

Sexual Grounding® Therapy (SGT) and the vaginal flora

English summary of the Working Paper for the SGT trainers education

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Introduction

During my SGT trainers education, I met Dr. Mathilde Boon from the “Leids Cytologisch en Pathologisch Laboratorium”. She is a famous pathologist and scientist specialized in the vaginal flora.

We got interested in each others work and I decided to write my final paper about this item. I worked two years with women in therapy groups and at the same time the flora of those women was investigated before and after the therapy by Dr. Boon. In this article I write about the different views on genital problems of women, about the female flora, about the possibilities of Sexual Grounding® Therapy and about the results of our Flora project.

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1. Female sexuality

1.1. In history

In pre-Christian cultures, sexual intercourse was seen as something holy. In this time, they had also female goddesses and people honored nature. With the Greek culture, the male gods pushed the Big Mother as primal source from her throne. The picture of women and her genitals became deformed. To be a woman became a punishment of the gods. The uterus was seen as the source of hysteria (Hippocrates), she was only the place to grow for the miniature child that would come only from the seed of the man (Aristoteles).

In the middle ages, women that had great knowledge about women's health and birth, were burned as witches. In 300 years, 3 to 5 Million women in Europe were tortured and killed by the "Holy Inquisition". Menstruation was seen as dirty, women had to go in isolation in times of their period and were not allowed to touch food. (1)

The status of women was reduced to give birth and to be owned by a man.

1.2. In our society

After all these ages of suppression, we have internalized the inferiority of female qualities. This is connected to big emotional pain in all of us. The fear of punishment and humiliation is still in our bones. Even today, we don't dare to speak freely and openly about our genitals and about our sexuality. We don't dare to ask for a respectful treatment at the gynecologist. We cannot put clear borders or stand up for our longings in relationships.

Many women experience their own body only from the outside and it is almost never good enough. Women suffer from their menstruation, pregnancy and menopause and these natural female processes are often treated as illness. When a woman has problems with her uterus, doctors remove this organ very easily. Circa 30% of German women older than 50 have no uterus anymore(1). There is very little attention to the emotional side of genital problems.

Even after the "sexual revolution" in the sixties, where women achieved a lot of self liberation, we have not really internalized sexual emancipation. It seems that we have only gone to the other extreme: everything must be possible without checking our internal borders. This causes an emptiness inside that is big business today for the beauty-, food- and pharmaceutical industry, fashion, cosmetic surgery etc.

Our children learn about sex via movies, magazines and internet. Through this media they get a very deformed picture about sexuality and about womanhood. Confusion, violence, genital diseases, teenage pregnancies, abortion- and divorcing rates will not go down if we don't change anything in this field of education.

It seems that we've lost the connection between the heart and the genitals.

1.3. The results of suppression of sexuality in our society

Investigations about sexual violation show us a sad picture today: in The Netherlands, 39% of women experienced sexual violence in their life's, 19% of them under 16. About 1,5 Million adults ask yearly for help in the Dutch health care for sexual related problems. Nearly 1 Million adults need help but they don't get it because they don't dare to ask for help, cannot find an appropriate care giver or can't pay the bills. 20% of women have one or more dysfunctions like aversion against sex, pain, arousal problems etc.. If those complains are not treated appropriately, the symptoms get worse and the costs for the community are rising. Sexual problems are related to psychological and relational health. More than half of people with sexual problems is (also) treated in somatic or psychic health care. (4)

There is a direct connection between sexual problems and disturbances in the sexual development.

1.4. Our role as care givers

It is very important that we as workers in the field of health care start to think differently: the sexual organs should have the same attention and care as other organs. Also in the psychological treatment. In Sexual Grounding® we see the genitals as contact- and reproduction organs connected to the heart. In general, genitals are seen more or less as lust organs. In the past, lust or pleasure was split from reproduction by the influence of the church and the discrimination of women. By this, a part of our nature was send into the shadow. Here, it shapes sick forms like porno with children, animals or violence. It seems that we don't trust that a human being can regulate his lust, so we have to split ourselves in an upper and a lower part.

