

## **407 – Sex in the Clinic**

With Steven Bruce and Lorraine Crookes

### **General Overview**

**Interview Summary:** This interview covers a wide range of topics related to sex, intimacy, and sexual health. The guest, Lorraine Crookes, discusses her background and journey from working in education to becoming a "sexual empowerment liberator" and tantra practitioner. The conversation explores topics such as the importance of addressing sexual and intimate issues, the challenges practitioners face in discussing these topics, and the potential impact on overall health and wellbeing.

**Interviewee Background:** Lorraine Crookes is the founder of Orgasmic Life and describes herself as a "sexual empowerment liberator". She previously worked in health and social care and was the head of vocational studies at a secondary school.

### **Key Points**

- Lorraine discusses her "double life" where she worked in education during the week but was involved in the swinging and BDSM scenes on the weekends. This led to her feeling conflicted and eventually leaving teaching to pursue her work in tantra and sexual empowerment.
- Tantra is described as a practice focused on being present, connecting to oneself and one's partner through mindfulness, breath work, and sensuality, rather than just focusing on the physical act of sex.
- Lorraine emphasizes the importance of having open conversations about sex, intimacy, and pleasure, as these topics are often taboo and avoided, despite their impact on mental health and overall wellbeing.
- She works with a variety of practitioners, including osteopaths and chiropractors, to provide resources and support for clients dealing with issues related to sex and intimacy.
- Lorraine discusses the challenges practitioners face in initiating these conversations, as well as the potential risks of misunderstandings or inappropriate behaviour from patients.

### **Detailed Insights**

#### **Main Arguments**

1. The importance of addressing sexual and intimate issues, as they can have a significant impact on overall health and wellbeing.
2. The challenges practitioners face in initiating these conversations, due to the taboo nature of the topic and the potential for misunderstandings or inappropriate behaviour from patients.
3. The need for practitioners to be comfortable and confident in discussing these topics, in order to provide a safe and supportive environment for their patients.

### Supporting Evidence

- Lorraine's personal journey from working in education to becoming a "sexual empowerment liberator" and tantra practitioner.
- Examples of clients who have benefited from Lorraine's work, including improvements in their mental health, relationships, and job satisfaction.
- Discussions of specific cases where patients have disclosed issues related to sex and intimacy to their practitioners.

### Themes and Trends

#### Recurring Themes

- The taboo and stigma surrounding discussions of sex and intimacy, and the need to normalize these conversations.
- The interconnectedness of physical, emotional, and sexual wellbeing.
- The importance of communication, consent, and boundaries in intimate relationships and therapeutic settings.

#### Emerging Trends

- The growing recognition of the need for practitioners to be equipped to address issues related to sex and intimacy, and the potential for collaboration between different healthcare professionals.
- The use of alternative practices, such as tantra and breath work, to support sexual and intimate wellbeing.

### Context and Background

#### Contextual Information

The interview touches on the broader cultural and societal context surrounding discussions of sex and intimacy, including the taboo and stigma associated with these topics, as well as the potential impact on mental health and overall wellbeing.

## Related Events

The interview references the COVID-19 pandemic and its potential impact on stress and intimacy, as well as the popularity of the "50 Shades of Grey" book series in sparking more open conversations about sex and intimacy.

## Potential Impact

The interview highlights the potential impact of addressing issues related to sex and intimacy, including improved mental health, relationships, and job satisfaction for clients. It also emphasizes the importance of practitioners being equipped to have these conversations and provide appropriate support or referrals.