I'm the host of several couples enhancement DVDs. Now these are very much focused on heterosexual couples, so for couples that are same sex or who are individuals, there may be parts of it that are relevant, but not all of it. This is really something that I cherish as part of what I do. I make about one a year, and I'm the doctor on duty for the Alexander Institute. The website is [lovingsex.com](http://lovingsex.com). And I believe so strongly that women and men, but I'm talking about women today, really need to have role models, I mean positive role models. I mean, if it weren't for my own positive life role models, people like Betty Dawson who was a dear friend of mine, and in her mid-eighties is still leading workshops and making podcasts and videos. And women who are part of the original feminist movement in the 1970s.



I'm a big fan of Oprah, and Lady Gaga I think really cracked the code on giving so much permission for "otherness" to be who you truly are. I mean, there are just so many wonderful role models in the ethers around us. But I think that part of what I believe so strongly in is that we need to see and experience other role modeling. And we're not taught how to have sex, we're taught the bad news. We're taught, "be careful, you might get pregnant, be careful, you might get an STI, or an STD as we used to say. You know, "be careful, you might hurt your heart", in other words, you're going to get disappointed, he's going to break your heart; she's going to break your heart. Whatever it is, all these warnings that so many people get as they're evolving who they are as a sexual person.

And one of my favorite programs, which I made in 2005 and certainly still bears out today, it was a 3 DVD series on the Kamasutra. Taking the Kamasutra and all of its ancient wisdom and teachings and converting it for modern day life. And I have, and I got at that time, the extreme opportunity, in such a positive way, to not only lead a workshop for a variety of people who were in real life couple situations on our cabin in Lake Era. It was so cool; we got to do it in this natural setting in this sort of mystical environment. But we were also able to – me in particular – direct the couples in how they could then process what they were learning and test it out. I had one couple that was a real life couple, and one of the things that was happening in their real life is that she did not like the way he kissed her. So they both stopped kissing. And that was really both of their pathways to open up sexually and experience libido and desire. And so part of what happened on camera was helping them find a way back into kissing. Sitting on a stump in the woods on this little path near the cabin is so wonderful. And being able to teach 36, or however many different sexual positions from the Kamasutra.

And the second DVD was called *For Her Pleasure*, and it was really about what the Kamasutra, and many of us who know these things, teach our clients and students, which is pleasure the woman first. Let her have her first orgasm and then you can do anything you want because she's opened up. Because women truly are multi-orgasmic and have an unlimited infinite potential. Men have that too if they are really able to experience advanced training and how to be a lover, but very few men accomplish that. Women have that built-in, hardwired. And so, this book, this e-book that I'm offering is *For Her Pleasure*, and it's really derived from what I taught, what I said in the great messages from that second DVD, and so much about women who can be regarded as sacred beings, as the goddess.

I mean, not everybody speaks that language, I'm very aware of that. And I don't impose my views or my values or my language on anyone, but I open that up for people and I invite them to consider that. So that's my gift, this free e-book on women's sexuality, it's got some great exercises in it. And it also has some great anatomy lessons because the more we learn about our own anatomy, the more empowered we are, the more we're able to ask for what we want and need. And that's one of the key messages for women, is to know yourself. You have to know your own sexual anatomy; you have to know your own pleasure zones, erotic zones, and



erogenous zones. You have to know what turns you on, what turns you off. You have to know how to ask for what you want and need, but first you have to develop a kind of schematic for understanding “What is that, anyway?” Maybe you need your partner to go slowly and lightly to get you into it. Maybe you need some intense passion and a little rough play in the beginning to get into it.

So I think that having a template is going to help a lot of your listeners, and our listeners today who are looking for a map for “How do I really navigate that?” And then you can share it with a partner! Because I think a lot of men in particular, speaking heterosexually again, kind of feel clueless around women. And one of the phenomena today that I see and I'm sure you see as well is that too many men, especially young men, are habituating to porn. I'm not anti-porn, I'm anti habituating to porn and thinking you're having actual sexual sex and relationships. You're not. And unfortunately, I have too many women who come to see me who are living with or dating men who have only had their sexual experience be based on an image on a computer screen, and don't know how to touch them, don't know how to navigate or negotiate sex, and don't know how to be present with them as a real live human being in the flesh.

DR. KEESHA: Well, how are they supposed to find out? And that's one of my biggest arguments for why I'm so happy with the work that you do, is because there's nowhere – how does a man find out how to be a good lover? Well, he thinks, “Oh, porn!” And young men of today are growing up believing this, that this is real life somehow and it is a mess out there right now. So it is fantastic that you're doing this.

DR. PATTI BRITTON: And I use film a lot, I use media a lot, I make media. In my training at [sexcoachu.com](http://sexcoachu.com) every single one of the 22 courses in our main program has a movie to watch that you go and you get on Amazon or whatever. And what's important about that is that films evoke emotion, Not only evokes feeling but it evokes our participation at an energetic level, at an emotional level, and that's so important that we can open up those dimensions of ourselves, even as we're watching a movie. Now for sex coaches in training, they're not just watching and experiencing it, they're also looking for clues of how to be a great coach, how to be a great sexologist.

