

**Tammy Nelson, Ph.D., LPC, LPCC**  
**325 N Larchmont Blvd | Los Angeles, CA 90004 |**  
**c.203.942.9616**

[Tammy@DrTammyNelson.com](mailto:Tammy@DrTammyNelson.com) | [www.DrTammyNelson.com](http://www.DrTammyNelson.com)

**Licenses and Education:**

- AASECT Organizational Provider (ISTI)
- MAPS certificate in MDMA assisted psychotherapy
- LEVEL 1 Polaris Ketamine assisted psychotherapy trained
- ATR – Registered Art Therapist (AATA)
- Board Certified Sexologist
- Diplomate of the American Board of Sexologists
- CIRT - Certified Imago Relationship Therapist and Advanced Clinician
- CIWP – Certified Imago Workshop Provider
- CSTS - AASECT Certified Sex Therapy Supervisor
- CSCT - ISTI Certified Sex and Couples Therapist
- CST - AASECT Certified Sex Therapist
- LADC - Licensed Alcohol and Drug Counselor
- LPC - Licensed Professional Counselor (CT #001002, exp 08/31/22)
- LPCC - Licensed Professional Clinical Counselor (CA #LPCC11490, 4/30/24)
- Ph.D. - Doctorate in Philosophy and Clinical Sexology (2009)
  - American Academy of Clinical Sexology
- M.S. – Master of Science in Art Therapy (1995)
  - College of New Rochelle, NY
- B.S. – Bachelor of Science in Social Sciences & Psychology (1989)
  - University of Bridgeport, Connecticut

**Primary Faculty and Program Director:**

- Executive Director and primary Faculty at [Integrated Sex Therapy Training Institute](http://IntegratedSexTherapyTrainingInstitute.com) ISTI (formerly Sex Therapy U), an educational training Institute and Think Tank founded in Washington DC.
  - Developed full program for on campus and online classes for graduate and postgraduate students to receive AASECT Sex Therapist, Counselor and Educator Certification. and Sexual Attitude Reassessment (SAR).
  - Created and developed new certification training program for postgraduates as Certified Sex and Couples therapists (CSCT). Program tracks include Sexuality, Culture, Gender, Relationship Therapy and Counseling Techniques.
  - Integrated Sex Therapy Training Institute (ISTI) uses consultants, speakers and trainers and the top experts in the field of sex therapy, couple’s therapy and integrated psychotherapy to train students
- Director of M.A. & Ph.D. Program in Human Sexuality and Sex Therapy (HST) Specialization in Counseling at [Daybreak University](http://DaybreakUniversity.com) in Anaheim, CA.
  - Developed full curriculum for Human Sexuality I and Human Sexuality II for MA and PhD level courses online and on campus courses
  - Taught all level courses for MA and PhD program at Daybreak University
  - Participated in accreditation process leading to full award of Candidate Status as a Category IV institution by the TRACS Accreditation Commission, recognized by the U.S. Department of

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Education (ED), Council for Higher Education Accreditation (CHEA), and the International Network for Quality Assurance Agencies in Higher Education (INQAAHE).

**Faculty:**

- Primary Faculty at Integrative Sex Therapy Institute in Washington DC and Los Angeles, CA. (see above). including all Core Knowledge Areas for Postgraduates.
- Faculty at California Institute of Integral Studies (CIIS), Sex Therapy Certificate program, teaching and advising and developing original curriculum for all Sex and Couples Therapy Modules
- Primary Faculty at Daybreak University in Anaheim, CA. (see above).
- Invited faculty lecturer at Harvard Medical School, Department of Psychiatry, Cambridge Health Alliance Physicians Organization Couples Therapy Program
- Invited Faculty Keynote speaker at the University of California, Irvine Couples Conference
- Invited Faculty Presenter of the Psychotherapy Networker Symposium in Washington DC.
- Faculty trainer at PESI Publishing and Media, taught and developed 16-hour online training course and certification program to certify post graduate clinicians as Certified Sexual Health Professionals
- Faculty trainer with Psychotherapy Networker online courses taught and developed 7-hour online training course and continuing education program in Integrative Sex and Couples therapy

