



Stephanie Buehler, MPW, PsyD, CST

ONLINE MEDIA KIT

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Quick Facts

Dr. Stephanie Buehler is a licensed psychologist, certified sex therapist, author, professional speaker, and Director of The Buehler Institute. She specializes in helping individuals and couples reach their sexual potential, overcoming problems with intimacy, desire, lack of pleasure, and arousal. Dr. Buehler is also versed in sexual health and the treatment of problems such as sexual pain disorders, sex and chronic illness, and sex and aging.

Contact her:

By e-mail: drbuehler@thebuehlerinstitute.com or info@yourpassionexpert.com

By phone: 800.769.0342

Visit her at: [The Buehler Institute](#) or [Your Passion Expert](#)

Bio

Stephanie Buehler, MPW, PsyD, CST is a licensed psychologist (Psy.D.) who holds a Master of Professional Writing (M.P.W.) degree and certification as a sex therapist (C.S.T.). Her primary areas of expertise include helping couples achieve better intimacy, both in and out of the bedroom; helping individual men and women overcome sexual inadequacies; working with those who have been impacted by child sexual abuse; and addressing unique problems such as pelvic pain disorders, sex after illness or cancer, and sex and aging. She is the "Time for Two" columnist for OC Family magazine distributed in Orange County, CA.

Dr. Buehler received her Bachelor of Arts degree from U.C.L.A., where she studied English literature. She then went on to simultaneously earn a Master of Professional Writing degree from U.S.C. and an elementary teaching credential from C.S.U.L.A. Dr. Buehler worked as an inner city school teacher in Los Angeles, then left to earn her doctorate in psychology from California School of Professional Psychology – San Diego. While earning her doctorate, Dr. Buehler worked for Teacher Created Materials as a writer and editor. She has published three children's books and is currently working on adult nonfiction books in the area of sexuality.

Dr. Buehler trained in various settings around the southland, including UCI, Marine Corps Air Station El Toro, and Children's Hospital of San Diego, Hematology / Oncology. She was a pioneer of integrated medicine when she opened The Center for Optimal Health in Irvine, CA, working closely with an endocrinologist and other specialists to treat sexual and other health concerns. She left the Center in 2006 in order to open The Buehler Institute so that she could focus strictly on sex and couples therapy.

Dr. Buehler is an active member of many sexual health-related organizations, including the American Association of Sexuality Educators, Counselors, and Therapists, The Women's Sexual Health Foundation, the Society for the Scientific Study of Sexuality, the International Society for the Study of Women's Sexual Health, the National Vulvodynia Association, and the International Pelvic Pain Society.

Media Showcase

Dr. Buehler is an experienced interviewee. Some recent media appearances include:

PRINT MEDIA

Advice Goddess (*syndicated columnist Amy Alkon*), *quoted in a print Q&A on kissing and intimacy, April 14, 2008.*

Best Life Magazine. "Sex Education." July 1, 2008.

Body Beautiful Magazine. "Sexual Desire." January 2007.

College Times. "Exotic Dancers." November 2006.

Coast Magazine. "Let's Talk About Sex." February 2008. Profile of Dr. Buehler.

Delicious Living. "How Can I Naturally Liven Up My Libido." February 1, 2008.

Erickson Tribune. "Sexuality and Aging." December 2006.

Esquire.

- "Why Do I Fall Asleep after Sex." November 2007.

Figure Magazine. "Q&A: Body Image." March 2007.

Hitched. "How to Find a Marriage Counselor." October 2007.

Hoy. "How to Revive a Sexless Marriage." August 28, 2008. Spanish language paper.

Irvine World News. "Integrated Treatment of Sexual Concerns." July 2007.

Lifescrypt.com.

- "Answers to Embarrassing Sex Questions." January 2008.
- "Keeping Things Hot After Tying the Knot." March 2008.

Miami Magazine. "Sexual Fantasies: Healthy or Harmful?" December 7, 2007.

Military Spouse. "When Three's a Crowd." November 2007.

More Magazine. Quoted in online article, "New Boyfriend Doesn't Want Sex to Get in the Way." April 2008.

OC Squeeze. "Private Parts." January 2007.

Orange County Register.

- "Women Don't Have to Grin and Bear Sexual Dysfunction." September 9, 2008.

