

## FOR IMMEDIATE RELEASE

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### **“HEALING SEX” HELPS ABUSE SURVIVORS LEARN TO FEEL SEXUAL AGAIN New DVD Takes Mind/Body Approach to Sexual Healing**

SAN FRANCISCO (October XX, 2003): Staci Hines, author of *The Survivor’s Guide to Sex*, is proud to announce the release of *Healing Sex: The Complete Guide to Sexual Wholeness*, the DVD follow-up to her groundbreaking bestseller about learning to become a sexual being after recovering from abuse.

Produced by Generation Five <[www.generationfive.org](http://www.generationfive.org)> and S.I.R. Video Productions <[www.sirvideo.com](http://www.sirvideo.com)>, *Healing Sex* follows six ethnically diverse main characters as they work through the aftermath of sexual abuse, learning to once again experience intimacy, physical closeness and sexual desire.

Throughout the video, Staci Hines acts as a guide and facilitator, talking one-on-one as she discusses the impact of sexual abuse on adult sexual relationships.

“Each year, over 300,000 children are sexually abused in the US,” says Hines. “That figure translates to almost two-thirds of the women in this country and one in six men. We spend so much time working through the emotional impact of sexual abuse, and yet we have few resources for exploring the effects of abuse on our sexual health -- and we wonder why sex is one of the biggest problems faced by adults in committed relationships!”

Using a somatic (mind/body) approach that enables survivors to work out the normal, post-trauma “survival reactions”—fight, flight and freeze—that can affect their ongoing sexual relationships, Hines outlines different healing processes, demonstrating skills for re-building sexual relationships and helping viewers find their own paths to improved sexual health. With a sex-positive perspective that encourages choice, empowered consent and erotic expression, Hines enables viewers to believe: “You are more powerful than what happened to you.”

While the filmmakers’ commitment was to show real sexual experiences, the DVD is not sexually explicit, focusing instead on healing and intimacy. Using a workshop setting, the film features testimonials from survivors of sexual abuse, real people who discuss the impact of abuse on their relationships and their experiences with somatics and sexual healing.

Available on DVD/VHS in January 2004, *Healing Sex: The Complete Guide to Sexual Wholeness* will retail in select stores for \$34.95.

### **About Generation Five**

Generation Five <[www.generationfive.org](http://www.generationfive.org)> is a non-profit organization that brings together diverse community leaders working to end child sexual abuse within five generations. Our programs provide leadership training to community members, activists and agency professionals and foster national strategy and information exchange on child sexual abuse. We are not a direct service organization; rather, we work in collaboration with service providers to ensure that affordable, culturally relevant support is available to survivors, offenders and affected families.

### **About S.I.R. Video Productions**

An all-woman company based in San Francisco, CA, S.I.R. Video Productions <[www.sirvideo.com](http://www.sirvideo.com)> makes adult-oriented sexual-education videos. The mission of S.I.R. (an acronym for Sex, Indulgence and Rock-n-Roll) Video, run by Jackie Strano and Shar Rednour, is to make educational, enlightening and entertaining videos that will provoke, inspire, arouse and uplift people's attitudes and habits around sex and sexual health.