



orgasm SOS.

Revive "meh" climaxes with a little hypnotherapy (no watches involved).

Sick of less-than-earth-shattering orgasms, or even not having one at all? You don't need to just grin and fake it. Help is here – in the unlikely form of a hypnotherapist. We're not talking about the guy in the dodgy sequinned jacket who does a weekly show at the RSL. We're talking legitimate, licensed professionals who use specialist techniques to unlock the amazing climaxes that lie within.

"[with hypnotherapy], you should find you become less inhibited during sex."

"Hypnotherapy can be beneficial for a number of health issues," says clinical hypnotherapist Lucy Patarcic (lucidmind.com.au). "I've treated patients for everything, from depression, anxiety, phobias, sleep problems, smoking, eating

disorders and addictions."

So how do orgasms fit in with all these rather heavy matters? Well, common issues (like being unable to orgasm or having irregular ones) are often linked with what is going on in your head. "Sexual problems are often caused by things like stress, past sexual abuse, body image issues, performance anxiety and having difficulty fantasising," says Patarcic. "And all of those things are linked to the mind."

Hypnosis can relax your brain, which allows the hypnotherapist to help change negative thought patterns and beliefs that exist in your subconscious. It isn't a matter of swinging a watch in front of your eyes, either. "I take a full

sexual history of clients so I can tailor the session to their needs," says Patarcic. "I also help educate them on how the female body works and the process it goes through to achieve orgasm. I then teach relaxation techniques to practise at home."

The number of sessions you'll need varies, but Patarcic says three appointments, a week apart, is a good start. "As long as you're open to the experience, hypnotherapy will work, and you should find you become less inhibited and more confident during sex." □

"it made a real difference"
CLEO reader Kate, 25, went "under".

"It annoyed me that I took so long to climax, especially the first time with a guy. I started to think there was something wrong with me. I had used hypnotherapy for other issues, as it really interested me, so I decided to try it for this problem. Although I can't tell you exactly what the hypnotherapist did, as I was under, I *can* tell you it made a real difference.

Before the session, the hypnotherapist asked

questions about my sexual experiences, in case there was an underlying issue that needed unblocking (I obviously got unblocked!).

Since my hypnotherapy, I'm so much more relaxed, and it's no longer a challenge to have an orgasm – it feels natural and not like work. It also flows more and I've learnt through my sessions that, for me, allowing myself to connect with someone and not be fearful is the key."

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