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# Sexual Health Resource List 2021

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## **Arousal Devices Resource websites and stores**

### Online

- Device called the “Womanizer” Many are under different names under “Clitoral stimulators” on most sites
- My Pleasure: <https://mypleasure.com/>
- Adam and Eve: <https://www.adameve.com/>
- Good Vibrations: <https://www.goodvibes.com/s>

### Local (online and store front)

- Lover Luxuries: <http://www.loverluxuries.com/landing.html>
- Benson Area: 6065 Maple St Omaha, NE
- Adam and Eve: 84<sup>th</sup> and Center (Between the interstate and Center St.)

## **Products and devices to help with sexual dysfunction**

### Vaginal Moisturizers

- Revaree: <https://hellobonafide.com/products/revaree>
- Vmagic: <https://vmagicnow.com/>
- YESVM: <https://www.yesyesyes.org/>
- Replens: <http://www.replens.com/>

### Lubricants:

- Vaseline and other petroleum-based gels are not recommended because they are not water-soluble. They also weaken latex and can cause condom tears.

### Water based lubricants

- Replens: <https://www.replens.com/> (Inserted by Applicator)
- Slippery Stuff: <https://wallace-ofarrell.com/>
- Sliquid: <https://sliquid.com/shop/all-intimate-lubricants/h2o-sliquid-naturals/>
- Good Clean love: <https://goodcleanlove.com/>
- Astroglide natural: <https://www.astroglide.com/products/astroglide-natural/>

### Silicone lubricants

- Uberlube: <https://www.uberlube.com/>
- Astroglide Silicone: <https://www.astroglide.com/premium-silicone-lubricants/> (Samples on website)

### Products to help with vaginal pain

- Ohnut: <https://ohnut.co/>
- Dilators
  - Soul Source: <https://www.soulsource.com/>
  - Vaginismus: <https://vaginismus.com/products/>

### Cooling products for the vulva

- Vagikool: <https://vagikool.com/about-us/>
- Cool Water Cones: <https://www.cmtmedical.com/product/cool-water-cones/>

### Erectile Dysfunction

- Penis Sleeves
- Penis pumps

### Books

- Ellsworth, P. (2003) *One Hundred Questions & Answers about Erectile Dysfunction*. Sudbury, MA: Jones and Bartlett Publishers.
- Foley, S., Kope, S., Sugrue. P. (2002). *Sex Matters for Women: a Complete Guide to Taking Care of Your Sexual Self*. New York, NY: The Guilford Press.
- Kahane, D. H. (1995). *No Less a Woman: Femininity, Sexuality and Breast Cancer*. 2nd rev. ed. Alamedam, CA: Hunter House.
- Katz, A. (2009). *Woman Cancer Sex*. Hyegia Media. Oncology Nursing Society.
- Katz, A. (2010). *Man Cancer Sex*. Hyegia Media. Oncology Nursing Society.
- Laken, K. & Laken. V. (2002). *Making Love Again: Hope for Couples Facing Loss of Sexual Intimacy*. Sandwich, MA: Ant Hill Press.
- Leiblum, S. & Rosen, R. (2006). *Principles and Practice of Sex Therapy, 4<sup>th</sup> Ed*. New York: The Guilford Press
- Metz, M. & McCarthy, B. (2004). *Coping with Erectile Dysfunction*. Oakland, CA: New Harbinger.
- Schover, L. R. (1997). *Sexuality and Fertility after Cancer*. New York: John Wiley and Sons.
- Schover LR, Jensen SB. (1988) *Sexuality and chronic illness — a comprehensive approach*. New York: The Guilford Press.
- Zilbergeld, B. (1999). *The New Male Sexuality: The truth about men, sex and pleasure*. New York: Bantam

### Websites

#### Information & Support (Sexuality, Chat Rooms, Blogs, Resources)

- <http://www.cancer.gov/cancertopics/pdq/supportivecare/sexuality>
- [OMGYES.com –Helps women teach sexual pleasure through science](#)
- <https://www.npr.org/2021/06/02/996319297/gender-identity-pronouns-expression-guide-lgbtq>
- NCI Sexuality and Reproductive Issues (PDQ) Health Professional Version: [www.sexualhealth.com](http://www.sexualhealth.com)
- <https://www.isswsh.org>
- [www.ulmanfund.org](http://www.ulmanfund.org) A resource for young adults with cancer
- [www.planetcancer.org](http://www.planetcancer.org) A resource for young adults with cancer
- [www.i2y.org](http://www.i2y.org) A resource for young adults with cancer
- [www.youngsurvival.org](http://www.youngsurvival.org) A resource for young women with breast cancer
- [www.cancerbackup.org](http://www.cancerbackup.org)
- [www.fertilehope.org](http://www.fertilehope.org) A resource on fertility information and support
- <http://www.plannedparenthood.org>
- <https://beta.asco.org/>
- [www.Cancer.net](http://www.Cancer.net)
  - <https://www.cancer.net/navigating-cancer-care/dating-sex-and-reproduction>
- <https://www.cityofhope.org/patients/survivorship/sexual-health-after-cancer-treatment>
- [www.cancer.org](http://www.cancer.org)
  - <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects.html>

Variety of discussion, chat and resources for multiple 'disabilities', including the LGBT community: <http://sexsupport.org/index.html>

Sexuality and Disability Webliography (videos, devices, books, etc). [http://www.bccpd.bc.ca/i/pdf/WDI/Sex\\_DisabilityWebliog.pdf](http://www.bccpd.bc.ca/i/pdf/WDI/Sex_DisabilityWebliog.pdf)

Finding a Sex Therapist: The American Association of Sex Educators, Counselors and Therapists - <http://www.aasect.org>

# Sex Therapists in Omaha

## AASECT Certified Sex Therapists

- Brier Jirka LIMHP, CPC, CST
  - 402-334-1122
  - Telehealth and In-person
  - Insurance and Private pay
  - [brierjirka@acpcounseling.com](mailto:brierjirka@acpcounseling.com)
  
- Kristin Lila LCSW, CSE, CST
  - 402-201-6046
  - Telehealth
  - Private pay only
  - [kristen@kristenlilla.com](mailto:kristen@kristenlilla.com)
  
- Kellie Willms LMHP, CST
  - 402-915-1879
  - Telehealth and In-person
  - Insurance and Private pay
  - [KellieWillms4@gmail.com](mailto:KellieWillms4@gmail.com)
  
- Brian Shaw
  - 402-881-5475
  - Telehealth and In- Person
  - Insurance and Private pay
  - [brianshawlcsw@gmail.com](mailto:brianshawlcsw@gmail.com)
  
- Joan Fink LMHP, LPC, CST
  - 402-312-9847
  - Telehealth and In-Person
  - Insurance and Private pay

## Other Therapists with Sex Therapy training or in the process of being AASECT certified

- Jenna Lopez LICSW, LIMHP
  - 531-231-2261
  - Telehealth and In-person
  - Insurance and Private pay
  - [jlopez@therapywithjenna.com](mailto:jlopez@therapywithjenna.com)
  
- Kristen Treat LIMHP, LPC
  - 402-577-0773
  - Telehealth and In-person
  - Insurance and Private pay
  - [omahabutterfly@gmail.com](mailto:omahabutterfly@gmail.com)