

Marty Klein

Sex Therapist; Psychotherapist & Couples Counselor; Policy Analyst; Award-Winning Author

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About Marty Klein

Dr. Marty Klein has been a Licensed Marriage & Family Therapist and Certified Sex Therapist for 37 years--almost 40,000 sessions with women, men, and couples. His entire career has been focused on telling the truth about sexuality, helping people feel sexually adequate & powerful, and supporting healthy sexual expression and exploration.

Marty pursues his goal of a sexually enlightened world through therapy, lectures, writing, lobbying, media, and courtroom work.

Marty has written seven books--published in 13 languages--acclaimed by everyone from *USA Today* and *The California Therapist* to Penn & Teller and the *Playboy* Advisor. Marty has also written chapters in many professional books, such as the *Handbook of Clinical Child Psychology* and the *International Encyclopedia of Sexuality*.

A tireless speaker, Marty has given 1,000 keynote speeches, training programs, and popular lectures to groups including the Entrepreneurs Organization, Lutheran Family & Children's Services, National Association of Social Workers, The Aspen Institute, American College of Surgeons, Planned Parenthood Federation of America, World Association of Sexology, New York Law School, California Association of Marriage & Family Therapists, American Library Association, Stanford University Medical School, and over 40 colleges across the country.

Marty's innovative thinking is also recognized abroad: he has trained professionals and policymakers in over thirty countries, including China, Turkey, India, Morocco, Croatia, and Japan. He has been awarded honorary membership in a variety of international professional associations.

A popular guest on the electronic media, Marty has been featured on radio in over 100 cities, and on national TV programs like 20/20, Nightline, and The Daily Show. His Sexual Intelligence and Psychology Today blogs are widely quoted, and his electronic newsletter goes to 8,000 subscribers every month.

Fighting for the sexual rights of all Americans, Marty has been an expert witness, consultant, or invited plaintiff in many state, federal, and international cases involving sexuality, censorship, pornography, and the internet.

Known and respected by his colleagues, Marty has been elected a national board member of the Society for the Scientific Study of Sexuality. Marty has also been honored by the California Association of Marriage & Family Therapists. His book *America's War On Sex* was honored as Book Of The Year by the American Association of Sex Educators, Counselors, & Therapists.

Marty is that rare professional: truly expert in his subject, comfortable on live TV and in front of both popular and professional audiences, and extremely funny. His wit and expertise make him a frequently-quoted expert appearing in media ranging from National Public Radio to the Dan Savage Podcast. He recently gave two Congressional briefings on evidence-based sex education.

Marty lives in Northern California with his wife, cactus garden, and enormous collection of rock 'n' roll albums. He performs Baroque and Renaissance music in a quartet called Behinde The Tymes.

Select Keynotes

• 10 Good Reasons Couples Don't Enjoy Sex--And How to Help Them

For clinical professionals.

What do most couples really want from sex? It isn't endless orgasms, or sex around the clock. Most people want the same old things: connection, excitement, pleasure, validation--and a little magic. When the prospect of getting these is slim, desire and satisfaction fall. Sexual frequency soon plummets.

This is not a "dysfunction," and improving people's sexual "function" is not the answer. The therapeutic enterprise changes dramatically when we treat low desire or low frequency as reasonable rather than problematic. Reasons that couples don't enjoy sex include:

- * Performance pressure
- * Normality anxiety
- * Narratives of failure
- * Inadequate initiation or transition routines
- * Chronic conflict about sexual choices

Helping such couples often involves addressing power struggles and control issues; the existential challenges of adulthood; and a commitment to risk-taking rather than conflict avoidance. We will discuss how to move couples from perfunctory, infrequent sex to more vibrant and intriguing experiences.

• If It Isn't Sex or Porn Addiction, What Is It? And How Do You Treat It?

For clinical professionals.

Dr. Marty Klein was the first American to criticize the invention of "sex addiction" in the 1980s. He remains the foremost critic of this misguided idea; has done so on a stage shared with Patrick Carnes; and he predicted the invention of "porn addiction."