Sexuality is and stays a delicate item, that's why we as health workers have to act very honest, responsible and in tune with our clients. In Sexual Grounding®Therapy we have a clear frame how to work with sexual items. We offer theory, exercises and process work to teach people how to accept and regulate their sex drive and take responsibility for their actions and relations.

2. The theoretical background for the treatment of women's sexual problems

2.1. Different views to sexual related complains

We can look to sexual related problems in different ways, I will describe 3 of them.

The medical view:

A medical doctor looks at the physical level of a problem and sees disturbances and dysfunctions, pathogene and germs. He/she shall try to balance out these dysfunctions by medication, surgery or other physical treatments.

In the case of vaginal problems a doctor often investigates the vaginal flora. Every woman has a different "garden" with flora (bacteria's, fungi) and fauna (viruses). A healthy flora has a pH value between 4,5 and 5,5. With menstruation, the value is higher depending on the hormones. Like

nature, the flora has 4 seasons connected to her age: the flora of a baby girl with almost no hormones is like the winter, in spring the hormone production starts (pre-puberty), in the summer (adult) we have a peak of hormones in it and in autumn (menopause) the production falls rapidly. And the end of her life, a woman again comes in the hormonal winter. The cells in the vagina are reacting on the influence of hormones.

The psychological view:

A psychologist looks at these problems and tries to find the cause of it in the mind and thus in history of his/her client. If the thinking will change, the client can learn to relax and to solve his/her problems.

In SGT we see sexual problems in the light of the developmental psychology. A child is influenced by the imprints from his or her educators. It was born with the inner knowledge of what it needs for a healthy development, also on the sexual level. A child will ask for what it needs until it becomes frustrated or scared. A child expects a fitting mirror to all the inner experiences and body sensations. If this is not the case, the child will hold back his or her impulses, that means it has to tense muscles. If this happens regularly or in a traumatic way, a block will develop. Later on, it can become a disease because the blocked area will have tension and thus a less blood flow. The solution is here to find out the cause of the blocks and to experience a proper mirror that fits to the inner world of the child in his/her developmental stage. When the adult learns to treat his/her inner child like an ideal parent, the muscles can relax. An adult can learn healthy, natural ways to express feelings, needs and borders.

The bio-psychological view:

Martine Delfos, a famous Dutch bio-psychologist, describes sexual problems from the biology when she looks to the flow of hormones and neurotransmitters. She describes in her book: "Verschil mag er zijn" (2) that the intensity of an emotion is depending on the amount of hormones that are released and not from the size of danger. And the amount of hormones on the other side is depending on the history of this person. If there was a lot of stress in the past, the brain is programmed to release big amounts of stress hormones in the blood. She also describes the difference in the hormone household between man and women and their reaction patterns. The way to a better sexual health is possible by understanding and accepting these gender differences, by learning to reprogram our brain and by bringing stress into movement (for women) or learn to feel before acting (for men).

2.2. Sexual Grounding® Therapy

Sexual Grounding® is a model of self-development developed by the Dutch psychologist and Body therapist Willem Poppeliers (5). His motivation is to support people in their natural need for sexual healing, expression and relating. That includes developing more self-consciousness, learning to regulate the own stream of excitement and love, learning to take responsibility for ones sexual energy, to recognize the male and female energies in oneself, striving for fulfillment, autonomy and completeness and to ground in our genitals. In Sexual Grounding®, sex is not only a genital activity but an expression of body, soul and spirit. We developed our patterns in the triangle between

mother/father/child. We repeat these patterns in later relationships, perhaps in the hope to still solve them, with a lot of pain and frustration as a result. In the therapy groups, participants learn to recognize these patterns and to exercise new healthy ways of living their sexuality.

2.2.1. The sexual development of the young girl

In our society there is now healthy appreciation for the female genitals. Young girls get the impression that their vagina would be dirty or dangerous. We even use genitals as swearwords. The insulting behavior against women causes an inner distance to her genitals, some don't feel anything down there anymore, others overact to get attention or confirmation.

