



**DR JANET HALL**  
CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST



## newsletter...

**January 2005**

### **How to Have a Sensational Sex-Life**

Melbourne-based clinical psychologist, hypnotherapist and specialist family, relationship and sex-therapist, Dr Janet Hall, says she is frustrated with the taboo on healthy sexual education. "Nearly everyone who comes to my clinic for sex-therapy say that their parents taught them nothing about sex," says Dr Hall.

Dr Hall's book, *Sex-Wise: What Teenagers and Parents Need to Know About Sex*, aims to break the taboo for the new generation. But what about those who are long-term singles, newly single, newly-matched, bored or too-busy couples who could benefit from having a safe, respectable space to discuss their views on sex, clarify their doubts and solve their difficulties? "Loss of sexual desire and sexual dysfunction seem to be a stress symptom of the 21st century - people are often too busy to find time for sex and too tired to have sex even if the interest is there."

Dr Jan will lead monthly Sensational Sex-Life Seminars in 2005 at her Sex-life Solutions Centre at Richmond Hill Psychology.

Topics include:

- Achieving Orgasms for Women (February 24th)
- The Man's Guide to Being the Best Lover He Can Be (March 22)
- How to Spark Up Your Sex-life (April 21)
- What Women Want in Sex and Love (May 19)
- Being Single, Being Sexy (June 21)

"In my practice I see many people who want to talk confidentially about their sexual concerns, but who also want to know that they are not the only ones who may be experiencing these issues. A forum can help people to discuss issues and learn how others cope with them. It also allows exploration of information which is not easily learned from a book.

The first seminar on *Achieving Orgasms for Women* is on Thursday, 24th February from 6.45pm to 8.15pm. This seminar is for women only and focuses on the information in Dr Jan's recent book *Sex-Life Solutions* (Finch Publishing, 2004).

Participants can sip champagne to settle their nerves and are encouraged to bring written questions/comments which are placed in a box, so their anonymity is kept and they are not put in the hot seat. The price of \$49.00 includes a CD entitled *Ultimate Orgasms*, from Dr Jan's Sensational Sex Audioseries.

For information and bookings, call Dr Janet Hall on 9429 1677  
email: [info@drjanethall.com.au](mailto:info@drjanethall.com.au) or visit [www.sex-therapy.com.au](http://www.sex-therapy.com.au)

Dr Janet Hall