

HOLLY RICHMOND, PhD, CST, LMFT



NEW YORK • LOS ANGELES • PORTLAND



DR. HOLLY SAYS...

"The three elements of a healthy intimate connection are empathy, empowerment and embodiment."

DR. HOLLY RICHMOND

Dr. Holly Richmond is a Somatic Psychologist, Certified Sex Therapist (CST), and Licensed Marriage & Family Therapist (LMFT). This unique combination of credentials enables her to focus on clients' cognitive process as well as their somatic (body-based) health. She works from a sex-positive approach, meaning: "all sex is good sex as long as it's consensual and pleasurable." An international authority on contemporary sexuality, Dr. Richmond offers a fresh yet authoritative perspective on today's sexual challenges and tomorrow's erotic evolutions. Seen as a pioneer in bridging the gap between sexual health and technological development, her work positively impacts individual, relational and societal beliefs regarding sexuality. Dr. Richmond's experiential, therapeutically-driven perspective will legitimize, normalize, demystify and remove pathological ideology from today's most common sexual concerns. As the go-to voice in answering, "What's next for sex?" the public will find a reliable and relatable source when considering the future of sex.

GLAMOUR **WIRED** **Men'sHealth** **WebMD** **COSMOPOLITAN** **Forbes**

As a trusted authority on sexual health issues with a significant media following, Dr. Richmond has appeared on national and international talk shows and is regularly quoted in publications and media outlets including the New York Times, CNN, Wired, Forbes, NBC, Vice, Los Angeles Magazine, The Daily Mail, The New York Post, Men's Health, Glamour, Cosmopolitan, Allure and Health.

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