



Holly Wood

TRAUMA THERAPIST
& INTIMACY SPECIALIST

www.thehollywoodsexologist.com

ABOUT ME

Holly Wood, MS., PhD(c), LMFT is a Licensed Marriage & Family Therapist (LMFT), a Certified Sex Therapist with the American Association of Sexuality Educators, Counselors and Therapists (AASECT), a Certified Sexologist with the American Board of Sexology (ABS), a sex researcher, and a trauma specialist. This unique combination of credentials enables her to focus on clients' sex lives as well as their overall mental health and trauma recovery.

Holly works with individuals and couples who have been looking forward to meeting their own sexual desires both individually and in relationships. She works from a trauma-informed, sex-positive, and holistic approach to help clients to get past their past and develop the necessary skills to achieve lifelong change and improve their quality of life.

When she is not counseling clients, she is holding seminars and workshops, conducting sex research or, or utilizing social media to disseminate accurate, up-to-date information to a wide range of audiences hoping to improve their sexual wellness. Holly's mission is to spread education, empowerment, and self-love. She is committed to helping people heal themselves and live a life full of pleasure and connection.



PARTNERSHIP OPPORTUNITIES

As a trusted authority on sexual health issues with a significant media following, Holly has appeared on national and international conferences and is regularly quoted in publications and media outlets including BuzzFeed, Men's Health, Teen Vogue, and more. Partnership opportunities include:



Social Media Posts



Podcast & Media Interviews



Product Reviews



Conferences and Keynotes



Sponsored Ads



Speaking and Training Needs



Blog Posts



Human Resources and Employee Wellness Events

AS SEEN IN

COSMOPOLITAN

teenVOGUE

Men's Health

BuzzFeed

P O P S U G A R



Forbes

SPEAKING ENGAGEMENT & MEDIA TOPICS

Holly Wood In an International public speaker that has been working with various media outlets and organizations for years to help educate people about mental health, trauma, relationships, and sex. Having spoken at universities, trainings, conferences, and corporate events, she is enthusiastic about learning, speaking and connecting people with new information and each other.

Wellness:

- The Importance of Mental Health
- Stress Less: Stress Responses and Completing the Stress Response Cycle
- Self Care
- Sexual Wellness

Mental Health & Trauma Recovery:

- Strategies for Trauma Recovery
- Healing from Sexual Abuse
- Reclaiming Your Power After Sexual Assault
- Pleasure after Sexual Trauma

Sex & Relationships:

- Sex Positive, Accurate Sex Education
- Sex Therapy: Assessment, Diagnoses, and Treatment
- What does a sexologist/ sex therapist do?
- Navigating Communication and Relationship Dynamics
- Desire Discrepancy
- Navigating Communication and Relationship Dynamics
- Tips for Improving sexual function and spicing things up!

WHAT YOU CAN EXPECT



Practical, medically-accurate, socially-relevant, and emotionally intelligent information based on the latest research



Interactive ice breakers, activities, games, humor, visual aids, and props because no one likes a boring speaker



Trivia questions and prizes to keep participants engaged and thinking



A humanizing underlying message of compassion and empowerment

PARTNER TESTIMONIALS

"Holly Wood is a powerful source of knowledge and such an enthusiastic presenter. Looking forward to having her at our future events."

"Holly's work exemplifies the spirit of continued dedication to examining the complex ways that individuals navigate sexuality. She is knowledgeable, engaging, and brings together greater awareness of mind, body, and spirit in the realm of sex therapy. She brings that same enthusiasm and critical eye to all that she does."

"After speaking at our company event on how to better manage stress and support their mental health, I received several individual feedbacks, and all were positive. Many sharing their appreciation on the subject matter, several requesting additional guest appearance from you. Hopefully more to come from this group and other business units for Sempra."

"Holly is the first therapist that I have had a breakthrough with like this. I no longer feel shame or any kind of blame on myself and I'm starting to feel like that person I'm supposed to be."

GET IN TOUCH



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Let's connect! For rates, speaking engagement packages, and questions, please feel free to reach out.

- Holly