INTRODUCTION

Empirically validated training programs for women who would like to enjoy more sexually and enhance their sexual wellbeing are rare. Finding more sexual enjoyment is a very personal thing and each woman can find her own way. We developed an intensive three month self-training program for healthy women which consists of techniques from the cognitive-behavioural and hypno-therapeutic field and from Komaja’s tantric training. The training enables women to experience themselves and their bodies, step by step. In some parts of the training there is also the possibility to include the partner. After the pilot study, completed in 2007 and presented at the 18th World Congress for Sexual Health in Sydney in 2007, which involved 35 healthy women, the effectiveness of the training was tested again in a follow up study in which 43 women participated over a three month period with daily exercises.

THE TRAINING

The Orgasmic Woman is an intensive three months self-help program for women of any age, who are psychologically healthy and who want to improve their knowledge of themselves and skills, as well as thoughts and feelings related to sexuality. It is a training for women who would like to enjoy more sexually and enhance their sexual wellbeing. It is not a substitute for psychotherapy. The recommendation is that the participants should be in contact with their therapist supervisor during the training. There is also the option to discuss and share experiences in a group setting.

The program is conceptualized in three steps. The participant should pass through the three main exercises stage by stage which are three techniques of visualization, loving training and work with archetypical images, three cognitive behavioural exercises to strengthen self awareness and self discovery, and three tantric exercises with exploration of which the woman derives pleasure and play with arousal and orgasm. In addition, she should also complete daily supplementary exercises which are: Erotic Power Training, Tantric Masturbation or Making Love, and Komaja’s Ecstatic Nature Breathing. The women decide for themselves how long they want to continue with a particular exercise. We made suggestions which can act as guidelines.

METHOD

The effectiveness of the original study was tested with the follow up study. The follow up study included 43 healthy women aged between 20 and 56, with an average age of 29 years. The majority of the participants have an academic level of education and most of them were from central and Southeastern Europe. Over a period of three months they performed daily exercises and regularly filled out a semi-structured diary on their process through the training. Each woman had the possibility to contact their supervisor or the authors of the training program at any time.

RESULTS FROM THE FOLLOW UP STUDY

Overall, both the pilot and the follow up study (n=78) showed a significant improvement of sexual satisfaction (p<0.05) and improvement of sexual arousal (p<0.05). Additionally, women without Komaja’s tantric training from both studies (n=42), profited significantly more from the program than the other participants (with a significantly higher level of sexual functioning), indicated by the overall score in the FSFI at the end. Especially noteworthy is that they showed a significant improvement of sexual satisfaction (p<0.05), of sexual arousal (p<0.05*) and of sexual desire (p<0.05).

CONCLUSION

The results of the follow up study confirm the findings from the pilot study and the subjective impressions of the participants state clearly that the training is very promising and effective. The Orgasmic Woman helps women to deepen their contact with their sexuality, to their vitality and their power to enjoy and love. It helps them to liberate themselves from conventional attitudes of how a woman should be, to discover their own way to be, as well as to live their dreams and to love. The participants found the training very helpful for their sexual wellbeing. Women without Komaja’s tantric training experienced the greatest benefit from the program. The program gives a clear evidence for a very valuable therapeutic effect.