

**Stephanie Buehler, MPW, PsyD, CST, IF**  
**CA PSY 17609**  
**The Buehler Institute Psychological Services, Inc.**  
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**(800)769-0342**  
**<https://www.LearnSexTherapy.com>**  
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## **CURRICULUM VITAE**

### **Highlights**

Dr. Stephanie Buehler is a licensed psychologist (PSY 17609) and AASECT-certified sex therapist and supervisor of sex therapy. Dr. Buehler began The Buehler Institute in 2006, which offers sex and relationship therapy to men, women, and couples. The Buehler Institute offers online and blended learning opportunities in sex therapy for psychotherapists and nurses. She is the author of *What Every Mental Health Professional Needs to Know about Sex, 3<sup>rd</sup> Ed* (November 2021).

In 2021 alone, she designed a ten-hour program on female sexual health and delivered it to almost 500 participants in collaboration with a Canadian CE provider; designed and delivered an 8-hour program and 2-day weekend of training to a nationwide urology practice; and spoke to an audience of 1.5K mental health students in India about sexuality and trauma.

### **EDUCATION**

#### **Doctor of Psychology**

Clinical Psychology, Specialization in Family Therapy  
California School of Professional Psychology, San Diego (now Alliant University)

#### **Master of Arts, Psychology**

Pepperdine University

#### **Master of Professional Writing**

University of Southern California

#### **Multiple Subjects Teaching Credential**

California State University, Los Angeles

#### **Bachelor of Arts**

English Literature

University of California at Los Angeles

## **CERTIFICATIONS**

Fellow of the International Society for the Study of Women's Sexual Health (IF). Granted February 2021.

Sex Therapist, American Association of Sexuality Educators, Counselors, and Therapists. Granted 2007; certification current.

Sex Therapy Supervisor, American Association of Sexuality Educators, Counselors, and Therapists. Granted 2011; certification current.

## **PROFESSIONAL EXPERIENCE**

### **THE BUEHLER INSTITUTE Director & Founder**

2005 to present

The Buehler Institute provides continuing education opportunities for psychotherapists and nurses. The Buehler Institute carries out this mission through:

- Complete online and blended learning programs in sex therapy and sexuality counseling at <https://www.LearnSexTherapy.com>
- Supervision of licensed mental health and healthcare professionals
- Educational activities such as workshops and speaking engagements
- Writing activities
- Forensic expert to Los Angeles District Attorney and Long Beach District Attorney

### **CLINICAL PSYCHOLOGIST - HOAG HOSPITAL AFFILIATE 1995 to 2020 Psychologist & Sex Therapist**

Pelvic Health Clinic treatment team integrated with pelvic floor physical therapists and others on the Wellness Team. In this capacity, the role requires:

- Evaluation and treatment of women and men with sexual pain disorders, chronic pain, and sexual recovery after cancer
- Evaluation and treatment of women with depression during pregnancy and postpartum period
- Providing educational classes for patients
- Providing continuing education for Hoag staff

The High-Risk Breast and Ovarian Cancer Team provides medical and psychological services to women who have tested positive primarily for the BRCA mutation. In this capacity, the role requires:

- Meeting with each woman for a MSE and to determine what support she may need
- Describing sex and relationship issues that may occur if and when she has prophylactic surgery
- Meeting with physicians, geneticists, radiologists, and others who are part of the treatment team to determine future treatment requirements

- Educating the community about Hoag's unique team approach

## **CO-FOUNDER AND COO**

### **The Center for Optimal Health, Inc.**

- Founded the Center with a board-certified endocrinologist
- Oversaw the staff of healthcare professionals, including other physicians and psychotherapists, a dietitian, a physical therapist, and an acupuncturist
- Created integrative treatment programs for prevention of lifestyle diseases

## **SELECTED WRITINGS**

- **Author**, *What Every Mental Health Professional Needs to Know about Sex, 3<sup>rd</sup> Edition*. Springer Books.
- **Author**, *Counseling Couples Before, During, and After Pregnancy: Focus on Intimacy and Sexuality*. Springer Books.
- **Invited author**, "Sexological Ecosystemic Assessment," *Journal of Sexual Counseling and Sexual Wellness*.
- **Invited author**, "Male Hypoactive Sexual Desire Disorder in Couple and Family Therapy," in J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Editors), *Encyclopedia of Couple and Family Therapy*, Springer Books, 2017.
- **Invited author**, "Couples Therapy with Heterosexual Couples," in K. L. Nadal (Editor), *Encyclopedia of Psychology and Gender*, Sage Publishing, 2017.
- **Author**, "Treating Sexual Problems in Clients with Mental Illness," in Z. Peterson (Editor), *Wiley Handbook of Sex Therapy*, 2017.
- **Author**, *Sex, Love, and Mental Illness: A Couples Guide to Staying Connected*. Praeger Publishing, 2011.
- **Co-author**, "Ethical Aspects of Sexual Medicine. Internet, Vibrators, and Other Sex Aids: Toys or Therapeutic Instruments." *Journal of Sexual Medicine*, 2012.
- **Author**, "Childhood Sexual Abuse: Effects on Female Sexual Function and Its Treatment." *Current Sexual Health Reports*, 2008.
- **Editor**, *Women's Sexual Health Journal*. November 2007 to June 2009.