I like to describe the development of the child to show how disturbances in the first years influence our adult sexuality. A child will experience different phases in which certain physical and emotional needs occur. Nature (and thus the inner knowing of the child) will show what is necessary for a healthy development.

The core needs are:

- Safety, holding and appropriate physical touch
- Need for food and love
- Need for self-determination, self-expression and freedom
- Need for support, positive mirroring and recognition.

Feelings of pleasure are moving down in the body of the young child (6). Starting with the exploration of sucking pleasure (in the mouth, oral phase) to the anus (anal phase) to the genitals (genital phase), the child becomes more and more conscious about his/her body and his functions. In these phases, children are very busy with the corresponding body openings, they are curious and want to find out everything about it. They experience pleasure and excitement and look for confirmation from their educators. In general, they get a more or less sufficient mirror on their mouth and anus explorations, but on their genital pleasure, educators react mostly with shame, withdrawal or even misuse. This, the child cannot understand. It learns that there must be a charge on genitals. If the child is not mirrored adequately on his or her body sensations or impulses, it will start to doubt about his/her inner truth. It will eventually think: *there must be something wrong with me*. The next step is to look for compensation, because the young child wants to be good in the first place, to receive love and attention, to belong to the group. In this way we learn to go away from our own experience, our body as the holder of our inner truth, from our self-worth and develop a personality that covers our core needs. We learn to adapt to outside expectations. Stress and eventually disease is the price we pay for this.

In the age around 4, the genital phase, the heart pumps more blood into the genitals (5). Children experience a pleasant excitement, they are curious and innocent about what is happening there and about the difference between girls and boys. The girl shall try to look for recognition of her feelings and turns especially to the father to exercise relationship with the other sex. She sees intimate behavior around her and wants to copy this, but on her developmental level. Perhaps she sees kissing and she want to kiss Daddy in the same way, or she tells him that she want to marry him. Often, parents startle and don't know what to do. But if they only could remember their own

childhood, they would see that they had the same needs and behavior and that it was innocent. The child trusts the parents and expresses her love with this behavior. It has nothing to do with grown up sex. The girl needs the mother here for support and the father as a mirror that she is an attractive little woman. The boy needs a similar mirroring, only he needs the father as support to approach his mother with his innocent genital excitement.

When the girl becomes older than 6 years, she will become more quiet in her sexual development. But with the beginning of puberty the hormones start to make the female organs ready for reproduction. These hormones also influence the behavior of the girl, she will be more interested in boys, sex, relations and her own sex appeal. This is a very vulnerable phase, she wants to become a woman, but most of the time, she still feels like a child.

The young girl in her puberty, needs the mother for support, to tell her everything about the female body and his functions. She needs the father to trust that she is attractive to men. She wants to know how men see women. She is very sensitive for too much or too less attention on her sexuality. That means, her father has to be able to regulate his own sex drive. Only then she will be able to develop into a strong and independent sensual woman, who is able to enjoy her body, to put borders and to hold intimate relationships.

But this is an ideal situation. In reality, we rarely find such circumstances for the child's sexual development. Mothers are often alienated towards their own body's and sexuality, because our culture has given strange ideas about these items. The same counts for fathers, they had seldom support from their own fathers in regulating sexual energy. Most teachers are embarrassed while giving sex education and keep it technical without any understanding of the emotional state of children. In some cases, innocent impulses of children get sexualized because the educators are not able to see the developmental stage in the child's behavior.

We (and also children!) nowadays see erotic pictures everywhere, but no love in it. Sexuality has become commercialized. Our children pay a high price for this: confusion, frustration, aggression, insecurity, fear, tension and possible diseases and depression. Pharmaceutical industry is filling the gap in this sad situation. Never before youngsters took so much psychiatric drugs as nowadays.

We lost trust in our biological programs and inner moral, so we give up to search for fulfillment. Satisfaction seems the only thing to be achievable.

One focus of SGT is to gain more knowledge about the sexual development of the child and how to tune in as educators.

2.2.2. What can go wrong in different developmental stages?

- When a child grows up with too little body contact and too much stress- and fearful circumstances, it will find it hard to relax and connect with the body. De energy is pushed to the head as a survival mechanism, often the child is dreaming away to avoid the stressful environment.