**Advisory Boards and Dissertation Committees:**

- Faculty Instructor and Advisor in Sex Therapy Program at the California Institute of Integral Studies (CIIS)
- Board President and Director of Integrative Sex Therapy Institute (ISTI)
- Dissertation committee for Sex Therapy Ph.D. Students Daybreak University
- Executive Director (1995-2007) of Founder Center for Healing (fka Center for Healing & Recovery)

**Private Practice:**

- *(1995 – Current)*. Licensed Professional Counselor, Licensed Professional Clinical Counselor, Certified AASECT Sex Therapist, Certified AASECT Sex Therapist Supervisor, Board Certified Sexologist, Certified Imago Relationship Therapist, Licensed Alcohol and Drug Counselor, and Registered Art Therapist and trained by MAPS in MDMA therapy and Polaris as Ketamine Assisted Therapist (KAP) working with individuals and couples in Fairfield CT and in primary office in Los Angeles, CA. Provides individual sessions, couples therapy, Intensives, workshops and online courses for couples and polyamorous relationships.
- Specializing in marriage and relationship therapy, using Imago relationship therapy, sex therapy and intensives for couples, sex coaching and education for sexual and relationship dysfunction, LGBTQIA issues, affairs and infidelity recovery, out of control sexual behavior, communication issues, depression and anxiety, trauma recovery and healing. Providing Individual and couples counseling for desire and performance issues, sexual abuse, PTSD, addictions and stress. Expert in monogamy agreements, open relationships and consensual nonmonogamy. Full responsibilities of private practice management include business management as well as marketing and publicity. Training and supervising beginners as well as expert therapists in groups and individually, internationally and domestically.

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- Currently leading supervision and consult groups for therapists seeking certification. CE provider and Master trainer.
- Intensive and workshop provider for couples and throuples around the world on issues relating to sex and relationships.
- Marketing and creating publicity campaigns that reach audiences in the hundreds of thousands, both for clinical and consumer audiences in creating global relational change.

**Memberships:**

- American Art Therapy Association
- American Association of Sex Educators, Sex Counselors, and Sex Therapists (AASECT)
- American Comprehensive Energy Psychology Association (ACEP)
- American Counseling Association
- American Family Therapy Academy
- American Family Therapy Association (AFTA)
- American Psychological Association (APA)
- Big Tent Ketamine group (BTK)
- Board of Advisors World Association Sex Coaches
- Connecticut Counselors
- Imago Relationships International Association of Professional and Certified Therapists
- International Board of Sexologists
- International Institute for Sexuality and Human Development
- Nonfiction Authors Association
- Society Scientific Study Sexuality (SSSS)
- Society for Sex Therapy and Research (SSTAR)

**Press:**

- Featured expert in *New York Times*, *NY Times Magazine*, *Wall Street Journal*, *Rolling Stone Magazine*, *Sunday London Times*, *CNN*, *Washington Post*, *Glamour Magazine*, *The Sun*, *Cosmopolitan*, *Redbook*, *MSNBC*, *Fox News*, *Martha Stewart Weddings*, *Wedding Wire*, *CNN*, *Woman's Day*, *Shape*, *Self*, *Men's Health*, *Woman's Day*, *Women's Health*, *Men's Fitness*, *Well & Good*, *Business Insider*, and a source in *Time Magazine*.
- Host of popular podcast "The Trouble with Sex" on iTunes and other podcast platforms with guests that include experts in the field of sexuality and relationships including Wednesday Martin and Katherine Woodward Thomas.
- TEDx talk November 2018 on The New Monogamy, in Bucharest, at Romania's 200<sup>th</sup> anniversary celebration and tenth year hosting TEDx.
- Regular blogger for the Huffington Post, YourTango, Medium, ThriveGlobal, Good in Bed, and on the Advisory Board of the *Men's Fitness Magazine*.
- Expert advisor and press consultant for Ashley Madison on questions regarding infidelity and affairs.
- Created original internet television show RelationshipTV on YouTube channel with interviews of top relationship experts on topics related to sex, relationships, and current events.

