

SYLLABUS

SELF PLEASURE MODALITY™

GRADUATES CERTIFICATION

— THE INSTITUTE OF —
NEW PARADIGM
Intimacy





WELCOME to the Institute of New Paradigm Intimacy, an advanced certification in business and mentoring for the new paradigm of sex and relating.

There has never been a better time for you to follow your calling and make a difference in the world by just being you!

The Institute of New Paradigm Intimacy supports people of all genders to step into their leadership in the sexuality field, qualifying them to not only support others but to create cultural change on our planet



HI, I'M VICTORIA REDBARD

I was seventeen when the thought of becoming a sex coach first entered my mind. I felt a strong desire to support people in accessing hidden parts of themselves and uncover their unique expression, but as far as I knew then - that wasn't even a real job! So, I let the idea drift away.

Fast forward eight years, feeling lost and defeated at the tail end of an abusive relationship and completely deflated from trying to fit into the corporate world, I strapped on my backpack and travelled to Central and South America with the intention to seek out a deeper purpose.

While in Mexico, initiating myself into the world of tantra trainings, I serendipitously won an ayahuasca journey through a Facebook advert. The alchemy of these events once again connected me with the desire I held to connect people with the deepest truth of who they are through the gateway of their sexuality.

Returning to Australia, everything then began to fall into place with incredible ease, reassuring me that I was indeed on the right path. I spent the next few years tracking down the pioneers of tantra, studying with long standing Institutes and seeking mentorship from the leaders who brought tantra and sacred sexuality to the mainstream.

This unlocked my own pathway to embodiment through the realms of Self Pleasure. I held group workshops that expanded rapidly in popularity, and my one-on-one work began thriving as this pathway of transformation consistently delivered myself and my clients more power, freedom, money and love than we'd ever known.

As popularity grew, I began to collect research and collate my own findings, and this is when I saw the modality truly come to life. I found a pathway of self-actualisation - embodiment that not only helped men and women discover pleasure, bliss and happiness - but had them open up their lives to transform in other areas:

- Financial freedom
- Relating Bliss
- Connection to self
- Orgasmic sex
- Overall aliveness

THE NEW PARADIGM

This new paradigm of relating to ourselves and the world around us is for everyone. It is returning us to our deepest knowing; a wisdom of connection we have somehow forgotten. It is returning to a way of living that prioritises love, freedom and happiness and encourages the conversations of how this can come to fruition.

With a variety of maps, theories, somatic practices and the principles of tantra, the Self Pleasure Modality was birthed into the world. In my local community on the Gold Coast of Australia, I watched firsthand as people of all ages came together and worked through the conditioning of their past to create a new way of experiencing sisterhood, brotherhood, romantic connections, and tribe. This new way brought abundance, aliveness, joy, connection and the ability to go to the depths of the darkness together and rise together stronger. This is how community builds society, and a cultural shift occurs.

My research has shown that what truly allows us to thrive in life, is the ability to stay in our bodies through anything that may arise. Sexual violation and shame are two major factors that cause disconnect from our bodies and move us into a state of fight, flight, freeze or befriend. In this space of survival, we are not connected to our essence and therefore cannot hold our boundaries or feel empowered to create the life we desire. When sexual energy is no longer taboo, we can normalise the affects it may have on our behaviour and this awareness can support all relationships to flourish.

My mission is to see all people step out of their heads and come deeply back into their bodies through the integration of eros into society. Through this movement I envision a world where rape, molestation and boundaries being overstepped is no longer a common occurrence. A world where sexual energy comes out of the shadows and into consciousness. A world where people are not encouraged by the media to be 'sexy', instead they are encouraged to be 'embodied', and a world where sexual health plans are as common as mental health plans.

The industry of sex and relationship coaching is growing rapidly and is in need of educated, qualified leaders to create the safety and guidance needed for others to journey into the depths of their inner reality. The Institute of New Paradigm Intimacy invites you to step into your truth, to experience the ease in which your reality can transform through the Self Pleasure Modality, and to find your place as a leader in the New Paradigm.

