



Dr. Michael Stokes

LMHC

AASECT-Certified Sex Therapist
Speaker, Author



hello@misterhealth.co

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Introduction

Dr. Michael Stokes, a leading voice in men's sexual health, combines extensive expertise with a compassionate approach to help men enhance their intimacy and self-understanding. His engaging and informative sessions provide actionable insights into the complex world of men's sexuality, offering strategies that foster healthier relationships and personal growth.

The Mission

Dr. Mike is dedicated to empowering men by breaking down barriers in sexual health communication. Through his comprehensive coaching and accessible educational resources, he aims to cultivate a deeper sense of connection, improve sexual well-being, and boost confidence among men, ultimately leading to more fulfilling personal and intimate relationships.

Speaking Topics

- Men's Sex 101
- Mindfulness and Performance Anxiety
- Porn Addiction and Sex Addiction
- Erectile Dysfunction
- LGBTQIA+ Inclusive Training
- Gender-Diversity Training
- Sex Positive Therapy
- What is Sex Therapy?
- Men's Mental Health Concerns

“ What People Say

Mike is amazing at what he does.

He was able to help coach me through the constant issue of getting in my head during sex and helped me learn new ways to connect to my body, while enjoying myself. For the first time in my life, I actually can say I really enjoy having sex with my wife.

—D.P.