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- Regular guest on Radio show on 99Rock WPLR Chaz and AJ Morning Show “Dr Tammy answers questions on sex and relationships” biweekly appearance.

**Published Books:**

- [“Open Monogamy; A Guide to Co-Creating Your Ideal Relationship Agreement”](#) Sounds True Publishing, CO. Dec 2021
- [“Integrative Sex and Couples Therapy,”](#) PESI Publishing & Media, WI, March 2020
- [“When You’re the One Who Cheats: Ten Things You Need To Know,”](#) R.L. Publishing, Toronto, CA, October 2018
- [“Icim Icimi Yiyor - What's Eating You?”](#) (Turkish), Published by Nobel Yasam Yayinlari, 2018
- [“The Art of Sex Therapy Supervision: Chapter 7 Supervision Issues with Couples in Nonconsensual Affairs and Infidelity”](#) Taylor & Francis Group, Routledge, New York, 2018
- [“A Happy Life in an Open Relationship: The Essential Guide to a Healthy and Fulfilling Non Monogamous Love Life”](#) by Susan Wenzel, with Chapter 4: Cultivating Healthy Habits within CNM Relationships by Dr. Tammy Nelson, Chronicle Books, March 2020
- [“No More Fighting: 20 Minutes a Week to a Stronger Relationship”](#) by Alicia Munoz, LPC, Foreword by Dr. Tammy Nelson, Zephyros Press, 2018
- [“Love Worth Making: How To Have Ridiculously Great Sex in a Long Lasting Relationship”](#) by Stephen Snyder, M.D., Quotes by Dr. Tammy Nelson, St Martin’s Griffin Publishers, 2018
- [“Untrue: Why Nearly Everything We Believe About Women, Lust and Infidelity is Wrong and How the New Science Can Set Us Free”](#) by Wednesday Martin, Quotes by Dr. Tammy Nelson, Hachet Book Group, 2018
- [“The State of Affairs: Rethinking Infidelity”](#) by Esther Perel, Quotes by Dr. Tammy Nelson; HarperCollins Publisher, 2017
- [“Treue Neu Denken: Individuelle Ansätze als Chance nach einem Seitensprung”](#) by Tammy Nelson, German translation of The New Monogamy, Renate Vertag, 2016
- [“Partners in Passion: A Guide to Great Sex, Emotional Intimacy and Long-Term Love”](#) by Mark A. Michaels & Patricia Johnson, Foreword by Dr. Tammy Nelson, Cleis Press, 2014
- [“Hoe Pak Ik Mijn Eetprobleem Aan; Een Hulpboek Voor Jongeren”](#) DUTCH translation of “What’s Eating You? A Workbook for Anorexia and Bulimia.” New Harbinger Publications, Oakland CA, 2013
- [“Loving and Lasting: How to Stay Tuned in and Turned On in Your Marriage”](#) Edited by Ande Lyons, with chapter Bring Back Desire by Dr. Tammy Nelson, 2013
- [“The New Monogamy: Redefining Your Relationship After Infidelity”](#) New Harbinger Publications, Oakland CA, 2013
- [“Getting the Sex You Want; Shed Your Inhibitions and Reach New Heights of Passion Together”](#) Quayside, Fair Winds Press, Rockport MA, 2012
- [“Momentum: Making Waves in Sexuality, Feminism, & Relationships”](#) edited by Tess Danesi, Dee Dennis and Inara de Luna, with Chapter Erotic Recovery After Infidelity by Dr. Tammy Nelson, 2012
- [“Der Sex Meiner Traume”](#) (The Sex of My Dreams) (Getting the Sex You Want - German translation) Renate Gerte Publishing, German Translation, Vienna, Austria, 2009
- [“What’s Eating You? A Workbook for Anorexia and Bulimia.”](#) Instant Help Publications, Norwalk, CT 2004, Released by New Harbinger Publications, Oakland CA, 2008

