

# Sex Therapy Insights

By Dr. John Simms, PhD

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**Here are some of my sex therapy insights down below: (1-8)**

- 1). Sex therapy is talk therapy whereas sex coaching and surrogacy is hands on.
- 2). Sex therapy for the most part isn't regulated.
- 3). In regards to sex therapists and other professionals, they may or may not be state licensed.
- 4). In regards to sex therapy, it may or may not be covered by insurance which depends on the provider's licensure status and the therapy or service being used. Other than that, clients, patients or customers have to pay for sex therapy and its related services out of pocket.
- 5). Sex therapists, health providers and other professionals' knowledge, education, experience, skills, abilities, etc. will vary.
- 6). Sex therapists, health providers and other professionals may specialize in certain things.
- 7). In regards to sex and Christian Counseling or Therapy, some of it's good, but a lot of it isn't. Not only is this based on my personal knowledge and opinion, it's also based on other people's opinions and experiences who've used Christian Counseling or Therapy.
- 8). Single males and females as well as married and committed couples utilize sex therapy and its related services for several reasons such as sexual, mental, religious, social, dating, etc.

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