- If there is poor tuning on the needs of the child for food and also for love, a child cannot learn to build up his energy, it will later collapse in stressful situations. It will learn to hold back the own needs and longings and to focus more on the needs of others.
- If the educators have high expectations and a lot of critics or demands, the child will try to fit in. Therefore it needs to make itself bigger or/and built up a thick skin to handle the pressure. By this, it loses contact with the own inner feelings and impulses. It does not learn to put borders.
- When a child is rejected on his natural, innocent expression of erotic feelings and curiosity, it will close the heart and mistrust his feelings of lust. It will learn to split of from these feelings and either hold them back or look for attention in an excessive way.

2.2.3. The results of an inadequate sexual education

The sexual development already starts in the womb. When distortions occur, energetic blocks can develop depending at which age it happened and how intense.

- Very early distortion can lead to a fragmented body experience and existential fears with the tendency to fantasize. Later on a person with this blocks might have difficulties to get involved in body contact and escapes easily into addiction like internet porno.
- When the needs of a child were not respected, it will have difficulties later on with sexual arousal and standing up for his/her sexual needs and desires.
- When the child did not experience freedom and self-determination, as an adult, it will have fears to express sexual impulses and to get involved in strong sexual attraction.
- In the case of rejection of innocent expression of erotic feelings in childhood, a person will have difficulties to surrender in sex.

When the basic needs in the sexual development were not fulfilled by the care takers, a person stays fixated on other persons as substitutes. The hope stays that somehow one still would get what he/she needs from the outside. The contact with the inner knowing, the inner truth is going to the background. Sexual blocked women have the following characteristics:

- Pleasing, having sex for attention or confirmation
- Wanting no sex at all any more
- Power games
- Neglecting body signs like intercourse pain
- More attention to the partners sexual needs than her own
- Neglecting safety in having intercourse
- Nonrealistic ideas and ideals about sex, men and relations
- Playing the little girl instead of being an adult woman
- Suffering silently.

Sometimes women experienced trauma's like rape and sexual abuse. Those women often develop an extreme survival power, but this costs a lot of energy and does not bring fulfillment.

2.2.4. SGT methods

In SGT we have a whole scale of effective interventions and exercises that clients can teach to:

- Develop body consciousness
- Reconnect the stream between heart and genitals
- Find the roots of their pain and frustration
- Feel and express emotions and needs
- See the difference between a child and an adult position of view
- Experience ideal situations in the original triangle of father/mother/child
- Reprogram old patterns and beliefs
- Get a developmental perspective to keep innocence, excitement and curiosity until the end of their life's
- Forgive and connect to their ancestors
- Regulate sexual energy and to bring it in relation
- See their relation patterns
- Handle the sexual education of (their) children.

From the inside we know exactly, what we need for our healthy development. It is important to activate this knowledge again and to trust it. The concept of working with the ideal parents has a deep impact on clients, mostly the body reacts with release of tension and inner trust.

In SGT we treat the client as a whole person with body, feelings and thoughts. And we treat all parts of the body as equal. That's why the therapy has deep and permanent effects. People really lose their burdens, they don't need to do their best anymore, they regain respect for the beauty and wisdom of their bodies. They become so to speak good parents for themselves. That's why, they also treat others with more respect and responsibility.

2.3. The medical side of vaginal problems

Due to my contact with Dr. Boon, I have chosen for the vaginal flora as a diagnosis possibility. I limit myself in this article to the most common distortions in de flora. The following information is from Dr. Boons lectures and brochures (3).

2.3.1. The development of the vaginal flora

The vaginal flora has four seasons that are closely related to the level of female hormones. In a baby, the vaginal flora is completely empty, de cells in the vagina are not yet ripe. Only with the age of 3 or 4, the ovaries of the young girl start to produce a few female hormones from time to time, but the concentration remains low. When a girl comes in puberty, lactobacilli will grow due to the production of hormones. For the first time, the vaginal flora starts to develop: it's like spring in the vagina.