- "What We Think When He Cheats." March 14, 2008.
- "The Power of Suggestion." August 20, 2006.

Poise Magazine. Featured in an online article on incontinence and women's sexual function. March 2007.

Pregnancy & Newborn. "Sex During Pregnancy." July 2008.

SheKnows.com. "Choosing Your First Sex Toy." July 2008.

Tango Magazine. "Are You Dating a Narcissist?", March 2007.

TIME Magazine. "Marry Me." January 7, 2008.

Women's Health.

- "Sexy Bedroom Makeover." November/December 2007.
- "Wonder Down Under." July/August 2008

Upcoming: Cosmopolitan, Redbook, Self, and Glamour.

TELEVISION

Public Broadcasting System. "American Health Journal," in a 30" broadcast on integrated medicine, March 2006.

KDOC-TV Local News

- Interviewed on topics of swinging and infidelity. May 2008.
- On-air appearance on topic of swinging. May 2008.
- "Daybreak OC" on topic of nagging. October 2008.

RADIO

"Late Night Breakthrough" with Dr. David Shapiro, 97.1 Free FM. October 3, 2008.

SELECTED WRITING

Editor, *Women's Sexual Health Journal*. November 2007 to present.

Columnist, "Time for Two." *OC Family*. January 2008 to present.

Columnist, "Sex Talk." *Body Beautiful*. June 2007 to January 2008.

"The Truth About Sexuality and Aging." *Women's Sexual Health Journal*. January 2006.

"Tantric Sex for Women." *Contemporary Sexuality*, December 2005.

Editor, *Orange County Psychological Association Newsletter*. 1999-2001.

Ecosystemic Assessment of Families of Children with Cancer Returning to School. Doctoral dissertation, 1999.

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Really Weird News Stories. Pen name Dana del Prado. Scholastic, 1997; reprinted by Econo-Brind, 2000.

There's No Surf in Cleveland. Clarion Books, 1993.

Writer and editor of more than 50 books for Teacher Created Materials.

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International Society for the Study of Women's Sexual Health. January 2006. Debate on use of testosterone.

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American Heart Association, OC Women's Chapter. Mind / body feedback loop. November 2005.

American Heart Association, OC Women's Chapter. Heart health and sexuality. April 2006.

Optimal Health 2004, 2005, 2006. Co-created and spoke at this conference for the general public on mind / body health and sexuality.

Saddleback Memorial Hospital. Diabetes and Sexuality. January 2006.

Upcoming: "Reclaiming Healthy Intimacy, Passion, and Pleasure," The Women's Sexual Health Foundation conference, April 4, 2009 in NYC; 2-day conference, Saskatchewan Psychological Society, March 2009.

FACT SHEET

Dr. Stephanie Buehler

(800) 769-0342 / drbuehler@cox.net

Aging and its effects on your sexual health:

Everyone has a different take on aging – some people embrace their advance years as a sign of maturity and increasing responsibility, while others fight the motion of the clock with a ferocity akin to battle. However, everyone can agree that aging is inevitable. Losing your sexual drive is not.

There are many misconceptions about sexual practices among older couples and individuals. While some people may believe sexual desire diminishes to a point of non-existence, it is in fact not true. A recent story on BBC stated that men and women are remaining sexually active into their 70s. As Dr. Buehler commented on her blog at www.thebuehlerinstitute.com: “I would guess that people who enjoyed sex early in life and in midlife would choose to stay sexual, unless serious illness prevented them from doing so.” And even in the face of a serious illness, an active sex life is still possible.

Below are a few more misconceptions about sex and aging.

- Once you reach a certain age, you're just not interested.

Nothing could be further from the truth – and a disinterest in sex is not based on age. There are many people in their 20s, 30s and 40s who have become nonplussed regarding sex and they are apparently in their “sexual prime.” Men and women are sexual creatures and sexual desire does not disappear with age. Yes, it may diminish slightly, but no one wakes up one morning to discover that their sexual desire has just vanished.

- Illness and sexual dysfunction are just a part of aging.

Illness is definitely a factor as our body's age: things don't work the way they once used to and we find it harder to complete simple tasks. Also, physical changes, such as Menopause, do impact how women in particular view sex,

while men may notice an increase in erectile dysfunction that changes their views towards sexual intercourse.

