

## **LGBTQIA+ Inclusive Resources for People Confronting, Living With, and Surviving Cancer (that physicians should also read)**

These are examples of currently available resources to help patients navigate and/or reinvent their sexual lives during or after cancer treatments. Sexuality professionals are actively working to create more resources, make them available to physicians, and offer them at prices patients can afford.

### **Online Groups (These are just examples of many.)**

#### **Intimacy and Cancer**

<https://www.facebook.com/groups/cancerandintimacy/>  
(Very LGBTQ+ friendly.)

#### **Sex After Breast Cancer**

<https://www.facebook.com/groups/sexafterbreastcancer>

#### **Radiation Therapy Support & Celebration Group**

<https://www.facebook.com/groups/1332926683740661>

#### **Radiation Treatment Community**

<https://www.facebook.com/groups/radiation.treatment.community>

### **Other Online Resources:**

#### **\*\*\*Tess Devèze (they/them)\*\*\* (Highly Recommended)**

<https://www.connectabletherapies.com/>

Tess is a non-binary queer breast cancer survivor. They are also an occupational therapist with clinical experience primarily in sexuality for neurological conditions, acquired brain injury (ABI), during and after cancer treatments, chronic illness and disability. One of the most important voices today in the field of sexuality and cancer.

#### **Laila Agrawal, MD**

<https://www.instagram.com/drlailaagrawal/>

Board certified medical oncologist and hematologist, talking about sexual health after a cancer diagnosis.

## **Books:**

### **A Better Normal: Your Guide to Rediscovering Intimacy After Cancer**

Tess Devèze

<https://www.amazon.com/dp/0645310107>

This book discusses the many varied sexual side-effects from treatments and ways to overcome them. It's filled with practical, easy to-do solutions. Topics cover types of treatments (chemo, hormone and radio), common side-effects (low libido, dryness + pain, fatigue, dating, body-confidence, loss of spontaneity, communication with healthcare professionals and partners, dating) and so much more.

### **A Better Normal for Radiotherapy**

Tess Devèze

<https://www.kobo.com/us/en/ebook/a-better-normal-for-radiotherapy>

If you've received a cancer diagnosis and are undergoing / recovering from radiation treatment, this book offers practical support and solutions to recover and increase your sex, sexuality and intimacy during and after cancer treatments. Addressing topics such as; when and how is intimacy and sex possible, managing and recovering from internal radiation, everything you need to know about lubricants, positioning, recovering sensitivity and more.

## **Online Instruction:**

### **Re-program Your Penis: Enhance Sensation & Orgasms in 3 Weeks**

<https://connectable.podia.com/penis-pleasure>

Gender & LGBTQIA+ inclusive erectile function recovery program

### **Vulva Pleasure Masterclass**

<https://connectable.podia.com/vulva-masterclass>

Gender & LGBTQIA+ inclusive vulvovaginal recovery program. How to gently baby-step back into penetrative-play post internal radiotherapy, how to recover sensation and pleasure slowly. How to reduce numbness and also heal pain.

### **Libido Recovery Masterclass For Couples**

<https://connectable.podia.com/libido-after-cancer>

Gender & LGBTQIA+ inclusive libido recovery program post treatments.

## **Practitioners:**

### **AASECT: American Association of Sexuality Educators, Counselors and Therapists**

<https://www.aasect.org/>

The membership also includes physicians, nurses, social workers, psychologists, allied health professionals, clergy members, lawyers, sociologists, marriage and family counselors and therapists, family planning specialists and researchers, as well as students in various relevant professional disciplines. AASECT members do not offer somatic services.

### **Manhattan Alternative: Kink, Poly, Trans & LGBTQ Affirmative Providers**

<https://www.manhattanalternative.com/>

A network of unaffiliated, independently practicing therapeutic service providers in New York City who are sex-positive, affirmative, and have expertise related to issues faced by kink, poly, consensually non-monogamous, trans, gender non-conforming, and/or LGBTQ individuals, as well as current or former adult industry workers.

### **Sex Coach U Certified Coaches**

<https://worldassociationofsexcoaches.org/directory/>

A global community of sex-positive peers working with a holistic, client-centered model founded by sex coaching pioneer Dr. Patti Britton and Dr. Robert Dunlap. This directory will be updated soon and then be available on <https://sexcoachu.com>.

### **Sexological Bodywork®**

<https://sexologicalbodyworkers.org>

Sexological Bodywork® (also known as Somatic Sex Education) is a hands-on, body-based educational modality that supports individuals, couples and groups in learning and deepening their erotic wellbeing and embodiment. It can be effective as a remedy for pain or dysfunction, particularly in the pelvis and genitals, and can help people to work with whatever challenges might be in the way of fully enjoying their intimate lives.

### **Urban Tantra® Certified Practitioners**

<https://urbantantraprofessionaltrainingprogram.com/practitioner-directory/>

A unique collection of sexuality professionals of all genders, races, abilities, cultural backgrounds and sexual orientations with a vast array of skills and perspectives on holistic sexuality, relationships and spirituality. Many offer somatic sessions.

<https://barbaracarrellas.com/sexuality-cancer-resources/>

