

# Good sex? HELL-YER!

Jacqueline Hellyer is a qualified sex therapist and tantric sex teacher. Her books *Sex Secrets for Busy People* and *The Sex Life Survival Guide for Parents* offer realistic advice to couples on how to spice up their love lives...



**W**hat sort of sex skills do you specialise in? I am a qualified sex therapist. I have my Masters in Sexual Health, which is

a requirement, but I don't just look at the dysfunctional side; I'm really interested in inspiring people. I find a clinical approach to sex therapy is not very effective because sex isn't a medical condition, it's more like cooking: it's about creativity and enhancing life.

**Did you go to sex school to learn this?**

You call the University of Sydney sex school?

**We do now. What's sex school like?**

To be honest, it's a little bit dry.

**Not the sexiest of descriptions...**

No, not particularly. I think to make themselves acceptable to their academic colleagues, [the lecturers] have to make themselves fairly dry. Let's just say I had to do a lot of extra-personal research on the side.

**Please, tell us more...**

Well, how can you hope to know everything unless you've been to a swingers club or a BDSM party, or unless you've actually talked to transvestites and you've really seen what's out there and experienced it? You need to be hugely open-minded to do this work.

**What are some of the recurring problems that you come across?**

One of the problems people have, particularly younger people, is that they're completely in their heads because it's all about performance. Is she ever going to come? Am I going to be able to keep it up long enough? Am I doing

the right thing? And she's kind of thinking the same things, so they're both not really there.

**How much of sex is not physical?**

I'd say most of it. If you get the connection right, it doesn't really matter what you do. You can have a nice, little, cuddly quickie in bed before you get up or you can have a whole night of hot, wild sex, and they're both fantastic.

**"A clinical approach to sex therapy is not effective"**

**What place do sex toys have in the bedroom?**

One of the important things about having a good, ongoing sex life is to make it interesting. I say connection is the most important thing: you need to be able to create the time and space, but once you're there, let your creativity have full reign, because probably the number-two problem that people have is that they limit themselves and they get very judgemental about stuff: *this* is okay, *that's* not okay. When, really, anything is okay as long as it's done between consenting, living, human adults.

**That makes a whole lot of sense.**

Some people say, "Oh, you're using a vibrator, that's unnatural." And I say, "So is a toothbrush, but you use that every day!"

**What sort of sex issues are affecting men?**

One of the problems couples have is the guy generally can't last as long as the woman, so

there's all this pressure on the penis to be erect for so long. When it's hard, shag. When it's not, do other things—use your dildo, use your hands or give each other a massage. If you start using different kinds of sex toys, it gives you more opportunity to be creative and play. Sex is playtime for grown-ups.

**What should men understand about women to keep our ladies happy?**

The key thing is that women take a long time to warm up. We just do; it's our biology. You've got testosterone coursing through your bodies all the time, which can cause you to randomly become horny. Whereas, for women, arousal is not so much of a physical thing; it's much more contextual. Am I feeling good? Am I in a nice environment? Am I getting on with my partner? Am I not too distracted? Those sorts of things are absolutely crucial for a woman to get in the mood. So the key thing for a guy is to learn to constantly seduce his woman.

**How do we do that?**

You've got to live life as foreplay all the time: buy her flowers, give her kisses, tell her she's gorgeous. It's actually the sum of lots of little things that will generally get a woman in the mood for sex. When couples are hanging around waiting for the libido to descend on her, they're going to wait a long time. It doesn't just happen spontaneously, you've got to create it. ☺

**Jacqueline teaches a variety of sex and relationship workshops, such as *Blackbelt in the Bedroom*, through her website: [www.jacquelinehellyer.com](http://www.jacquelinehellyer.com)**