While many women with a willing partner will remain sexual active during and after menopause, there is a noted decrease in sexual activity. In recent years, the advent of Viagra and other drugs to treat erectile dysfunction have found a ready and willing marketplace. However, it is important to note that while drugs may treat a condition, they cannot necessarily solve the problem.

As with most issues related to sex, communication between partners is key. In cases where you may feel unable to communicate openly with your partner, seeking out the help of a professional therapist, like Dr. Stephanie Buehler, may be necessary.

- Drugs can solve all your problems.

Unfortunately, that's just not the case. There is no magic pill, whether it's called Viagra, Cialis or Levitra. Often times, sexual dysfunction in men and women speaks to a deeper issue that the couple has not yet identified. Seeing a sex therapist together can help to uncover these issues, while leading to a better understanding of how the drug works and how it can be incorporated into the couple's sexual life.

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Vulvodynia:

Vulvodynia: A painful condition that affects women and their partners.

As a medical condition, vulvodynia is often misdiagnosed and misunderstood. However, its psychological effects can be long-lasting and bring many patients to The Buehler Institute. A condition unique to women, vulvodynia is characterized as severe pain and burning in the vulva without the presence of infection or other known disease (www.nva.org). Often, a woman who suffers from this condition will find it nearly impossible to enjoy sex or even have intercourse at all as the experience may be too painful. This can lead to many feelings of inadequacy, a lack of intimacy and more detrimental psychological reactions.

A qualified Sex Therapist, like Dr. Stephanie Buehler, can help women and their partners understand the effects and treatments for vulvodynia. While a doctor can diagnose and prescribe physical therapy or other medical cures, Dr. Buehler is versed in helping the patient and her partner overcome the lasting psychological effects of the condition through education, open communication and additional techniques.

- If it's a medical condition, how can therapy help?

Vulvodynia often leads to a severe lack of intimacy among partners that may be very hard to come back from even after successful treatment. Also, women who suffer from vulvodynia often associate sex with negative thoughts and feelings that do not magically disappear after a medical diagnosis and treatment. It is important for women to speak to a Sex Therapist candidly so that she may overcome these lasting effects.

- How do I know if I have it?

According to the National Vulvodynia Association (nva.org), approximately 16% of women will suffer from the condition during their lifetimes. While it is not prevalent, any persistent physical discomfort during intercourse should be taken seriously. Sex is an enjoyable act and should be for both partners.

- I went to see my doctor and he/she said it was “all in my head.” Now what?

Unfortunately, this is a common complaint from women who suffer from vulvodynia. Many doctors and medical professionals don't take the condition seriously as there is no physical indication (i.e. disease, infection) to indicate that something is wrong. However, every woman has the right to enjoy intercourse and more importantly, the right to be heard and understood by her doctor.

It may time for a second opinion. The NVA keeps a database of physicians across the United States who treat vulvar pain disorders. Additionally, patients may wish to seek out qualified therapists like Dr. Buehler, who are able to treat the psychological effects of the condition and may know of doctors in the area who treat vulvodynia.

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Misconceptions about Sex Therapy:

Sex is probably one of the most widely known and equally misunderstood activities in the modern world. And Sex Therapy is no different. Dr. Stephanie Buehler works with patients every day to overcome a variety of sexual myths and misconceptions. Here are just a few.

- Only individuals seek out sex therapy.

At Dr. Stephanie Buehler's practice at The Buehler Institute in Irvine, CA, 80% of her patients are couples.

- Sex therapy is only for people who want to have better sex.

Sex therapy is often for people who want to have sex at all. "... A lot of times people come to my office because they're not having any sex," Dr. Buehler said in a profile of her featured in COAST Magazine, February 2008.

- Only people who have suffered from sexual trauma need sex therapy.

While victims of sexual abuse may demonstrate a greater need for sex therapy, a variety of factors can negatively impact sexual performance. Lack of communication in a relationship or lack of sexual education are prevalent examples that lead to dissatisfaction in the bedroom.

- Sex therapy isn't a real form of therapy.

Since 1967, the American Association of Sex Educators, Counselors and Teachers, has been overseeing the certification of Sex Therapists throughout the United States. While most states do not require Sex Therapists to be certified, many diligent mental health professionals have sought out certification from AASECT to ensure they are providing their patients with the most responsible and formal sex therapy available. Dr. Stephanie Buehler has been certified by AASECT since 2006.

