

JAMES R. DAVID, Ph.D.

CORPORATE PEOPLEMAP™ TRAINING & EMPLOYMENT TESTING, PERSONAL & BUSINESS COACHING, INDIVIDUAL & COUPLES PSYCHOTHERAPY

14220 BRADSHAW DRIVE, SILVER SPRING, MD 20905-6503 TELEPHONE (301)989-9155
james519@comcast.net www.askdrdavidnow.com

SENSATE FOCUS

- Graduated Series of Touching Intimacy
 - Non-Demand Pleasuring (No intercourse until therapist says so.)
 - Balancing Emotional Intimacy with Physical Intimacy
1. No sexual intercourse.
 2. Both agree to do Sensate Focus for one hour for each session.
 3. Schedule it on the calendar.
 - Lots of energy
 - Feel safe
 - No interruptions
 - Daily or every other day
 - One hour
 4. Sensate Focus (Focus on the sensations)
 - Stop thinking
 - Feel the feelings
 - Educate each other on where and how you like to be touched
 5. Set the Scene
 - Shower or bath
 - Candlelight
 - Music
 - Sensuous food or drink
 6. Face one another, hold hands and talk out any relational problems or disagreements. Be at peace with one another.
 7. Lie down and rest for five minutes, hold hands, focus on your breathing, release tension and be silent.
 8. Caress in one direction at a time – 15 to 20 minutes. Take turns, alternating between being either totally a giver or totally a receiver. It is just as important to receive well as to give well.
 9. Start at the level of physical intimacy in which you feel safe, i.e.:
 - Hand caress
 - Face caress
 - Scalp caress
 - Foot caress
 - Full body caress without breasts or genitalia
 - Full body caress with breasts or genitalia or both!
 10. End with sharing feelings.
 - I feel ? or I am ? . (Use one word statement of feeling.)
 - Write down feelings
 - Bring written record to me