So film is also something that I send my clients home to either rent or buy, whether it's couples DVDs that I've made – I have a whole library that I show them – and it's also things like, for this issue, looking at a movie like *Don Jon*, which is an excellent, excellent example of a young man who is porn-dependent – notice I don't use the addiction word, cause I don't think that's appropriate, I think it's dependency, compulsivity – and how he's there in bed with Scarlett Johansen. And after they've had sex and she's lying there like, “Oh, that was great,” he hasn't really come, and so what he does is he runs to the computer and he masturbates to an online porn image. And it's not until he goes into a 12-step group and he meets someone who's played by Julianne Moore, who really lets him understand that what you've got going on is you don't know



how to have intimacy. And that was such a powerful shift for this character; it can be a powerful shift for others to really wake up. First you've got to wake up to what's going on. And then you may need some help! You may need to be in a good, 12-step program, which has no cost involved. You may need to be in sex coaching or sex therapy.

DR. KEESHA: Really great way of putting that, because of course there's great controversy about that, about porn addiction and porn being bad. I agree with you that there's a habituation, and it is the same thing with sugar, with gambling, with shopping. You know, it's what have you used to self-soothe, what have you learned that came from as early as having a binky put in your mouth or a breast when you are upset, you know, something external. And your brain is fully developed by the age of 26; it's time to start learning some different coping strategies that come from within instead of without. And I just love that you're doing this, because it allows people to really get that education.

DR. PATTI BRITTON: Thank you! Now also, when I was working on my own dissertation for my PhD many years ago, there was no online. And there certainly was no online porn accessible 24/7 to almost anybody. And my study was on pornography, the content and approach of female-produced pornography compared to those of men. And one of the things that happened was while I was doing my study, which was very intensive, and lots of different aspects with this huge sheet of 65 things that we're coding in real time watching these movies.

My partner and I would sit and watch a porn film, usually 90 minutes, some of them well done, some of them terrible, and we would take our pen out and mark all these things. And what it did is it succeeded in turning us off to ever watching porn again. And so, one of my techniques that I have in my book, which is our textbook for [sexcoachu.com](http://sexcoachu.com), *The Art of Sex Coaching*, is code it. And sometimes I have clients who are dependent, and usually its men, there may be women as well, and have them actually sit and code what they're watching. And it doesn't take very long because they've lost the pleasure sensor pathway, and they're now in their cognitive, left-brain function, and they're like, this is boring work.

DR. KEESHA: Right.

DR. PATTI BRITTON: Thanks, I'm out of here!

DR. KEESHA: And that's an exercise that I give to people who binge eat, that don't have a great relationship with food. Sex, food, and money, there's binging and deprivation and shame involved with all three of them if they're not done well, and with binge-eating I say the same thing. I want you to go to the store, I want you to pick up the thing you really love to eat in private so no one can see, and put out a really beautiful place setting on your table, dress nicely, not with sweats that are too loose, light some candles, have some music, and dish out just a portion of what you're going to have.



Know you can come back as many times as you want for seconds, thirds, fourths, and then sit down and enjoy it. Not shamefully hiding it in the dark with sweats on that then leads to guilt and all of the things. And this is again, sex, food, and money, all of them happen in this way if this pattern starts to emerge. So it's really great to have someone move from that furtive, me-time all alone with my computer to, okay, we're just going to pull it out into the light and really look at it with a different part of the brain. It takes out the scintillating part of it, doesn't it?

DR. PATTI BRITTON: Well, when we remove the forbidden aspect, we don't want it so much. We want what we can't have. We want what we tell ourselves that we shouldn't have, which is also the same kind of taboo. And it's like saying you're on a fast, and all you can think about when you're on the fast is having pizza, and if you come out of the fast and you detox and cleanse properly, the last thing you want to put in your mouth is pizza!

DR. KEESHA: Right, exactly.

DR. PATTI BRITTON: It's just so interesting, and I think that – this is really going on a tangent – I think that so many humans suffer from mental hunger. What they think they want. And they don't really know what they want. Not really listening or tuning in to their authentic, physical body. And when they do that, the body contains all the wisdom, the body will guide us, the body knows what it wants and needs. And a lot of the work that I do is teaching people to become embodied, to go neck down. I see 99% of my clients live neck up. And teaching them to breathe into their body, and to notice, to begin to be mindful, to begin to have touch or sensation or sexual expression or experience...that's really the key to getting them to be embodied. Technology doesn't help at all, it keeps us neck up.

DR. KEESHA: Right. I have a little illustration from one of my books where it's the brain pulling the body around by the hair behind it like a bully, like the old caveman with the club, and I just see that all the time. The brain is such a bully and it just kind of pulls the body behind. And what we need is that collaborative teamwork with your heart, your mind, and your spirit. And it's so important that the body is all part of that whole team collaboration.

We are running out of time. I love that you have talked so much about this and how to regain vitality and how to heal this. We've got some resources that you've given, you've got a free bonus that you're giving that will allow our listeners – we're going to have a place on the website that's your speaker's page, Dr. Patti, that will have links to your website, to Sex Coach U, and to this bonus material – and they will be able to find you in all of these different ways so they can avail themselves of your wisdom. So thank you so much for being on the summit and sharing your wisdom.





Women's Vitality Summit – September 2016 – Dr. Keesha interviews Dr. Patti Britton 14

DR. PATTI BRITTON: Thank you. I really enjoyed this conversation. I respect so much your holistic model around training health coaches and your knowledge. We should have a TV show together!

DR. KEESHA: I agree, let's do it. You heard it here first everybody, this is where it was born, on the Women's Vitality Summit!

All right everyone, remember to live, love, laugh, and keep learning, and be the most fabulous version of you. Until next time.