

GENITAL TOUCHING & PLEASURING

In doing the exercises involved with non-genital touching you have become more comfortable with your natural bodily feelings as well as the reactions of your partner. Also, hopefully you have relearned the enjoyment of touch and sensuality without worrying about the pressure of goal-oriented sexual performance. Now that the base of slow, gentle, and rhythmic touching has been established, we can build on it by adding genital touch and using a more natural and integrated approach to whole body touch. The most important thing to keep in mind with these exercises is now that you will be doing genital touch, don't fall back into the trap of having all your interactions be genitally-oriented and aimed toward sexual intercourse. Rather, the genital touching should be preceded by non-genital touching, and the genital touching should be integrated with the non-genital. They should compliment each other, rather than genital touch substituting for non-genital.

At this point, you are continuing in the stage of exploring and learning to enjoy giving and receiving pleasure. The goal of sexual intercourse is not appropriate because it tends to raise performance anxiety. Instead, the emphasis in these exercises is a non-goal oriented experience in integrating non-genital with genital touching and sensual feelings with sexual feelings. As with the non-genital touch, you should first focus on learning and accepting your feelings about your genital reactions and then teaching your partner about the type and location of touch which is most sensually and sexually enjoyable to you.

We suggest you first read this through alone, and then talk to your partner about it. Remember, the exercises are suggestions and guidelines set up to help you in the exploring and discovering process rather than rigid rules you must follow to please the therapist or prove your sexuality. You are doing this to be more aware of and accepting of your genital feelings as well as your sensual and sexual feelings. Then you will be able to convey this to your partner in an open, honest exchange. You will also be better able to focus on and accept your partner's genital feelings and his/her sexual responsively.

Each exercise is designed to take approximately 45 to 90 minutes, however, this is flexible. You might want to separate out parts of the exercises and do these totally independently of the program, (i.e. some couples will want to devote more time or at a different point to doing the on-genital touch with clothes on, or to integrating the non-genital and genital touch, etc.) Remember to plan a relaxed time where you won't be disturbed or feel hurried. At a minimum spend at least 15 minutes on each exercise experience. Think of this as a further step toward learning about and accepting yourself as a health sensual and sexual human being.

First Set of Exercises

Before beginning sit and talk for about 15 minutes about the highlights of your non-genital touching experiences, and talk about what you need to know about yourself to feel more comfortable with genital touch. Remind your partner what things you liked about the non-genital touch and tell him or her how important it is to you to continue this pleasurable, tender interaction.

Hold hands as you go to take your shower or bath together. Soap and caress each other in the same enjoyable manner as before with one addition: wash your partner's entire body. As you reach the genital areas, name each part aloud such as breast, penis, mons, scrotum, vagina, etc. This gives you practice in using sexual words – in giving verbal feedback it's important that you feel comfortable in talking about genital parts. If arousal occurs during the bath or shower, simply accept it as a healthy and natural process; don't feel any pressure to do something about the arousal – simply accept it.

As you leave the bath, dry each other off including drying the genital areas in the natural progression of drying the body from top to bottom. Do not wait until the last for the genitals. Include them as a natural part of your partner's body.

Then go to your bedroom and be sure that things are conducive to feeling comfortable and sensuous. Are you comfortable with the room lighting – some people like it very bright, others like a more darkened room; however, be sure it's not so dark that you can't see the details of your partner's nude body. If you like music to help you get into a more sensuous mood, then by all means have your favourite music on. Before starting, spend time just getting relaxed and comfortable yourself.

Begin this phase of the exercises with the non-demand position you used in non-genital touch where the woman is on her back and the man is on his side, with her feet over his bent legs. The man will be the "pleasurer" for the first part of the exercise. He should first focus on the relaxing and sensuous kinds of non-genital touch which he's learned his partner appreciates the most. Also, he should kiss or orally stimulate particular non-genital body parts. Then with your right hand, begin to caress your partner's breasts very gently, as an extension of rubbing her chest and sides. When her partner begins doing this, the woman should close her eyes and as "pleasuree" be particularly aware of what rhythm and type of breast touch is particularly sensuous. Through the rest of this exercise, she should continue to keep her eyes closed and focus in on the pleasurable sensations. She shouldn't pressure herself into "having to feel sexually aroused" simply accepting her natural bodily sensual and sexual reactions. Remember the role of the "pleasuree" is to be passive and to allow yourself to be receptive to and accepting of pleasure. Both the "pleasurer" and the "pleasuree" should think of the breasts as totally new parts of the body to discover and to explore. The "pleasurer" should view the breasts (and other genital parts) in a very different and enjoyable way and feel comfortable in exploring a variety of touch, so that his partner might better understand the multitude of her reactions.

