

This training course will guide you through the steps needed to become a sexual surrogate. We will look at the history of surrogacy, the foundations of the practice itself, the path toward embodiment and what that means, practical matters and ethics, and complete the training with a hands-on gathering. While some of the material in this training is a matter of self-study — reading, viewing, and reflection on your own — we will have regular online check-ins and a required review and Q&A discussion session at the end of each module. You will also be working with a partner at numerous points during the training. All partner work is done fully clothed. You may select anyone as a partner as long as both you and that individual are comfortable with basic, clothes-on touch.

Required materials: You are expected to obtain all reading materials unless otherwise noted in the syllabus.

A word about practice partners: Some of you may enter this course with a partner that affords you the opportunity to practice some of the skills covered in the training. Some of you may not have a current partner, or may have a partner who is not available due to distance or preference. Since this entire practice is built around the idea of touch, some of it quite intimate, you'll need to start thinking about how to find two people to work with during the course. One of these can be your own current intimate partner. The final module, *In Person Touch*, requires you to have a *new and different* partner to work with. You are expected to find and clearly communicate with a potential new practice partner at the outset of the course, knowing that this could take some time. We are happy to consult with you if you have questions about this process.

Module 1: History, Core Ideas, and Values

In this module, we look at the history of surrogacy, its ancient roots, and how it was brought into modern therapeutic work. We'll look at a few key parts of surrogate therapy. We also consider our core values, why they are so critical, and the consequences for stepping outside of these. We finish this work with a shared group conversation, reflecting on what we learned and any open questions.

- Founders of surrogate therapy: Masters and Johnson
 - The Triadic model
 - Sensate Focus
- The first surrogates
 - Sacred sexuality and sacred prostitutes
 - *The Sacred Prostitute* (please read the whole book - it's short)
- Sex work and “prostitution”: the stereotype in culture
- Our Values
 - What our core values mean
 - The critical importance of client-centered practice
 - Ethics: violations and consequences.

- Group Reflections (*group Zoom call - required*)

Required Readings:

Qualls-Corbett, Nancy (1988). *The Sacred Prostitute: Eternal Aspect of the Feminine*. Inner City Books

Module 2: Foundations

In this module, you will explore the core skills and knowledge needed to become an excellent practitioner. Understanding touch is a multi-dimensional exercise. We begin with basic touch. Next, we consider our own self in the touch process. Then we observe the nature of intentional touch by the practitioner with the client. Finally, we dive into giving and receiving and how consent factors into the practices we are doing.

- Touch
 - Video: historical perspective, [Dr. Jessie Potter](#)
 - Video: Pleasure Maps: [The Importance of Touch](#)
 - Touch as a means to an end
 - Why are you touching someone?
 - Readings: *Touching for Pleasure*. Scientific American article
- Touch: waking up the hands
 - Learning about pleasure in our own body
- Intentional touch
 - What happens when the practitioner feels pleasure?
- 3 minute game: consent as agreement
 - While this exercise is normally done with a partner, here we watch a video to see how it's done.
- Review and discussion: giving, receiving, limits, and intention (*group Zoom call - required*)

Required Readings:

Adele Kennedy, Susan Dean (1988). *Touching for Pleasure*. Chatsworth Press
 Denworth, Lydia. (2015) *The Social Power of TOUCH*. Scientific American Mind. Jul/Aug 2015, Vol. 26 Issue 4, p30-39. **This article will be posted online for the class.**

Module 3: Embodiment

Surrogacy is about the body and mind. While we can talk about touch and sex for hours, we ultimately need to get physical. When we do that as surrogates, we are asking the clients to be very vulnerable. Here, we need to fully understand the nature of consent. In this module, we'll dive into sensate focus through both video and actual hands-on practice. We'll introduce you to a few different exercises that you can bring to your own practice. We'll do a special mirror exercise to help you do you!

Sign up for your one-on-one appointment with an instructor for the Mirror Exercise. We will have a shared group conversation about this toward the end of the module.

- The nature of *consent as agreement*
 - It's *not* "permission"
 - Touching others means it is about *two people*
- Introduction to *sensate focus*
 - Video: [A Heterosexual Couples Guide to Sexual Pleasure](#)
 - Self exploration
 - Intention & exploration
 - Avoiding goal-oriented touch
- Exploring a partner with *sensate focus*
 - You'll need a partner to work with this
- Asking for what *you* want: The Bossy Massage
 - You need a partner to do this with
- Body image: the mirror exercise
 - Understanding how we feel about our own body
 - Translating this experience into understanding our client
- Review and reflect, You with you (*group Zoom call - required*)

Required Readings—Video:

A Heterosexual Couples Guide to Sexual Pleasure. William Stayton.

<https://sextherapy.teachable.com/p/a-heterosexual-couples-guide-to-sexual-pleasure>

NOTE: You must purchase this video before the module starts. You may, if you choose, purchase a bundle of 3 videos (this is mentioned on the site).

Module 4: Practical matters & Ethics

How well do you listen? This is a key part of being a practitioner *par excellence*.

How can we have a fruitful conversation about what we do with partners, friends and family?

Surrogacy is not a recognized profession, so selling what you do can be tricky. Learning the ins and outs of marketing, law and how our clients might respond to us as human beings takes real skill.

We encourage you to sign up for an optional one-on-one conversation with an instructor to answer any questions or concerns you might have. We will have a mandatory shared group conversation at the conclusion of this module.

- Talking and listening
 - Basic listening skills
 - Active listening
 - Empathetic reflection
 - Listening with no motive
- Transference countertransference
 - What is it?

- How to self-reflect and determine the issue
- The role of the client therapist
- Telling others about your work
 - Talking to a romantic partner
 - Talking to family
 - Talking to friends
- Approaching a therapist
 - Educating the therapist about the work, surrogacy, and the Triadic Model
 - Referrals from the therapist to you, the surrogate
- Marketing safely, consent to treatment form
 - Disclaimers
 - Security
 - The right language
 - Identifying your clients
 - Talking to therapists
 - Legal questions
- How to get safely undressed legally
 - Where you practice
 - Staying safe
 - Vetting your clients
 - Sexual health practices
 - Going slowly
- Triadic model notes
 - How to keep the therapist involved
 - The vital role of the therapist
- Practitioner Ethics
 - Personal versus professional actions and behavior
 - What happens if you make a mistake?
 - What happens if you intentionally step over the line?
- Consequences for conduct
- Review and reflect; roundtable share; questions and answers (*group Zoom call - required*)

Module 5: In person touch

In this final module, we begin the process of practice itself, with real clients, working with a supervisor.

- Connecting with clients
- Beginning the process
- Check-ins with your supervisor
- Important check points for completing the course and becoming a surrogate

Required Readings:

Stubbs, Kenneth Ray (1994). *Women of the Light: The New Sacred Prostitute*. Access Publishers Network

Some crucial things to note:

Each module will have a **mandatory** end-of-module group zoom call. The goal of these calls is to ensure clear, ongoing communication between instructors and students and to evaluate student progress, identifying areas that might require some extra time or attention.

Some modules will offer **optional** zoom calls, and will usually be one-on-one. These will be scheduled via a sign up process. These are your opportunity to ask any questions, talk about your concerns, and generally help strengthen our sense of community. We encourage you to avail yourself of these opportunities.

You are encouraged to reach out to any of us at any point if you are unsure, having difficulty, or a question that hasn't been resolved for you.