

MEDIA KIT



Dr. Tina
Schermer Sellers

ABOUT DR. TINA



*Because sex is
better without
shame.*

Dr. Tina Schermer Sellers is a licensed sex and gender feminist psychotherapist, best-selling author, researcher, emeriti professor, and media personality whose expertise spans sex therapy, spiritual intimacy, parenting, and social justice. Her revolutionary perspectives have been expressed on platforms such as Spirituality & Health, Refinery 29, Vocal, Medium and Bust Magazines, along with many podcast, radio, news, and TV interviews. Known for exposing the impact of sexual shame on our ability to securely attach to our partners, and instruct our children to attach to theirs, Dr. Sellers' book *Sex, God, & the Conservative Church – Erasing Shame from Sexual Intimacy* has had a global impact. Her latest book, due out June 1, 2021, ***Shameless Parenting – Everything You Need to Raise Shame-free, Confident, Kids and Heal Your Shame Too!*** was a New Release Bestseller in five categories. She speaks throughout the world on how to heal, and how to raise shame-free relationally confident children. She can be followed on Instagram @DrTinaShameless.

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AUTHOR DR. TINA SCHERMER SELLERS

“What’s unique here is how Tina Sellers gracefully holds our hands as parents who bring our own histories of unease about sexual matters. Written in bite-sized, easy-to-absorb sections, *Shameless Parenting* brings information, hope, and even joy to the most difficult part of parenting in today’s world.”

-- **William J. Doherty, Ph.D.**, professor of family social science at the University of Minnesota and author of *Take Back Your Kids: Confident Parenting in Turbulent Times*.



“Finally. Finally! For such a long time, we have needed sane, science-based, morally intelligent, and practical guidance to help parents raise children without shame. When I opened Tina Schermer Sellers new book on this subject, I expected the focus to be on shame in the child, but she brilliantly focuses on shame in parents which then leads to shame in children.”

-- **Brian D. McLaren**, author of *Faith A ter Doubt* and *The Great Spiritual Migration*

“Parent or not, *Shameless Parenting* is for anyone who desires practical tools to heal from the paralyzing prison of shame. But this book goes beyond raising awareness! A brilliant practitioner, Dr. Tina offers diverse practices and resources to not just uncover shame, but also to heal from it and move forward with self-compassion and confidence. What a gorgeous, powerful, and accessible resource!”

-- **Christena Cleveland, Ph.D.**
Director, The Center for Justice + Renewal

“*Shameless Parenting* is a practical, readable, compact guide for parents who want to parent without shame. As a pastoral counselor, I wish every parent would read this incredibly helpful resource. From her deep well of knowledge, Tina Schermer Sellers has lovingly compiled an excellent guide for busy parents who want to get it right. *Shameless Parenting* provides the assistance every parent needs to lessen suffering and change lives.”

-- **Dr. Paula Stone Williams**, author of *As a Woman _ What I Learned About Power, Sex, and Patriarchy*
A ter I Transitioned



SPEAKER



Dr. Tina speaks internationally. If you are interested in inviting her to speak at your event, please feel free to reach out. You may also use this media kit to help introduce her to your community.

SPEAKING TOPICS

- Dr. Tina speaks on many topics at the intersection of sexual and relational health, parenting, and the impact of sexual shame on our health and wellness. For example:
- How to be your child's best relationship resource, sex educator, and ally
- What are the typical relational tasks and curiosities of each age and stage of youth as they grow?
- What is the impact of sexual shame on body image, and relational and sexual health? How can I heal?
- Can spirituality and sexuality co-exist? Erasing the M.E.S.S. (Model for Erasing Sexual Shame)
 - Dr. Sellers shares a model for how to heal sexual shame.
- How to heal and thrive after religious sexual trauma and purity culture.
- How do you nurture intentional and sacred sexuality?
- How do you foster intimacy and sexual health over a long-term relationship?
- Single parenting and blended families – what are the pitfalls and strengths?
- How to thrive after divorce.
- Improving family functioning – What are key pillars?

AUDIENCE

Parents; pediatricians, family physicians, adolescent medicine docs, family therapists, psychotherapists, teachers (elementary through high school), sex educators, parent and teen coaches, clergy, parents coming out of conservative religious cultures.

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“One of our most inspired and sought after speakers!”

- Past Conference Chair, CFHA.net

AREA OF PROFESSIONAL APPLICATION AND RESEARCH

- Impact of sexual shame on health, wellness, attachment, intimacy and happiness.
- How to heal religious sexual shame.
- Sexual and relational developmental health across the life-cycle (birth to young adult).
- Doctor patient relationship skills.
- Integrative, comprehensive and collaborative healthcare.

AREA OF EXPERTISE

- Integrating sexual health parenting across the life cycle
- Sexual and relational health and wellness
- Healing from religious trauma and abuse
- Ancient mystic Jewish sex positive ideas and practices
- Integrated and collaborative healthcare
- Marriage and family therapy
- Mastering the art and science of pleasure

QUALIFICATIONS

- PhD in Clinical Sexology
- M.S. in Marriage & Family Therapy
- B.S. in Education
- Certified Sex Therapist and Sex Therapy Supervisor (AAMFT.org)
- Approved Supervisor (AAMFT.org)

AS SEEN IN



Vocal



Medium

Spirituality & Health

REFINERY29 **BUST**

Dr. Tina
Schmer Sellers



CONNECT WITH DR. TINA



INSTAGRAM



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AMAZON



ONLINE



www.TinaSchermerSellers.com

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