You should gradually focus more and more attention on breast stimulation. With the palm of the hand, start at the waist and move up to the neck with one long slow motion. Be careful that you are not pressing hard, because the breasts are usually quite sensitive and you might inadvertently be causing your partner some discomfort. Trace the nipple with your fingertips, and see if it becomes more erect – this is usually a sign of arousal. Notice the different sensations in touch on erect as opposed to non-erect nipple. As you are caressing her breasts, be certain to follow and respond to any warm and tender feelings that you have.

Place your hand on your partner's opposite side so that you are nearly surrounding her with your arm – slightly behind the arm, parallel with the breasts, so that in a slow

continuous movement you draw your hand over the soft skin underneath the arm pit, across both breasts to the other side, then slowly back again. As you pass over a breast, if the nipple is soft, gently caress it until it is erect, if it is erect try a circular motion with the palm of your hand until it is soft.

Lifting yourself on your elbow for support, kiss and caress the breasts and chest area in general. Feel the different texture changes with your tongue. At this point and throughout this exercise the emphasis is on non-verbal communication since talking can get in the way of bodily feelings. However, the “pleasurer” should be especially sensitive to any non-verbal signs of tension or anxiety in your partner. If you feel her tense up, back off a little in your particular activity, but do not remove yourself from body contact; that is, keep contact, but move back just a step or two. If kissing her breast makes her tense, and you feel it or she reports it, move your kisses to her general chest area until she’s comfortable again. Don’t totally move away or stop the contact. Neither of you has made a mistake. It simply takes time and experience for each of you to relax and learn what is pleasurable in genital touch. It takes time and practice to get two people together in an intimate area like genital exploration. Just stay with the feelings and the sense of learning and exploration. Remember that you are helping each other get to know yourselves, and your partner may be a little uptight too. Your relaxing will help to make your partner more comfortable and feel more secure in the pleasuring. When the male feels he has given his partner a variety of breast stimulation experiences including touching the areola with just the palm of his hands, gently bring the breasts as close together as they will go, and exploring the difference in separate versus simultaneous breast stimulating, the partners should change roles. Since breast stimulation has already been done with the male during the non-genital touching, the extensive exploration will probably not be necessary. However, you should at least explore the difference in feeling between an erect and non-erect nipple and how your partner enjoys having his nipples kissed. Again, some men find this very arousing while others don’t. There are no right or wrong responses; it is a process of discovering how your body reacts to stimulation. For most men, nipple erection is a sign of sexual arousal. Do not stimulate the penis and genital area rather spend a lot of time in slow, tender, and rhythmic touching of other body parts. Also, express your warmth by touching and kissing attractive parts of your partner’s body. Be sure that these exercises end on a most pleasant and warm note. Then sit and talk about both partner’s feelings about breast touching – hand and orally. How does the woman feel about her breasts? Does the man enjoy looking at them and touching them? Can you now incorporate your breasts into the rest of your body?

SECOND SET OF EXERCISES

This exercise should be done with the “pleasuree” keeping his eyes closed and with a minimum of verbal interaction. Again, begin with the bath or shower. This time when soaping your partner’s genital area, describe verbally and in detail such things as skin patterns, size, and attractiveness. Describe how you feel about touching the genitals and what you find particularly fascinating or nice about it.