## SELECTED SPEAKING EXPERIENCE

- **Institute for Contemporary Psychotherapy.** Invited speaker, December 2021.
- **The Bharat Panchal Dialogues in Mental Health.** Invited speaker, November 2021.
- **Cedars Sinai Oncology Dept.** Invited speaker, October 2021.
- **GoodTherapy.com.** Invited speaker, October 2021.
- **Orange County Psychological Association.** Invited speaker, June 2021.
- **Urological Association of India.** Invited speaker, June 2021.
- **Mind/Body Institute.** Invited to provide eight hours of training in women's sexual health, May, 2021.
- **International Society of Sexual Medicine.** Invited Speaker, September 2020. (Canceled).
- **Hoag Hospital CME.** Invited Speaker, November 2019.
- **Grand Rounds, USC Urology Dept.** Invited Speaker, September 2019.
- **National Consortium of Breast Centers.** Invited Speaker, March 2019.
- **Susan B. Komen Foundation.** Invited Speaker, March 2019.
- **California Psychological Association.** April 2019.
- **AASECT Pre-conference Workshop.** June 2019.
- **American Psychological Association,** August, 2018
- **American Association of Sexuality Educators, Counselors, & Therapists,** June 2018
- **Hoag Hospital Wellness Conference,** Invited Speaker, September 2017.
- **House of Blues Event for Hoag Hospital,** Invited Speaker, July 2017.
- **SSTAR Spring Clinical Conference,** Invited Co-Speaker, April 2016.
- **Toshiba Classic Benefit for Hoag Hospital.** October 2016. Invited Speaker.
- **India SexCon 32** in Nagpur, India, September 2016. Invited speaker; Patricia Schiller Orator Award.

- **Dublin, Ireland Sexual Health Conference**, June 2016. Invited speaker.
- **AASECT Conference**, Ethics Panel, June 2016. Invited speaker.
- **Hoag Hospital Women’s Wellness Day**, September 2015. Invited speaker.
- **World Association for Sexual Health, Singapore**. Invited speaker, July 2015.
- **Annual Conference, Society for Sex Therapy and Research**. Invited speaker, March 2015.
- **Orange County Psychological Association, Annual Conference**. Invited speaker, November 2014.
- **AASECT, National Conference**, “Sex and Mental Illness,” June 2013.
- **California Association of Marriage and Family Therapists**, “Sex and Mental Illness,” April 2013.
- **California Psychological Association**, Sex and Aging, April 2013.
- **Society for Sex Therapy and Research**. Invited speaker, March 2013.
- **Kansas Chapter, AAMFT**. Two-day training in sex therapy. Invited speaker, March 2012.
- **International Society for the Study of Women’s Sexual Health**. Invited speaker, February 2012.
- **AASECT, Denver Chapter**. Invited speaker, October 2012.
- **International Society of Sexual Medicine**. Invited speaker, August 2012.
- **Orange County Chapter, American Association of Marriage and Family Therapists**. Invited speaker, March 2012.
- **Society for the Scientific Study of Sexuality, Western Region Conference**. Pre-conference presenter. Invited speaker, 2012.
- **Sierra Tucson, 1-day workshop of Sexuality and Trauma**. Invited speaker, November 2011.
- **American Association of Sexuality Educators, Counselors, and Therapists**. Annual conference, 2009, 2010, 2011.
- **International Society for the Study of Women’s Sexual Health**. January 2006.

## **OTHER PROFESSIONAL EXPERIENCE**

### **Reviewer**

- *Current Reports in Sexual Health*
- *Journal of Sex Research*
- *Journal of Sexuality Counseling & Sexual Wellness* (Editorial Board)
- *Journal of Sexual Medicine*

### **University Teaching Experience**

- Alliant University, Adjunct Professor, Sex Therapy Course, Summer 2014.
- Chapman University, Instructor, Sex Therapy Course, Chapman University, Spring 2007.
- Argosy University, Instructor, Couples Therapy, 2000-2002.

**Editor and Writer**, Teacher Created Materials, Westminster, CA. Wrote or edited dozens of books for classroom use, including award-winning series *Time Magazine for Kids*.

**Elementary School Teacher**, Los Angeles Unified School District, in the inner city for a decade. Pioneer in delivering services to students, teachers, and parents about reporting and protecting children from sexual abuse.

## **PRE- AND POSTDOCTORAL EXPERIENCE**

- Turning Point Crisis Center. Team leader. Inpatient treatment of dual diagnosis individuals as part of post-suicide attempt care after hospital discharge.
- Children's Hospital of San Diego. Hematology/oncology. Delivered psychological services to children and their families on the oncology floor.
- Children's Hospital of San Diego. Outpatient Psychiatry. Psychotherapy for families and children, including those affected by sexual abuse.
- Marine Corps Air Station, El Toro. Outpatient Psychotherapy. Provided psychotherapy to servicemen and women and their family members.
- UCI Child Development Center. Neuropsychiatric and academic testing for children and teens.

## **PROFESSIONAL AFFILIATIONS**

- American Association of Sexuality Counselors, Educators, and Therapists
- Society for the Scientific Study of Sexuality
- International Society for the Study of Women's Sexual Health
- Society for Sex Therapy and Research
- International Pelvic Pain Society
- American Psychological Association
- California Association of Marriage and Family Therapists
- Orange County Psychological Association
- Orange County Association of Marriage and Family Therapists

### **INTERESTS**

I am a botanical artist who works in watercolor. I like to visit gardens, eat vegan food, and take long walks with my husband of 30+ years. I recently began certification to become a yoga teacher and I am learning to play the hand pan drum.