

THE FUNCTION OF THE DYSFUNCTION THE IMPACT OF SEXUAL DIFFICULTIES ON RELATIONSHIPS

- KATE MOYLE



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Resource Guide

About Kate Moyle

Kate Moyle is a COSRT Accredited Psychosexual & Relationship Therapist based in London. She works with couples and individuals to get them to a place of sexual health, happiness, and wellbeing. Working primarily with people struggling with sexual issues and younger couples, she finds that the main cause of psychosexual dysfunction, when there is no physical explanation, is anxiety. She works with an approach that is both integrative and homeodynamic which encompasses mind, body, brain, and emotions in the context of the individual, their culture, and experiences. She thinks about sexuality as something that we have and are, rather than just something that we do. A lot of her work focuses on helping clients to understand the meaning that sex, and or the difficulties with it are playing in their lives.

She also Co-Founded the Pillow Play app (pillow.io) - which comprises of a series of follow-along audio-guided intimacy episodes for couples. The app uses technology to help couples improve their in-real-life and face to face intimacy whilst using mindfulness techniques to promote different types of intimacy such as eye-contact, communication, and sensual touch. She has a Bachelor of Science Degree in Psychology, Post Graduate Diploma in Integrative Psychosexual Therapy, and Masters Degree in Relationship Therapy.



Kate Moyle

TED Talks -Esther Perel

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Esther Perel:

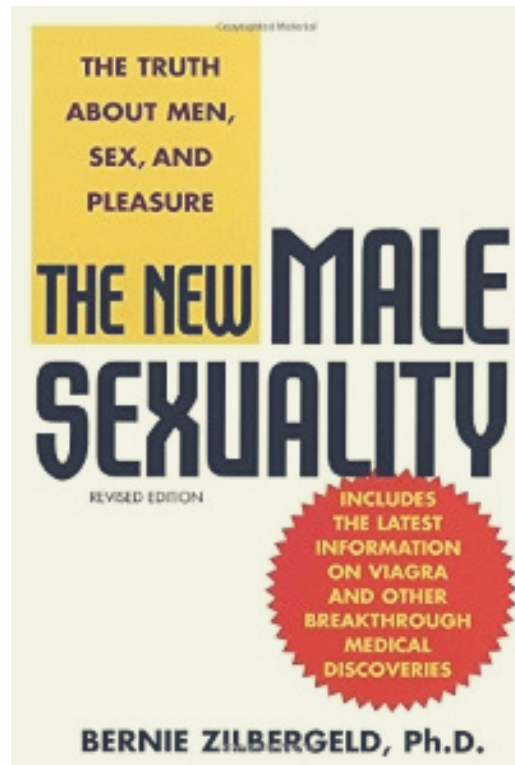
**Rethinking infidelity
... a talk for anyone
who has ever loved**



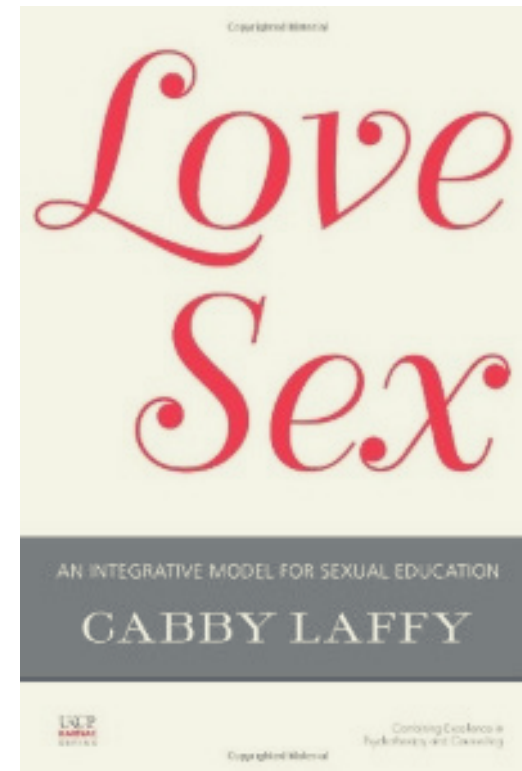
Esther Perel:

**The secret to desire
in a long-term
relationship**

Suggested Reading



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Resources

thethoughthouse.co.uk

psychosexualhealth.org.uk

katemoyle.co.uk

pillow.io



Contact Kate

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