The first time the woman should be “pleasurer” and the male “pleasuree”. He should lie on his back in a comfortable manner, eyes closed, relaxed, and passive. At this point he should be focused on receiving pleasure and receptive to learning what types of touch and stimulation he’s most responsive to. She should get herself in a

comfortable position, perhaps kneeling near his stomach, sitting, or lying beside him. Before beginning the touching, visually explore his whole body, not focused on the genital region but allowing your eyes to explore the entire body. Then spend some time gently massaging and caressing your favourite non-genital body parts. As you are doing this, observe his genital region. Be aware of your feelings about an erect as opposed to a non-erect penis. A commonly believed myth is that when the male has an erection that means the woman must do something, i.e. have intercourse. An erection might mean general excitement (often men feel this during a sports event), good sensual feelings, or perhaps sexual arousal. Interestingly, often the male believes the myth that an erection must mean sexual arousal, and attempts sex even when he doesn't feel like it. Remember you don't have to do anything with his erection except observe it and enjoy it without feeling any demand.

While massaging around the stomach area, simply lower your hand movement and touch his genitals. As you explore the genitals, name each part as you touch it – penis, glans shaft, frenulum, scrotum, and testes. As you touch, repeat the words until you can feel comfortable with them. By the way, if at any time during the touching you feel any anxiety, do not remove your hand from the body, but simply massage a more comfortable body part and let yourself relax. Take a few long, deep breaths, and if you are still anxious, hold your partner in your arms for a few minutes until the anxiety is gone. Most important is to stay with the feeling of closeness and comfort. Each person must go at his own pace and comfort level – be aware of your feelings and accepting of them.

As you explore the testes with your hands, notice which is larger and what the shapes remind you of. Remember that they are very sensitive. Be careful to move slowly and gently. Notice how they can be moved around inside the scrotum. If your partner is circumcised, trace the head of the penis with your fingertips. If he is not, gently move the foreskin back and explore the head. If the penis is flaccid, gently and non-demandingly massage and caress it until it becomes erect, keep your hand on the penis and enjoy the feeling of it's becoming erect. Place your hands in a cup-like curve and hold the scrotum. Notice how it changes as his penis becomes erect. If the penis is erect, either do non-genital touching or stop touching until the erection subsides. Be aware of the differences in the penis and scrotum in the non-erect state. The male should be aware of feelings as the erection subsides. Often males become anxious about this when in reality it is nothing to be threatened about. An erection can decrease and then be regained if the male allows it to happen rather than become anxious.

Run your fingers through his pubic hair. Notice the texture, thickness, and length. Place the heels of your hands below his genitals on the soft inner sides of his legs. Slowly, gently, and rhythmically move your hands up to his waist and back down again, moving over the penis, repeat these motions several times.

Holding his penis in one hand, feel the softness behind the scrotum with the other. With a fingertip trace a line down to his anus. Then, flattening the hand, caress the inside of one leg, while you continue to hold and gently squeeze his penis. Try to keep the rhythm of his breathing with the squeezing of his penis. Try gently pulling and squeezing at the same time. Move your other hand to his lower abdomen and move it in small circles.

Remember, the role of the “pleasurer” is to provide a variety of types of stimulation so that the “pleasuree” can discover the pattern of stimulation he can best respond to. At this point you should be using only manual touch. Oral stimulation of the genital area will be dealt with in a different set of exercises. When you feel reasonably comfortable with genital touch, and you feel you’ve given your partner a pleasurable experience you can switch roles.

The woman should lie on her back and let herself relax and be comfortable. The male should also get himself in a comfortable position whether sitting, kneeling, or lying. It is important that he can see and touch his partner’s body. In visually exploring her body include the genitals in an integrated view. Begin by touching your partner’s favourite non-genital areas, and then let her guide your hands over her breasts. She should do the guiding non-verbally with her hands over her partner’s hands. The male should let his partner teach him what type of breast touch is most comfortable and stimulating to her. At this point, he might also enjoy kissing, sucking, or some other oral stimulation of either the areola or the entire breast. She can guide him in this by moving his mouth touching his forehead, or other mutually agreed upon non-verbal communication. The male should be careful in this, because the breasts can be sensitive. Be aware of your partner’s response and feeling.

Massage around the stomach, and then lower your hands and explore the genital area. Gently run your fingers through her pubic hair, and caress her stomach up to her waist. Be aware of the texture of the pubic hair, how it looks, how it feels. Place the heels of both hands below her genitals, in the soft inner part of her legs. With both hands cupped over most of her pubic hair, move in small circles rhythmically.