- I've already been diagnosed with a medical condition that affects my sexual performance. Why do I need sex therapy?

While identifying the root cause of a medical condition is key to overcoming it, often times the mental and emotional impact can be hard to quantify. As Dr. Buehler writes in the Sex & Society Encyclopedia, "For example, a man with erectile dysfunction might have negative thoughts about his performance just before making love to his partner, or a woman who has not experienced orgasm might believe that it will never happen."

While a medical doctor can most certainly aid in addressing these specific concerns, sex therapists work with the patient and his or her partner to bring the joy back into the bedroom. Sex should be an enjoyable act and just because there has been a bump in the road, it doesn't mean the opportunity for smooth sailing has passed.

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The feminine sexual experience:

Aside from the recognizable differences between men and women, there are many emotional and psychological factors that determine how one gender relates to sex. Women and men both have physical and emotional needs that the act of intercourse can fulfill, however, a person's sexual life and health are often independent of sexual intercourse and need to be nurtured and understood for complete overall health.

Sex Therapists, like Dr. Stephanie Buehler located in Irvine, California, are well-versed in ways to maintain and strengthen a person's sexual health. Below are some of the unique issues facing women.

- Girls and boys are raised to have different views towards sex.

As Dr. Buehler writes in *Sex and Society Encyclopedia*, "Girls ... are raised in a repressive manner. They are discouraged from any sexual expression, and they are often reared to believe that sex is something that they do for their male partner, rather than for their own pleasure." This can have lasting effects on women and their views towards sex as they mature and age.

Understanding that sex is natural and should be enjoyed by both parties is often difficult for women to acknowledge. It is important for women to enjoy sex for their own pleasure, as well as offering pleasure to her partner.

- Women need to maintain their own sexual health.

Everyone knows that diet and exercise is the key to physical health, however it is important for women to maintain their sexual health as well. Some techniques recommended by Dr. Stephanie Buehler include the following:

- Performing Kegel exercises which strengthen pelvic floor muscles which can help women achieve stronger orgasm
- Participating in self-pleasure often allows women to overcome inhibitions and more regularly achieve orgasm with her partner
- Practicing safe sex not only protects a woman's physical well-being, but also maintains the health of her sexual organs

Additionally, women are encouraged to build an open sexual relationship with their partner where things like fantasy and role-playing are all welcome exercises. Each of these can help reinvigorate a woman's sex life and allow her to enjoy the act which in turn ensures her partner's pleasure.

- Women can and should enjoy sex.

A woman's sexual enjoyment is no less important than a man's. Despite social and gender mores, it is part of a woman's emotional and physical development to find the joy in sex and share that joy with her partner. If a woman is finding it difficult to enjoy sex, a certified therapist like Dr. Buehler, may be able to help uncover the underlying causes of this aversion.

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The male sexual experience:

About 25 % of men will experience a sexual dysfunction in their lifetime. While stereotypes still abound about men "always wanting sex" or being ever-ready to perform, men also have emotional, mental, and physical needs fulfilled in order to enjoy sex. Learning to overcome male sexual myths and to communicate with their partners about what they'd like to experience in bed can be helpful.

A Sex Therapist can help a man understand his own sexuality and talk with his partner about it. A trained Sex Therapist also knows when to refer a man to a urologist or endocrinologist for evaluation, as sexual well-being can be affected by health problems, especially heart disease. A Sex Therapist like Dr. Buehler can help men deal with:

- Insecurities regarding sex

There are so many misconceptions about sex and the act of making love it's no wonder people are confused. Dr. Buehler has addressed a wide variety of topics regarding this issue including how to be more confident in bed, keeping passion alive despite the stresses of everyday life and how to surprise your partner.

Delayed or premature ejaculation and erectile dysfunction are some of the more common sexual issues facing men, and while sometimes a pill can fix the medical root of the problem, it doesn't always alleviate the mental or emotional stress.

- Open the lines of communication

You may be in a long-term relationship, but that doesn't mean things are perfect. "If there are things wrong in the relationship, taking a pill or spraying something into your nose won't fix the problem," Dr. Buehler was quoted as saying in Best Life Magazine.

