FREQUENTLY ASKED QUESTIONS

INTEGRATED WOMEN'S SEXUALITY

What is Women's Integrated Sexuality? IWS is a comprehensive, holistic therapeutic approach to women's sexuality. As you know, many things can affect your sexual response, including your: relationship, physical health, communication, hormone balance, attitudes towards sex, family history, trauma history…to name a few. Depending on what you need, any one of these aspects may be involved.

What kinds of problems are addressed? Your sex life is a personal and private aspect of your life. It depends what you would like to change and whether the change is subtle or major. IWS is a journey of self-discovery with guidance and support.

Who is Sat Tara Kaur Khalsa, MS, LPC? Sat Tara is a licensed psychotherapist with over 30 years experience and the creator of IWS. She is known for her down-to-earth practicality, comfortable style and creativity. After her graduation from Smith College, she received her Master of Science Degree in Marriage, Family and Child Counseling in 1974. She has also trained in NLP, EMDR, Neuro-Emotional Processing ("Brainspotting"), various therapeutic modalities, and mediation. Sat Tara has taught Kundalini Yoga and Meditation since 1972.

Can my partner participate? Some women prefer to work with Sat Tara on their own while others prefer to include their partners for some or all of the sessions. Both approaches are effective.

How long are the sessions? Each session is typically 50 minutes long, but can go longer if you choose and the session warrants it. You decide on the frequency of the sessions.

Where do the sessions take place? Either at the Thayer Group for Women offices or at Sat Tara's office.

What happens during my session? The first step is to get a comprehensive overview of the factors that are affecting your sex life now, your history and your goals for the future. Sat Tara works with you to assess where to start and draws from her therapeutic repertoire. There is *never* any touching or disrobing during a session.

Are the sessions confidential? Yes, within the State of Colorado professional guidelines and your written agreement with Sat Tara.

Is insurance accepted? Sat Tara is a licensed psychotherapist and can provide you with a bill to give to your insurance for reimbursement. Please check with them to understand your coverage.

What have others said about their work with Sat Tara? "I am so grateful! It feels hugely healing and inspiring. I am ready to go home and try things differently!" Susan.... "Deep exploration of various facets of my sexuality." Toni…."Guided visualization helped me see into my own unconscious space to bring awareness." Mary…"I feel much more confident. Sat Tara is easy to talk to." Jimmie.

For more information, contact Sat Tara at 303-530-7080
or go to SatTaraTherapy.com or thayermd.com