**Published Articles & Papers:**

- (2022, Apr 12) [More people are opening their marriages thanks to a strain of lockdowns](#), with Ellen Scott, *Metro UK*
- (2022, Apr 12) [More couples enjoying open relationships because they're 'bored with each other'](#), with James Somper, *The U.S. Sun*
- (2022, Apr 8) [Could Updating Your Idea of Monogamy Help Your Marriage?](#), with Matt Berical, *Fatherly*
- (2022, Feb 17) [How to Ask Your Partner for an Open Relationship](#), with Stephanie Sengwe, *PureWow*
- (2022, Feb 9) [38 Small, Nice Ways to Help Your Partner Feel Desired](#), with Matt Berical, *Fatherly*
- (2022, Jan 29) [When Affairs are Accepted: The Rise of 'Monogam-ish' Marriage](#), *The Times (UK)*
- (2021, Nov 7) [Are You Having a "Normal" Amount of Sex?](#) With Adam Bulger, *Fatherly*
- (2021, Nov 5) [Will returning to the office signal a rise in workplace affairs?](#) With Jasmin Harrison, *Yahoo! Lifestyle*
- (2021, Oct) [The Monogamy Gap](#), *Sexual Health*
- (2021, Sept) [Love After Lockdown : What Follows Togetherness Overload](#), *Psychotherapy Networker Magazine*
- (2021, Sept) [Surrogate Partner Therapy: Crossing Lines or Expanding Boundaries?](#) with Chris Lyford, *Psychotherapy Networker Magazine*
- (2021, July 30) [8 People Explain Why They Cheated—and Their Reasons for Infidelity Are Wildly Different](#) with Lauren Krouse, *Prevention*
- (2021, July 27) [Romantic Relationships in the Workplace - How to Manage Attraction](#), *Imago Relationships NA*
- (2021, July 27) [What Does Andy Want from His Chaotic Life?](#), *Medium*
- (2021, July 9) [This Louisiana City Is Among The Top Cities For Cheating In The U.S.](#), with Sarah Tate, *iHeart*
- (2021, July 7) [Two Minnesota Cities Are Among The Top Cities For Cheating In The U.S.](#), with Hannah DeRuyter, *iHeart*
- (2021, July 2) [These are the top 20 cities for cheating in the US: sex study](#), with Adriana Diaz, *NY Post*
- (2021, July 1) [Sex Post-Covid](#), *Psychotherapy Networker Magazine*
- (2021, June 29) [What to Do If You Feel Unwanted In a Relationship](#) with Morgan Mandriota, *verywellmind*
- (2021, June 24) [Does the World Need more Couples Therapists?](#), *Medium*
- (2021, June 2) ["So, Now That I'm Vaccinated, Can I Start Sleeping Around Again?"](#) with Dana Dickey, *PureWow*
- (2021, May 29) [Seven ways you're making sex boring for your spouse](#) with Jesusegun Alagbe, *Punch*
- (2021, May 20) [Marriage Is Going to Look Different After the Pandemic](#) with Sam Reed, *InStyle*
- (2021, May 17) [Why sexual activity took a pandemic hit, and what to do about it.](#) with Ian Kerner, *CNN Health*
- (2021, May 12) [Did the Pandemic Signal the End of Monogamy As We Know It?](#), *Yahoo! Life*