With the first ovulation, large amounts of female hormones are produced in the ovaries. The reproductive organs are prepared for reproduction now. In early summer, the amounts of hormones are not very consistent and are often too low to have a pronounced effect. The epithelial cells will become larger and will contain glycogen. The lactobacilli, present everywhere, will start to colonize

the vagina and will multiply, thanks to the glycogen in the epithelial cells. A girl needs approximately 6 years after her first menstrual bleeding to have a ripened epithelial layer and a ripened flora to resist viruses and bacteria's effectively that are coming in with sex. That means in practice, that we as women are designed by nature to have sex only from 17 years the earliest!

When hormone production is in full swing and the monthly cycle is fully established, a woman reaches the summer of life. Every woman has her own personality that is also be seen in her flora. Genetic information as well as her lifestyle have influence on it. In autumn when she slowly comes into menopause, hormonal production decreases and finally stops. When the last ovulation has taken place winter has arrived in her vagina. The epithelium of the vagina will return to a condition similar to that of the baby girl. That's why, the older vagina is not well protected anymore. In addition, less and less mucus is produced, the vagina becomes dry. Moreover, the pH rises, because there are too few lactobacilli. For the same reason, she is more vulnerable to bladder infections because a bladder flora needs an acid vaginal pH. Thus in this period of life, a woman should be very careful with sexual activities, because she is very vulnerable.

2.3.2. Characteristics of the vaginal flora

The consistence of the female flora is depending on different influences like hormones, food, medicine, anti conception, sex and stress. The amount of hormones depends on stress and emotions. One could assume that with the changing of emotional conditions and the stress level in therapy, we could also see changing in the vaginal flora.

A normal vaginal flora has many different micro organisms like bacteria's, viruses and fungi. The best is to have a mixed flora, if one of the ingredients is overgrowing, problems occur.

Bacteria: Sex can bring all kind of bacteria into the vagina, they stick on the epithelial cells. Under the microscope you can see little spots on the epithelial cells, these are the cores of the bacteria. We can differentiate rod shaped and round shaped bacteria's. Lactobacilli for instance are rod shaped and Gardnerella is round shaped. Bacteria's can change the acid content of the flora.

Lactobacilli are very useful for the vagina, they will multiply thanks to the glycogen in the epithelial cells. By this, the vagina gets an acid environment which has a protective effect against the growth of Gardnerella and other harmful bacteria, and viruses like the HPV. Gardnerella is like weed, it can cause a mono flora. It grows very fast when the acid value is changing in an alkaline milieu due to for instance sperm or soap. After sex, the concentration of Gardnerella will become very high and may eventually overgrow the lactobacilli. If a woman needs a long time to recover from this alkaline value, she is more vulnerable to Gardnerella when she has frequent sex. Gardnerella can cause cell distortions, a pre-phase to cancer. This bacteria also produces amines with a rotten fish smell as result. These amines support the transition of viruses like HIV and HPV.

Fungi: You can compare fungal growth in the vagina with the growth of toadstools in a garden. Fungal spores are the resistant form of the vaginal fungi of the Candida family. They are often present in small numbers without the hostess noticing it. Fungal outgrowth is related to the presence of glycogen in the cells. That's why fungal growth that results in a complaint is related to periods with

high levels of hormones like in pregnancy and the second half of the menstrual cycle. Also after a course of antibiotics, the flora is very vulnerable to fungi. Finally, genes play a role in the susceptibility to fungal growth. In a vagina with poor resistance, fungi can grow even through the cells. The fungal infected epithelium can easily become damaged by the friction of sex or can become infected with harmful bacteria. Fungi grow in threads with on the end spores. These spores produce particles that causes itching. Fungi don't produce smell. Fungal growth is not associated with an alkaline pH, as it is the case with Gardnerella. A special diet is part of fungi treatment.

Viruses: like Trichomonas, Eutamoebe, HPV or HIV are so small that they can only be seen under an Electron microscope. Sex brings not only bacteria into the vagina, but also viruses. The HPV virus can infect epithelial cells and cause microscopic changes. Many young girls who have recently become sexually active get infected by this virus because the young vagina is evidently very susceptible to it. If the HPV infection persists, the infected cells start to show malignant nuclear changes. However, only a small minority of women infected with HPV will develop cervix cancer, thus there must be co-factors influencing persistence of HPV infection and cell degeneration. A well known co-factor is smoking, but also Gardnerella.