THE INSTITUTE OF
NEW PARADIGM

Intimacy



WHAT IS THE INSTITUTE OF NEW PARADIGM INTIMACY PROGRAM?

This program is a personal journey and philosophy that not only offers the skills needed to work with clients and activate your leadership and visionary abilities, but also invites you into a deep comprehensive exploration of understanding your own sexual energy and life blocks. This is a year long immersive journey that will leave you transformed in more ways than you can imagine!

IN THIS YEAR LONG COURSE WE WILL SHARE:

- Weekly Zoom Activation Calls with Facilitators
- Direct coaching and accountability support

- Comprehensive training content including:

 - Case studies

 - Embodiment journeys through self-touch

 - Erotic meditations

 - Maps and theory

 - Integration of modality into business

 - Practices to work on with clients

- Guest Activation Series with Global Sexuality Leaders

 - Access to the Facebook community



WHAT ELSE WILL I BE ABLE TO DO WITH THIS CERTIFICATION?

As a Self Pleasure practitioner, you will be trained to understand how sexual energy works in the human body and effects the way we move through life and relate to the world, and how to utilise practice over process to create rapid change in awareness and the ability to navigate life's struggles.

New Paradigm Intimacy offers you a wealth of somatic practices to guide clients through sexual dysfunction, sexual healing and pleasure expansion. You will confidently be able to address the psychosocial-sexual issues clients may face such a loss of libido, numbness, erectile dysfunction, premature ejaculation, inability to orgasm and disconnection from their partners.

This program gives you the ability to work with clients individually as well as couples.

Coaching can take place in person or online. The modules will include marketing strategies and deeper understanding of how to utilise the collective to ensure you leave this course with the ability to build your future and become financially free and abundant.

Globally accredited by IICT and SSEA

<https://myiict.com/benefits/>

<https://somaticsexeducators.com/professional-ethics/>



**APPROVED
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS





DETAILED SYLLABUS

TRIMESTER 1

CLEARING THE PAST (SELF) 10 WEEKS

Key learning objectives and outcomes:

The focus of this section of the course is to deepen your relationship with self firstly, to understand your own patterns, beliefs, conditioning and to learn how to relate to your own body through Self Pleasure, empowering you to become fully embodied in your experience and understanding as a practitioner.

MODULE 1

Self Pleasure An Art and a Science

- Mindset
- Triggers
- Masturbation vs Self Pleasure
- Witnessing as a Practice
- Transmission Through Osmosis
- Paradoxical Eros

MODULE 2

Relating Reset

- Connection to Self
- Boundaries and Consent
- Communicating Desires
- Breaking Down Conditioning
- Personal vs Transpersonal
- Understanding Desire
- Sexual Fears
- Jealousy
- Relationship Containers

MODULE 3

Pleasure Anatomy

- Understanding Anatomy
- Awaken from Numbness
- Sensuality as a Stress Relief
- Genital Massage
- What Blocks Orgasm
- What Induces Orgasm

MODULE 4

Leadership in the Sexuality Space

- Unrealised Knowledge
- Awareness of Habitual Sexual Behaviour
- The Ecstatic Current
- Wild Love as a Principle

MODULE 5

Heart Transmutation

- Methods of Transmutation
- Sublimation
- Rewiring Eros in the Body
- Opening from Pain and Violation



DETAILED SYLLABUS

TRIMESTER 2

CONNECTING WITH THE PRESENT (OTHERS) 10 WEEKS

The second part of this course is focused on connecting to the present and we shift the focus from self to other, empowering you with the tools and understanding required to work with clients in the personal and transpersonal space. We explore different themes that may arise in the sexuality space on both a personal and cultural level, and offer you the tools to work within these different climates.