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- (2021, May 11) [Can Your Relationship Survive Cheating? Here's What the Experts Say](#) with Jenn Sinrich, *WeddingWire*
- (2021, May 3) [The Trouble with Sex Podcast: Is An Open Relationship Right For You?](#) with Ramona Duoba, *Provokr*
- (2021, April 22) [Desire and Lockdown; Can they Coincide?](#), *Medium*
- (2021, April 21) [Andy Dick to tackle his addictions on new podcast](#) with Mara Siegler, *Page Six*
- (2021, April 20) [Turns Out, Men Are More Likely To Forgive Infidelity Than Women](#), *Men's Health*
- (2021, April 14) [Re-Entry Anxiety; I think I've Lost All My Social Skills](#), *Medium*
- (2021, Mar 9) [These 5 Iconic TV Couples Are Actually Very Problematic \(Sorry, Ross & Rachel\)](#), *PureWow*
- (2021, Mar 6) [14 Tips & Tricks For Having Actually Good Camping Sex](#), *MindBodyGreen*
- (2021, Feb 25) [Want to know the secret to success and surviving long-term stress? Pivot.](#) *Medium*
- (2021, Feb 9) [Top Ten Things You're Doing to Ruin Your Sex Life](#), *Medium*
- (2021, Jan 17) [7 Warning Signs You're on Your Way To a Sexless Marriage](#) With Emmanuel Eze, *The Good Men Project*
- (2021, Jan 15) [How to Transition from Online to Offline Dating After the COVID Vaccine](#), *WeddingWire*
- (2021, Jan 6) [Getting the Most Out of Online Marriage Counseling](#) with Robin L. Flanigan, *AARP Online*
- (2021, Jan 1) [What Is Polyamory and Why Is it Having a Moment?](#) With Anka Radakovich, *Brides*
- (2021, Jan) [Forbidden Fantasies - Could a Cheating Website Help Your Open Relationship?](#) *Sexual Health Magazine*

*Articles published prior to 2021 are available upon request.*

### **Podcasts/Media Interviews**

Dr Tammy is the host of the popular podcast [The Trouble with Sex](#). The podcast has built hundreds of loyal followers since February 2019.

Podcast episodes and guest interviews are available upon request.

### **Keynotes, Papers, Workshops, and Retreats:**

- (2022, Sept 16) *Alternative Treatment and Mindfulness in the Treatment of Trauma* (Integrative Sex Therapy Institute, 4 CEs, Synchronous Online)
- (2022, Sept 16) *Art Therapy and the Treatment of Trauma* (Integrative Sex Therapy Institute, 3 CEs, Synchronous Online)
- (2022, July 23) *Integrative Couples Therapy and the Future of Treatment* (Integrative Sex Therapy Institute, 4 CEs, Synchronous Online)
- (2022, July 22) *Integrative Systemic Couples Therapy Training Using Imago Relationship Therapy* (Integrative Sex Therapy Institute, 7 CEs, Synchronous Online)

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- (2022, July 20) *Introduction to Integrative Couples Therapy I; Integrative Couples Therapy II-Integrative Couples Therapy in Practice Intervention and Skill Building* (Integrative Sex Therapy Institute, 7 CEs, Synchronous Online)
- (2022, June 24-26) *The Future of Sex; What's New?, Couples and Motivation, Therapy with the One Who Cheats* (The Milton H. Erickson Foundation Couples Conference, Synchronous)
- (2022, May 21) *Introduction to Taking a Sex History and Sexual Assessment* (Integrative Sex Therapy Institute, 4 CEs, Synchronous Online)
- (2022, Mar-May) *Therapy Support Group for Women - Virtual*
- (2022, Mar 24) *Open Monogamy: Co-creating your Ideal Relationship Agreement* (Integrative Sex Therapy Institute, 4 CEs, Synchronous Online)
- (2022, Feb 25) *Healing the Healer* (Integrative Sex Therapy Institute, 4 CEs, Synchronous Online)
- (2022, Feb 23-25) *S.A.R. – Sexual Attitude Reassessment* (Integrative Sex Therapy Institute, 14 CEs, Synchronous Online)
- (2022, Jan 26-29) *Introduction to Sex Therapy* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, Nov 10-13) *Building Your Private Practice, Mindfulness, Sex Coaching & Surrogacy* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, Oct 30) *Anatomy of Intimacy Couples Therapy Training, "Working with the One Who Cheats"* (Foundation for the Contemporary Family & Dept of Psychiatry and Human Behavior University of CA-Irvine, 6 CEs, Synchronous Online)
- (2021, Sept 22-25) *Alternative Approaches to Therapy: Somatic Partner Therapy, Surrogacy, Cultural Issues, Mindfulness, Art, and Writing* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, July 14-17) *Integrative Couples Therapy Training* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, June 16-19) *Advanced Topics in Integrative Therapy* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, Apr 27-May 1) *Attachment, Relationship Styles, Trauma, Affairs* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, Apr 16-17) *Sex Therapy Professional Skills* (CIIS-California Institute of Integral Studies, 30 CEs, Synchronous Online)
- (2021, Mar 18-19) *Integrative Sex and Couples Therapy* (IMECOT 2021 Conference, Torino, Italy; 8 CEs, Synchronous Online) guest speaker
- (2021, Mar 10-13) *Gender, Intersectionality, Fantasy, and Intimacy* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)
- (2021, Feb 18-19) *S.A.R. by ISTI – A Sexual Attitude Reassessment* (Integrative Sex Therapy Institute, 14 CEs, Synchronous Online)
- (2021, Jan 27-30) *Introduction to Sex Therapy* (Integrative Sex Therapy Institute, 28 CEs, Synchronous Online)

