

## Long Bio for Dr. Tammy Nelson

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Tammy Nelson is a nationally recognized sex and relationship expert, an international speaker, an author and a licensed psychotherapist with over 25 years of experience working with individuals and couples. She is in private practice and is the author of several respected books and many articles and chapters. She holds a Doctorate in Philosophy in Clinical Sexology, is a Board Certified Sexologist, a Diplomate of the American Board of Sexologists, a Licensed Professional Counselor, a Registered Art Therapist, a Licensed Alcohol and Drug Counselor, a Certified Imago Relationship therapist and an Advanced Imago Clinician.

She is on the Faculty of Sex Coach University, as well as on their International Advisory Board. She is a Faculty Presenter of the Psychotherapy Networker in Washington DC and a member of the American Family Therapy Academy. She is an invited speaker at Harvard Medical School, Department of Psychiatry, Cambridge Health Alliance Physicians Organization and at the University of California, Irvine as well as Southern Connecticut State University and Western Connecticut State University. She is an Adjunct Psychology Professor at Naugatuck Community College in Connecticut.

She is an advisor for the Dissertation Committee for the Doctoral program for the American Academy of Sexuality Educators, Counselors and Therapists. As an advisor, she advises doctoral students who are working to attain a PhD in Sexology, including editing and advising dissertation research.

She serves as a reviewer on the Continuing Education Review committee for the American Association of Educators, Counselors and Therapists. She is an AASECT Certified Supervisor and supervises sex therapists working toward Certification as AASECT Certified Sex Therapists, as well as many advanced practitioners and clinicians seeking supervision in a variety of fields working with sexuality, affairs, and couples therapy.

Tammy Nelson PhD is the author of *“Getting the Sex You Want; Shed Your Inhibitions and Reach New Heights of Passion Together”* (2008) also released in paperback in 2012, as well as *“What’s Eating You? A Workbook for Anorexia and Bulimia (2004)”* Her latest book is *“The New Monogamy; Redefining Your Relationship After Infidelity”* (January 2013), and her upcoming *“The Naked Therapist”* is currently under negotiation. She is also working on a new nonfiction book, *“The Future of Marriage.”*

She has been a featured expert in *New York Times*, *Wall Street Journal*, *Rolling Stone Magazine*, *Washington Post*, *Self*, *Glamour Magazine*, *Cosmopolitan*, *Redbook*, *MSNBC*, *Healthy Life Magazine*, *Shape*, *Men’s Health*, *Men’s Health UK*, *Woman’s Day*, *Women’s Health*, *Twist Magazine*, *The Sun*, *Rolling Stone*, and a source in *Time Magazine*. She is on the Board of the *Men’s Fitness Magazine* Advisory Board and a regular contributor to their sex column.

She writes for the *Psychotherapy Networker* and is a blogger for *Huffington Post*. She can be followed on her blog [www.drmtammynelson.com/blog/](http://www.drmtammynelson.com/blog/).

She is the founder and primary faculty instructor for the Institute for Sexuality and Human

Development, ISHD, a program offering teleclasses and webinars for therapists in the field of psychotherapy, sexuality and human development. Dr. Tammy Nelson has taught hundreds of hours of teleseminars and online classes along with the top relationship experts in the field of human development and sexuality. Her co-teachers have included Dr. Gina Ogden, Esther Perel, Dr. Marty Klein, Janis Abrahms Spring, Stella Resnick, Talli Rosenbaum, Wendy Behary, and many other major authors and speakers. She has developed a Sex Scholar Series, of top moments and excerpts from the series.

Tammy has developed and created a training program for Sex Therapy and Couples Therapy students in Washington DC under ISHD called Sex Therapy U, which utilizes the top experts and teachers in the field of psychotherapy to teach students and provide CEs for certification through AASECT. Classes are held at the Chicago School of Professional Psychology.

Tammy gives workshops and Intensives for couples and trains therapists around the world on affairs, sexuality and relationships issues. She is sought out around the world in all disciplines and countries for her professional education seminars.

She is a premier marketer and creates publicity campaigns that reach audiences in the hundreds of thousands, both for clinical and consumer audiences. She can be found at [www.drmtammynelson.com](http://www.drmtammynelson.com)