Spread the labia majora with your fingers. For the first visual exploration, you should have studied the diagram on page 35 of Belliveau and Richter Understanding Human Sexual Inadequacy to help you identify the various genital regions. In exploring the genital area, the goal is to be comfortable with the sight and feel of her genitals rather than worrying about sexual arousal. Find the clitoris, and look carefully at the labia minora. Notice how they surround the vaginal opening. Spread the vaginal opening with two fingers and notice the colour and texture of the interior. Feel the warmth and dampness. Gently insert one finger into the vagina and notice how it feels. Touch the mons area, the perineum, and around the urethra. As you explore these areas, verbalise the names, and notice your comfort level using sexual words. Repeat the words until you feel quite comfortable with them.

Move slowly and gently, remembering that gentle touching and exploration is important. The clitoris can be especially sensitive, rather than directly stimulating it you should run your fingers next to it on the clitoral shaft. As your partner becomes aroused, the clitoris becomes larger and withdraws under the clitoral hood. This is her body’s way of protecting her from discomfort because direct clitoral stimulation causes pain. Massage around the clitoral shaft, thereby indirectly massaging the clitoris.

The touching and exploring should be gentle and not aimed at sexual arousal. If your partner does become aroused, lubricating and responsive that’s fine, remember just accept it rather than feeling pressure to do something with it. Remember to alternate non-genital touch rather than focusing completely on the genital region. When you

feel that you're comfortable with genital touch, and you've provided your partner with a variety of stimulation techniques, you can finish up the exercise.

In finishing up, simply hold your partner in your arms, sharing the feelings of warmth and tenderness. Then you might want to get dressed and go downstairs and talk, or perhaps just lie in bed nude holding hands and verbally share your feelings about exploring your partner's genitals as well as how it felt for your genitals to be explored and caressed in a non-demanding way.

THIRD SET OF EXERCISES

During these exercises, both of you should have your eyes open so that eye contact can facilitate the communication. Use your favourite lotion to enhance the feelings of sensuousness, remembering to either warm it or pour it on your hand first to warm before rubbing on your partner's skin. Also, you'll be using non-verbal hand movements to guide and teach your partner the places and types of touch you feel particularly comfortable with and responsive to. Couples often have a difficult time communicating about how they like having their clothes taken off. Often the person undresses himself or the partner hastily and crudely undresses you. In beginning this exercise both have your clothes on, and begin by having the woman undress the man. Start by looking at your partner fully clothed, and then mentally undress him. Be sure both of you are relaxed, keep good eye contact, but keep the verbal interaction at a minimum so you can focus on the experience.

In subsequent experiences in undressing your partner in sensuous and seductive ways you can vary these techniques according to your unique style – sometimes extremely seductive and sometimes very playfully. The important thing is to realize that the undressing can be sensuous, seductive, and fun rather than just routine.

You can decide who will be “pleasurer” first. In deciding the latter, you might want to determine who has more discomfort in giving and let him or her be the “pleasurer”. In the pleasuring the focus should be on carefully attending to your partner's feelings and guidance, and on really getting into the process of giving. Remember the “give to get” principle of mutual sexual satisfaction.

In the pleasuring you might want to try a different position. The pleasurer should sit first on the bed, with back support (either with his back against the wall or bedboard or more preferably against some soft pillows). His legs should be spread far enough apart so that the partner can sit between them. Your partner will need back support so he can be in a semi-reclining position. Arrange the pillows so that your bodies are in comfortable and relaxed positions. The “pleasuree's” legs will be over the “pleasure's”. Be sure the “pleasurer” has full access to the entire body.