*Any in-person appearances prior to 2021 are available upon request.*

**Teleseminars:**

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For the most up-to-date list, visit [Dr. Tammy Nelson's website](#).

- *A Look at Modern Relationships: Polyamory, Swinging and Open Marriage the Past, Present, and Future of Non-Monogamy* with Georgia Berry, Integrative Sex Therapy Institute (2021)
- *A Strength Based Approach to Treating Out of Control Behavior-OCSB* with Dr. Neil Cannon (2014)
- *Core Couples Therapy Interventions: Healing Infidelity, Sexual Desire and Dysfunction*, Sex Therapy U (2014)
- *CyberSex: Sex and Technology* with Rachel Hoffman, Bryony Cole, Polly Rodriguez (2019)
- *Grow Your Small Business and Be a Successful Entrepreneur* with Wendy Stragr, Evan Leepson, Anna Baxter (2015)
- *Integrative Sex & Couples Therapy: Innovative Clinical Interventions to Treat Relationship & Desire Issues in the New Era of Sexuality in Psychotherapy*, PESI (2020)
- *Research Methods*, Integrative Sex Therapy Institute (2016)
- *Sex and Religion: How Beliefs and Values Shape Erotic Behaviors* with Talli Rosenbaum, Kristen Hodson (2015)
- *Sexual Repair: Three Ways to Heal and Grow Your Erotic Self* (2015)
- *The Future of Marriage* with Wednesday Martin, Bryony Cole, Sue Jaye Johnson, Katherine Thomas (2018)
- *The New Monogamy: Finding Poly, Non-Exclusive Relationships; When it Works and When it Doesn't* with Dr. Elizabeth Sheff, Jim Fleckenstein, Ken Haslam, Scarlett Ross, Integrative Sex Therapy Institute (2018)
- *Transform Your Business: Four Steps to Creating a Transformational Life* with Anna Baxter, Sex Therapy U (2014)
- *Transformational Psychotherapy: Four Steps to Healing* with Neal Goldsmith. Ph.D., D'Arcy Swanson, Sex Therapy U (2014)
- *Transforming Desire* with Melissa Fritchle, Nancy Hyatt, Sex Therapy U (2014)
- *Women's Sexual Empowerment: The Rediscovery of Pleasure* (2019)
- *Working with Your Most Challenging Couples: Anger, Narcissism, and Countertransference* with Wendy Behary, Sex Therapy U (2014)
- *Writing and Publishing with Dr. Tammy Nelson* (2013 – current)

### **References:**

*Letters forwarded directly upon request or feel free to contact by email.*

Esther Perel: [estherperel@me.com](mailto:estherperel@me.com)

Janis Abrahms Spring: [jaspring@optonline.net](mailto:jaspring@optonline.net)

Harville Hendrix : [harville@hunt-hendrix.com](mailto:harville@hunt-hendrix.com)

Dr. Pat DeChello: [doctord@prodigy.net](mailto:doctord@prodigy.net)

Dr. Bill Fuess: [dr-bill@comcast.net](mailto:dr-bill@comcast.net)