Resources to Get You Started!

There are many wonderful people in the field of sexology, and these are some of my most trusted resources. They either identify as LDS members or share educational content that aligns with LDS values and teachings.



1. Dr. Jennifer Finlayson-Fife
She is my TOP recommendation for LDS members. She is an LDS sex therapist and counselor. She has a free podcast and a paid podcast (both are incredible), an amazing book, and courses offered online and in person.
My podcast episode with her
Book: That We Might Have Joy
Free Podcast: Conversations with Dr. Jennifer
Website: https://www.finlayson-fife.com/



2. Tammy Hill
Previous BYU professor, marriage and family therapist, and author
Podcast: Live Your Why
Books: Adult, Teen, and Children's
Website: https://www.tammyhill.com/



3. Dr. Sharon Maxwell
PhD in clinical psychology, great book for parents (stats used in the book are a little outdated, but still so good)
Book: The Talk: What Your Kids Need to Hear From YOU About Sex



5. Al Vernacchio
Sexuality educator and speaker. His book is my TOP recommendation for parents of teens.
Book: For Goodness Sex



6. Carly Palmer-Webb
LDS Sex Educator, masters in "Marriage Family & Human Development"
Website: Courses and resources



7. Amanda Louder
Sexuality Coach and Blogger
Blog: Link
Podcast: Sex for Saints



8. Ashley Hudson / Pearl in Process
PhD in sexology, Christian and faith-affirming liscenced sex therapist
My podcast episode with her
Website: Pearl In Process



10. Cath Hakanson / Sex Ed Rescue
Her website is an AMAZING resource for parents. I created LDS-specific material for her that can be found under the "faith and sex ed" section.
My podcast episode with her
Website: https://sexedrescue.com/



11. Sara Brewer
My top recommendation for anyone struggling with a pornography compulsion.
Podcast: Overcoming Pornography for Good
Website: Center for Overcoming

Accounts Worth Following!

The Christian Sex Educator

Pearl in Process

Shaking the Sheets

Just the Tips with Nicole

The Vagina Whisperer (Pelvic Floor Therapist)

Reflective Realizations