

# Resource List for May 21<sup>st</sup> webinar on Toys, Tech and Talk

The following lists some resources and, although not an exhaustive list, hopefully it can help start the conversation....

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## Accessing health care supports.

[Sexual Health Rehabilitation Service \(SHRS\)](#) serves persons in British Columbia. In other regions, consult your primary care provider or rehab doctor/physiatrist for information on a specialist or sexual health practitioner in your area. If you have an occupational therapist /physiotherapist, they may also be a good source of information, depending on your questions.

## General information on sexual health & wellbeing.

### [Options for Sexual Health](#)

[The body image workbook](#) by Cash (2008) An Eight-Step Program for Learning to Like Your Looks.

[Emily Nagoski](#) - sex educator and counsellor - books include, *Come as you are* and *Come together* and focus on the science (and Art!) of creating lasting sexual connections.

[Gottman Institute](#) – a research-based approach to relationships. John Gottman's books include *The Seven principles for Making Marriage Work*

[Cervix self-screening](#) information from BC Cancer Agency

## Sexual health and disability information.

[Sexual Health Promotion with Disabled Youth Toolkit](#) Recently released by the Sex Information & Education Council of Canada this is an excellent resource for any parent or clinician working with youth with disability.

[A quick and easy guide to sex and disability](#) By Andrews, A. (2020). Covers the basics of disability sexuality, common myths, communication tips, and practical suggestions for having the best sexual experience possible.

[The ultimate guide to sex and disability](#) by Kaufman, Silverberg and Odette (2007 but still a great book).

[SCI Sexual Health](#) - resource created by Sexual Health Rehabilitation Service in partnership with Spinal Cord Injury BC

[Sexuality after SCI – Video series](#) - created by Mount Sinai Hospital (2018)

## Toys & Tech.

[Sexual Health and Rehabilitation – Technology for living](#) - YouTube video.

[Accessible Sex Toys for People with Disabilities](#) - My Sex Toy Guide website.

[PleasureAble: Sexual Device Manual for Persons with Disabilities](#) (2010) created by rehabilitation and sexual health clinicians this booklet contains pictures, descriptions, and information on how to find sexual devices that work for a variety of disabilities.

Some people find **local sex shops or device manufacturer** are helpful for giving advice on products that can be adapted to meet your individual needs.

## Mindfulness-based therapy.

Among the many therapies out there, MBT has been used for people with pelvic floor pain and /or trauma. Here are a few mindfulness resources:

[The better sex through mindfulness workbook – A guide to cultivating desire](#) by Lori Brotto (2022)

[The Free Mindfulness Project](#) - free-to-download mindfulness exercises.

[Jon Kabat-Zinn books and resources](#)

*Please note: The information above is not intended to be a substitute for health care advice. Always ask your physician or other qualified health professional about any matter concerning your individual health.*