Talking it out might be the next step, especially if things have fizzled in the bedroom. Just as great sex isn't the sign of a lasting relationship, a lack of great sex may not be a sign of dwindling desire – it may just be time to reexamine the way you and your partner relate.

- Aging and illness can be overcome

Aging is inevitable and illnesses give you little choice, but how you respond to both of these situations in relation to sex is completely within your power. Dr. Buehler has worked with many older couples and people recovering from long-term illnesses to rediscover the passion and sexual intimacy in their lives. It's never too late!

CV

Stephanie Buehler, MPW, PsyD, CST

Curriculum Vitae

**15615 Alton Parkway, Suite 450
Irvine, CA 92618
(949) 271-6330
www.thebuehlerinstitute.com
drbuehler@cox.net**

EDUCATION

Doctor of Psychology

Clinical Psychology, Specialization in Family Therapy
California School of Professional Psychology, San Diego

Master of Arts, Psychology

Pepperdine University

Master of Professional Writing

University of Southern California

Multiple Subjects Teaching Credential

California State University, Los Angeles

Bachelor of Arts

English Literature
University of California at Los Angeles

LICENSURE

Licensed in the state of California (PSY 17609)

CURRENT WORK

Director & Founder, The Buehler Institute, Inc., www.thebuehlerinstitute.com

The Buehler Institute is dedicated to helping couples and individuals discover, explore, and express their sexuality. The Buehler Institute carries out this mission by:

- Providing sex therapy to men, women, and couples
- Educational activities such as workshops and speaking engagements
- Writing activities such as writing the Institute newsletter and blog, and contributions to professional newsletters

MOST RECENT POSITION

Co-Founder and COO, The Center for Optimal Health, Inc., 2003-2006.

- Founded the Center with a board-certified endocrinologist
- Oversaw the staff of healthcare professionals, including other physicians and psychotherapists, a dietitian, a physical therapist, and an acupuncturist
- Created integrative treatment programs for prevention of cardiovascular disease and diabetes, and for sexual problems
- Produced the Optimal Health Conference 2004, 2005, and 2006
- Educated the lay public about human sexuality through community presentations and the Center newsletter

OTHER PROFESSIONAL EXPERIENCE

Private Practice, general psychotherapy, Mission Viejo, CA.

Editor and Writer, Teacher Created Materials, Westminster, CA. Wrote or edited dozens of books for classroom use, including award-winning series *Time Magazine for Kids*.

Elementary School Teacher, Los Angeles Unified School District, in the inner city for a decade. Pioneer in delivering services to students, teachers, and parents about reporting and protecting children from sexual abuse.

PRE- AND POSTDOCTORAL EXPERIENCE

Turning Point Crisis Center. Team leader. Inpatient treatment of dual diagnosis individuals as part of post-suicide attempt care after hospital discharge.

Children's Hospital of San Diego. Hematology/oncology. Delivered psychological services to children and their families on the oncology floor.

Children's Hospital of San Diego. Outpatient Psychiatry. Psychotherapy for families and children, including those affected by sexual abuse.

Marine Corps Air Station, El Toro. Outpatient Psychotherapy. Provided psychotherapy to servicemen and women and their family members.

UCI Child Development Center. Neuropsychiatric and academic testing for children and teens.

UNIVERSITY TEACHING EXPERIENCE

Instructor, Chapman University, 2007.

Instructor, Argosy University, 2000-2002.

GRANTS & AWARDS

Procter & Gamble Research Grant. Recipient of a \$10K grant to research the phenomenon of low sex marriages.

State of California Grant for Teachers. Recipient of a \$3K grant to instruct students about California

Native American culture.

Los Angeles Unified School District Grant. Recipient of a \$1K grant to purchase materials used in a year-long ESL unit of various science topics.

Merit Scholarship. Pepperdine University. Awarded \$12K scholarship.

SELECTED WRITING

Editor, *Women's Sexual Health Journal*. November 2007 to present.

Columnist, "Time for Two." *OC Family*. January 2008 to present.

Columnist, "Sex Talk." *Body Beautiful*. June 2007 to January 2008.

"The Truth About Sexuality and Aging." *Women's Sexual Health Journal*. January 2006.

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Ecosystemic Assessment of Families of Children with Cancer Returning to School. Doctoral dissertation, 1999.

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