The “pleasurer” can begin by caressing the genitals. Using your favourite lotion, go over the genitals as if your goal is to cover them completely with lotion. Do it slowly, tenderly, and rhythmically. Follow your partner's guidance. The “pleasuree” should feel free to move the hands to parts of their genitals that feel particularly sensuous and arousing. Those who masturbate or have done some self-exploration are in a particularly good position to understand their natural bodily reactions and share these with their partner. Be open and honest with your partner, if you want him to explore a part of you you are not sure of, help him do it. Don't be afraid to share your pleasure

and responsiveness as you learn to respond as a healthy sensual and sexual being. Really feel your body and enjoy its naturally responsive feelings. When you are both comfortable with your genital feelings, move on to touching non-genital body parts. So often, touching goes quickly from non-genital to focused genital touch. How does it feel to reverse that process? Allow the on-genital touch. How does it feel to reverse that process? Allow the non-genital touch to be slow, tender, rhythmic, and be very responsive to your partner's guidance and feelings. Try to make the non-genital as enjoyable as the genital touch, and as enhancing to your partner.

You can then switch roles of the "pleasurer" and "pleasuree", and repeat the same sequence. Afterward, if you're comfortable with this, lie in bed in the nude and share feelings about your experience, your feelings about giving and receiving non-genital and genital touch. You might want to share with your partner how you feel about initiating and how you feel about receiving. Be frank, direct, clear, and supportive in your verbal feedback to your partner. Probably the most important part to share is how you're feeling about your partner as a sensual and sexual person.

FOURTH SET OF EXERCISES

In this last set of exercises it is most important to integrate genital and non-genital touch, using eye contact and verbal exchange. Let the first half of the session be mutual in terms of touching, with a lot of spontaneity and sharing. Also, rather than be "pleasurer" and "pleasuree" allow it to be more unstructured with simultaneous giving and receiving pleasure. Integrate what you've learned into a more sensuous and sexual foreplay experience.

After this, you can move to the "sex caress". In doing this, return to the "pleasurer-pleasuree" approach, letting the male be the "pleasurer" first. The concept of the "sex caress" is an excellent integration of genital and non-genital touching, as well as being both sensual and sexual. The key words throughout are slow, tender and rhythmic.

The "pleasuree" is lying on her stomach; she can have her eyes opened or closed, whatever feels more comfortable. Begin by massaging the back of the neck with both hands. Be sure the neck muscles are relaxed; attend to your partner's responses. Then gently move your hands down to about 3 inches about the tailbone and massage this area in smooth, rhythmic motions. Next move your hands to the back of the thighs and then up through the buttocks bringing them together. Then caress the small of the back and using the same motion back to the thighs. Do this several times, and allow yourself to respond to feelings of sensuousness. Help your partner turn over and when comfortable, take your hands and place them on her thighs. In a natural sweeping movement, move your hands up her thighs, through the genital area, together at her stomach, then out again through the chest, and then bring the breasts together and then back again with the same movement, to the thighs. Be sure to touch the genital area fully, but don't concentrate on it as an area. Rather, the whole movement should be integrated. Do this several times and attend to your feelings of pleasure at your partner's enjoyment and responsiveness. You can share this verbally. Continue this movement until your partner asks you to stop.

Then change roles, and the woman should repeat the same series of exercises, but using her own unique style. There is one additional exercise, which seems particularly important for women. Typically, the woman does not use her breasts in an active way; rather, she is passive while the man massages them. Active breast movement can be very enjoyable to the woman as well as her partner. After the hand massage of the thighs, genitals, stomach, and chest, she should put some lotion on the front of her breasts and repeat the same movements using her breasts rather than her hands. As you do this, notice the feelings in your breasts; often women find their breast responsiveness heightened by this experience. When you've done this long enough to decide whether it feels comfortable and arousing to you, have your partner lie comfortably on his side and put your hand on his chest with your front to his back and try to get in rhythm with his breathing. Allow yourselves to breathe together. This can be a very warm, close, and intimate feeling. Share this with each other, and then allow yourselves to drift off to sleep.

CLOSING NOTE

This completes the basic core of the program to help you function more comfortably as a healthy sexual person and as a sensuous and sexual couple. You should feel comfortable with giving and receiving sensual and sexual stimulation in a relaxed, non-goal-oriented atmosphere. Your level of acceptance of both your own and your partner's sensual and sexual reactions, and perhaps most importantly of your own unique styles of giving and receiving pleasure are now more clear and positive. With this solid foundation and with the ability to communicate openly and frankly with your partner you can move to work on your sexual difficulty.