

Orgasm BootCamp: Healing Orgasm with Cannabis Medicine

By Dr. Suzanne Mulvehill

Overview

Cannabis Treatment for Women who have difficulty orgasming with or without a partner

A Science-based Training Program

Turn orgasmic difficulty into orgasmic ease with scientifically proven techniques

Orgasm Boot-camp offers a step-by step guide and encompasses medicinal cannabis with pleasure practice sessions integrating scientifically proven techniques that facilitate orgasm including; fantasy/imagination training, breathwork, sensate focus, learning to be in an “absorbed” state of consciousness, quieting cognitive distraction, and mindfulness/meditation.

Each weekly session includes an educational component, breakout sessions, and homework assignments.

Orgasm Boot-camp is a 9-session science-based training program for women who may have never orgasmed, women who have not orgasmed with a partner or through penetrative sex, women who used to orgasm but do not any longer, women who orgasm without pleasurable sensations, women who desire to access the full potential of their orgasmic potential, or women who have given up on their orgasm.

Recommendations before starting Orgasm Boot-camp:

- ✓ Complete the intake form. Click here to complete the form.
- ✓ Complete the disclaimer form. Click here to complete the form.
- ✓ Have your medical cannabis prescription in place before you begin CT-FOD.
- ✓ Purchase cannabis products with approximately 15-20% of THC.
- ✓ Vaping is recommended. Recommended vape: [Planet of the Vapes ONE](#)
- ✓ Recommendations for new cannabis users: click [here](#)
- ✓ Begin or deepen daily journaling, meditation, and yoga practices.

Recommendations during the 9-week Orgasm Boot-camp training program:

- You are encouraged to participate in all live Zoom calls, complete homework assignments, and stay connected via the community Whatsapp thread, share concerns if/when they come up and get comfortable outside your comfort zone.
- Understand that this treatment program is a journey that may provoke buried emotions and feelings, particularly if working through old and unprocessed trauma. Feelings such as anger, resistance, sadness, fear, may rise. This is normal. If you find that these feelings

become overwhelming, or if you need more integration and processing that what is offered through this course and support network, please work with a therapist or sex coach to process and heal the trauma and feelings that arise. We have a list of therapists/coaches we can suggest to you.

Outline

Week 1 - Creating a Pleasure Practice using Cannabis

- What is a cannabis-based pleasure practice and how to establish one?
- Getting to know your sexual body and your erroneous zones
- Why “practice”? What are the benefits of a pleasure practice?
- Cannabis and the practice of surrender
- Shifting into an “exploration” mindset
- Learning how to use cannabis medicine
- Discovering what you need to “Unlearn”
- Quieting the mind “chatter”
- Creating safety and space for your orgasm

Week 2 - Getting to know cannabis and your orgasm: Cannabis, female orgasm and female sexual anatomy

- Cannabis and female orgasm
- Effects of Cannabinoids on Female Sexual Function
- Reduction of amygdala activity
- Dis-habituation of thoughts and behaviors
- Neuroplasticity – brain’s ability to change
- Cannabis and orgasm research highlights
 - o Cannabis used since ancient times for sexual pleasure
 - o 34% of women use cannabis before sex
 - o Women who use cannabis more frequently are twice as likely to orgasm
 - o Female sexual disorders declined by up to 21%
 - o Cannabis eases orgasm difficulty for men and women
- Female sexual anatomy
- Definition of female orgasm (most recent)
- Types of female orgasm
 - o Clitoral
 - o G-Spot
 - o Blended
 - o Deep vaginal
 - o Cervical

- o Anal
- o Squirting/Ejaculation
- o Nipple
- o Exercise orgasm
- o Sleep orgasm
- o Multiple orgasm
- Women's orgasm and the brain
 - o Absorbed state
 - o Amygdala activity

Week 3 – Accessing orgasm through the altered states of consciousness

- Orgasm IS an Altered State of Consciousness
- Surrendering into the Altered State of Cannabis
- What does surrender have to do with it?
- What is letting go and how to experience it?
- What cannabis has to do with altered states?

In altered states:

- Recognize and break habitual thinking patterns
- Reduce trauma responses in the mind and body
- Create new neuropathways

Week 4 - Sparkling your pleasure practice with imagination and fantasy

- What science says about fantasy, imagination, cannabis, and female orgasm
- Ideas to develop your fantasies/imagination

Week 5 – Using your breath and voice to access your orgasm

- Breathing and Orgasm: What they have in Common
- [The Art of Breathing: Using Breathing Exercises for Better Sex](#)
- [Neurons identified that link breathing to relaxation and arousal](#)

- [Study shows how slow breathing induces tranquility](#)
- How to use cannabis to enhance your breathing

Week 6 Healing orgasm blocks

- Knowing and Overcoming orgasm blocks
 - Using cannabis medicine to overcome:
 - Sexual trauma
 - Sexual shame
 - Faking orgasm
 - Limiting beliefs

Week 7 Creating a partnered pleasure practice

- Inviting your partner into your practice
- Setting up the “container” for a partnered practice
- Defining the boundaries
- Creating safety

Week 8 Deepening your pleasure practice

- Surrendering into absorbed states of consciousness
- Working with your mind
- Discovering the journey within

Week 9 – Becoming comfortable with the “unconventional”

- Orgasmic Meditation
- Setting up guidelines for a sex practice partner
- Exploring alternative safe sex groups