Because of my deep belief in the wholeness of body and psyche, I think that the attitude of a woman towards her vagina has also an influence.

2.3.3. Tips from Dr. Boon about "Gardening in the vagina"

- In the vaginal spring treat the vaginal garden with great care. In this season, sex is harmful. Acid gels can be beneficial.
- In the vaginal summer, remove the alkaline sperm after coitus and keep the vaginal garden acid with acid gels.
- If fungal infections occur in the vaginal summer, refrain from sex and keep the epithelium supple with vaginal gels.
- In the vaginal autumn, use acid gels for the dry vagina and to enhance the pleasure of sex.
- In the vaginal winter, acid gels are still important, particularly to keep the bladder flora healthy.
- Try vaginal products with honey and/or Aloe vera, and find out what this does to your vaginal pleasure.

3. The Flora project

In total, 27 women (between 38 and 61 years) participated in this project. The goal of this project was to investigate the influence of Sexual Grounding® Therapy on the physical, emotional and relational health of women. Therefore we used the flora screening tests at Dr. Boon's laboratory and feed back forms. Before the training started, I had an intake with each of the participants and before and after the training they filled in a questionnaire. Only women with vaginal problems did the flora tests.

3.1. The program

I developed a training of 10 sessions of 3 hours with the following main items:

- To develop more body consciousness
- To bring more attention to the heart and the genitals
- To experience support from other woman
- To change the stressful imprints about femininity and sexuality in the brain
- To learn new abilities like setting borders, dealing with emotions in an adult way, stand up for yourself etc.
- To learn self-worth and deep relaxation.

Here for I used the following exercises and approaches from SGT and Body Psychotherapy:

- Working with the muscles like stretching, vibration, stress positions and relaxing to invite a better blood circulation
- Attention exercises to discover internal feelings and unconscious thoughts
- Listen to body signals to discover what the body needs, how to relax and enjoy
- Expression of feelings and emotions by the voice and the body to get more space inside and keep contact with the inner and outer world
- Breathing exercises to relax and open up feelings
- Border exercises to experience the own power and self worth
- Regression exercises and working with the ideal mother to experience support and confirmation on internal needs
- Working with the generation line and with constellation to connect with the roots and to see where problems started and how to solve them
- Sharing's to recognize own and others stories, to get insights in patterns and core beliefs
- Meditation and visualization to contact our core and self healing power
- Process work to discover the individual source of stress and possible solutions
- Theory about the sexual development of women, the working of the unconscious etc. gives more insight in the background and process.

Every session was built up with an warming up, a sharing, an exercise and a finishing round. I tried to create a safe surrounding for the participants so that they can come in contact with their bodies and feelings, contact each other without things in between and find solutions that fit .

3.2. The results

We did not find any relevant changes in the flora after the training. Perhaps the time was too short for changes and the complaints too divers.

Out of the feed back forms that participants filled in before and after the training we received the following results about changes in their physical, emotional and relational health:

- 30% of the participants reported an improvement in the physical conditions
- 63% reported an improvement in the emotional conditions
- 40% reported an improvement in the relational conditions.

In general 92% experienced an improvement by this therapy training. In the feed back forms women mentioned things like:

- All of them felt the relaxation and nutrition in sharing intimate feelings with “sisters”
- Complains like vaginal dryness, recurrent bladder infections, genital skin irritations, back and bally pain had improved or vanished
- Different women reported that they could reach sexual excitement more easily
- One women did not need any asthma medicine anymore
- Some talked for the first time about their experiences of misuse
- Almost all experienced the lack of support by women in their history
- Many felt more connected to their bodies and vaginas and by this they also could experience more pleasure in lovemaking
- They learned to say NO when they feel it inside
- Many women reported more inner stability and trust in their own inner moral
- The relation with the mother improved in different cases
- Mothers with daughters could speak with their daughters about women’s stuff and sexuality more easily
- Some dared to speak out conflicts in their relationship
- One woman had more confidence to go out and look for a partner.

