



Dr. Yamonte Cooper

Optimal Sexual Experiences (OSE) Group Therapy in Los Angeles

Accessing, Re-Visioning, and Enhancing Your Sexual Relationship

Low sexual desire and discrepancies in sexual desire are among the main reasons couples seek therapy. These desire problems affect all types of relationships whether it is a new relationship or long-term relationship. An effective approach to helping couples not only restore their intimate life but make it desirable is an 8-week group therapy experience that sex therapists Dr. Yamonte Cooper and Nicole Wallace are offering, based on the work of the Optimal Sexual Experiences Research Team of the University of Ottawa.

WHY: Would you and your partner like to improve your sex life? Are you or your partner experiencing low or no sexual desire, or a decrease in sexual intimacy, or an upsetting difference between your levels of sexual desire? Maybe you already have a good sex life but want to make it optimal?

WHO: Couples with low/no sexual desire or frequency, and/or desire discrepancy (in which one partner is more interested in sex than the other) who are interested in enhancing their sexual relationship and ready to embark on a journey to enhance their sexual experiences and relationships.

WHAT: Group couples therapy is an effective and cost-effective format for addressing issues of sexual desire or frequency. The groups run for 8 consecutive weeks (2-hours per Monday night) on Zoom during the pandemic. We can accommodate up to 6 couples per group. The content of the group is based on the remarkable work of the Optimal Sexual Experiences Research Team of the University of Ottawa, which has spent over 15 years studying what makes sexual experiences optimal and how we can help couples through group therapy to enhance their own sexual relationship.

WHEN: 8 consecutive Mondays from 7-9 pm, starting **September 13th, 2021**.

COST: Each 2-hour session is \$200 per couple, which is less than half of what couples typically have to pay for private practice sex therapy.

YOUR COMMITMENT: Attendance in this group requires a commitment to some time for "homeplay" (not homework) with your partner.

For more information, contact Dr. Yamonte Cooper.

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