MODULE 6

Practitioner Presence

- Active vs Reactive
- Mediating with an Organism
- Defining Relating Philosophy
- Presenting vs Journey
- Creating a Journey
- Mindset Accountability
- Commitment Congruency
- Embodied Response

MODULE 7

Informed Cultural Awareness

- Unpacking Privilege
- Gender and Sexuality Spectrum
- Disability
- Disability
- Race
- Inclusivity
- Creating a Culturally Aware Space for Practice Restoring Awareness

MODULE 8

Sexual Dysfunction

- Erectile Dysfunction
- Premature Ejaculation
- Orgasm Difficulty
- Ejaculation Difficulty
- Sex Addiction
- Porn Addiction

MODULE 9

Psychosocial Sexual Desires

- Sexual Dysfunction
- Reconnection in Relating
- Relating to the Inner Child
- Map of Erotic Innocence

MODULE 10

Sexual Restoration from Violation

- Trauma Release Exercises
- Sexual Abuse
- Rape and Molestation, Pain, Burning and Numbness
- Repatterning
- STD's



DETAILED SYLLABUS

TRIMESTER 3

CREATING THE FUTURE (EXPANSION) 10 WEEKS

Now that you have developed a relationship and understanding of the self and working with others, this section is focussed on expanding outward as an individual and as a practitioner in business. We will explore practices and concepts that support your client in creating the future they desire, look at expanding pleasure centres and sex magick practices, as well as tools for structuring your business and facilitating cultural change as a leader..

MODULE 11

Preparing the Nervous System

- Levels of Consciousness
- De-armouring and Stress Release
- Use of Kundalini Energy
- Conscious Pleasure Building
- Stress Presentation and the Effects on Pleasure

MODULE 13

Business and Structure

- Marketing 101
- Creating Your Brand Strategy
- Rules and Regulations
- Magnetising Clients
- Payment Structures

MODULE 12

Pleasure Expansion and Sex Magicking

- Channelling Your Magick
 - Sex Magick
- Opening the Body Through the Power Centres
- Energetics of Orgasm
- Pathways to Orgasm
- Ejaculation Control for Men
- Life Force Energy

MODULE 14

Cultural Change

- Using Sexual Energy in Every Area of Your Life
- Embodying the Innocence of Eros
- Creating Impact with Your Personal Story
 - Vision Building
- Unified Vitality Public Speaking



DETAILED SYLLABUS

MASTERS: MASTERING THE SELF-PLEASURE SPACE WITH BUSINESS EXCELLENCE

Executing the practice of the Self Pleasure modality within communities and creating a sustainable business.

The focus of the Masters section is to identify your excellence as a Global Sexuality Leader, creating the foundation of your brand positioning, building your business tool kit with best marketing practices and then presenting your business plan, marketing strategy and brand advocacy.

MODULE 15

Your Excellence and Brand Foundations

Identifying Your Excellence
Dreaming Your
Aspirations/Potential
Divine Intelligence, Barrier,
Portals, Overcoming
S.W.O.T. Analysis

MODULE 17

Generating Creativity from Within

Visual Expression
Demonstrating Leadership
Editing Artwork, Thematic Design

MODULE 19

Webspace and What Best Suits Your Business

Web Designing
Exploring Web Space Platforms
Navigating Troubleshooting

MODULE 21

Persuasion of Speech

Public Speaking
Written Practice
Verbal Practice

MODULE 16

Understanding Wealth

Income and Expense Mapping
Navigating Financial Tracking
Platforms
Exploring Value (money,
materialism, wealth, wisdom)

MODULE 18

Marketing 101

Marketing 101 - 2022 and Beyond
What Socials Speak to You
Developing Your Toolkit

MODULE 20

Business Management Flow and Planning

Business Planning
How to Business Plan
Questioning and Feedback

MODULE 22

Marketing Strategy and Brand Advocacy

Business Plan, Marketing Strategy Advocating
Completing Your Mastery