In general, we could say that the experience of pain changed. Women saw themselves not as a walking problem anymore. They had a problem but they were not the problem. By seeing things in relative terms and relax, proportions changed. And so, they could open themselves for healing and new possibilities. Last but not least, a woman with a well developed body consciousness listens better to body signals and takes responsibility for her physical, emotional and relational health. Our society can benefit in different ways from this:

- Lower health care costs
- Better work creativity
- Less violence
- Less divorcing
- Healthier children
- Less genital diseases
- More relaxation and joy in the world!

3.3. Conclusion and advice

Sexual Grounding® Therapy has an profound effect on the wellbeing of women, especially on the emotional health. Body consciousness can help women to regain influence on their health and their lives in general. The importance of this is undervalued in our society. That has to change. I advice more attention to the emotional background of physical complains and more cooperation between doctors, specialists and therapists in the attempt to help women to heal sexual related problems. In many cases women feel not understood and isolated with their problems until now.

Furthermore, I consider it necessary to give more attention to the sexual development of children. We have to stop the repetition of damaging children by our own fears of sexual energy. We need to tune in the child's world and mirror them in a healthy way. Parents, educators, teachers and health workers should get extra education about this item so that our children can develop into stable and self-confident sexual beings.

I want to thank my supervisor Willem Poppeliers and Dr. Boon with her staff for all the support I got from them to do this project. I'm grateful also for the support of my colleagues Doris and Marco Guidon and Maria Siomick.

List of Literature:

- (1) B. Wagner "Die Gebärmutter, das überflüssige Organ?" Rororo Sachbuch 1995
- (2) M. Delfos "Verschil mag er zijn" Uitgeverij Bert Bakker
- (3) Dr. M. Boon "Gardening in the vagina" and "ABC van het uitstrijkje" Coulomb Press Leyden
- (4) Year reports of the Rutgers/Nisso Group, Netherlands 2006 en 2009
- (5) W. Poppeliers and M. Broesterhuizen "Love and Sexuality in the Perspective of Relations and Generations", Protocol Media Productions
- (6) S. Freud "Psychoanalyse" Reclam Verlag Leipzig

Attachment 1: questionnaire before the start of the training

Name:

Fill in a number from 1 to 5 after every sentence in relation to what fits you the best:

1=never, 2=sometimes, 3=often, 4=mostly 5=always

Physical conditions

- I have vaginal irritations
- I have pain while making love
- I have menstruation complaints
- I have other complaints regarding my bladder or sexual organs
- I can easily come into sexual arousal
- I can easily reach an orgasm

Emotional conditions

- I have depressive moods
- I feel connected to my body
- I can enjoy my vagina

Relational conditions

- I enjoy bodycontact
- I enjoy sexual contact
- I am able to have an intimate relationship
- I am able to hold an intimate relationship
- I can put boundaries when I feel them in sexual contact
- I can tell what my needs are in sexual contact
- I have a fine relationship with my parents
- I have a fine relationship with my children (if you have them)

What are you expecting from this training?

Attachment 2: questionnaire some weeks after the training

Name:

Fill in a number from 1 to 5 after every sentence in relation to what fits you the best: 0= is the same, -1=worse, -2=much worse, +1=better, +2=much better

Physical conditions

- I have vaginal irritations
- I have pain while making love
- I have menstruational complaints
- I have other complaints regarding my bladder or sexual organs
- I can easily come into sexual arousal
- I can easily reach an orgasm

Emotional conditions

- I have depressive moods
- I feel connected to my body
- I can enjoy my vagina

Relational conditions

- I enjoy bodycontact
- I enjoy sexual contact
- I am able to have an intimate relationship
- I am able to hold an intimate relationship
- I can put boundaries when I feel them in sexual contact

- I can tell what I my needs are in sexual contact
- I have a fine relationship with my parents
- I have a fine relationship with my children (if you have them)

What is the benefit for you from this training?