The author of the instant classic *His Porn, Her Pain*, Marty has successfully treated over 1,000 individuals and couples troubled by sexual acting out or porn use--all without resorting to the concept of addiction.

This seminar examines and debunks the basis of sex/porn addiction, and explores how patients' impulsive or *seemingly* out-of-control sexual behavior may *really* involve:

- ◊ medicating depression, anxiety, ADHD, or Asperger's
- ◊ an arousal disorder
- ◊ an attachment or social isolation disorder
- ◊ denial of a disturbing sexual preference or orientation
- ◊ fear of getting too close to a primary partner
- ◊ a recurring sexual dysfunction with a primary partner
- ◊ unacknowledged narcissism or resentment

The sex/porn addiction model is *not* effective with these cases. In this seminar we'll discuss treatments that *work*. And why it really matters what we call (supposedly) out-of-control sexual behavior.

• Psychotherapy & Couples Counseling When Pornography Is An Issue

For clinical professionals.

The explosion of internet porn use has brought a new set of issues into every therapist's office.

- ◊ "I'm afraid my porn use is out of control. Maybe I'm a porn addict."
- ◊ "I hate keeping secrets from my partner."
- ◊ "I feel bad about my body or my partner's body."
- ◊ "I'm uncomfortable with the images I enjoy watching."
- ◊ "I'm afraid his porn use is out of control. Maybe he's a porn addict."
- ◊ "I don't want my partner looking at porn, but he insists."
- ◊ "I don't feel I can compete with the images in porn."
- ◊ "Our sex life isn't satisfying, and my partner doesn't seem to care."

This workshop focusses on treating intrapsychic conflicts and power struggles over porn use, exploring questions including:

- ◊ Is porn use a form of infidelity?
- ◊ Is conflict about porn a way to avoid confronting deficits in the sexual or non-sexual relationship?

- ◊ Are one or both partners acting out body image issues?
- ◊ Why is “porn addiction” *not* a helpful clinical concept?

- **Real Sex in a Virtual World: Enhancing Communication, Pleasure, & Intimacy**

Especially for YPO/EO, such as closed groups.

We all now live in a virtual world: smartphones, apps, streaming media, the internet. And yet most people want *real* sex, *real* relationships, *real* connection. How do we do that? Is it even possible anymore? This talk explores:

- * Why you don't need youth, beauty, or fancy techniques to create better sex
- * Why orgasm is an overrated part of sex
- * Why drugs like Viagra often don't help
- * How couples can have good sex when one partner also likes to watch porn
- * Mars? Venus? Sexually, men and women are more *similar* than different. How does this insight make sex better for everyone?
- * The two surprising things that predict sexual satisfaction in both men & women
- * How the internet has changed *almost nothing* about sex--and the *one thing* it has

Dr. Klein is a veteran of 37,000 hours of sex therapy & couples counseling. Popular audiences will love his practical, clinically-tested advice—much of which will surprise and reassure.

- **Sexual Intelligence: A New Approach to Sexual “Function” & Satisfaction**

For both YPO/EO groups and clinical professionals.

What do most men & women say they want from sex? Some combination of pleasure and closeness. But that *isn't* what most people focus on during sex. Distracting thoughts & feelings, self-consciousness, and performance concerns are far more common.

Therapists and self-help books can make things worse. Better technique doesn't give people what they really want from sex: a sense of relaxation, playfulness, self-acceptance, and connection.

So what's the alternative? As described in Dr. Klein's internationally popular book, *Sexual Intelligence*, this talk will explore:

- ◊ Why orgasm is NOT the most important part of sex.
- ◊ How to support people in growing beyond lust-driven sex to adult eroticism—and how to help people cope with the resulting existential issues.
- ◊ How to help people identify the good reasons they don't desire or initiate sex.
- ◊ How people construct stories about sex, gender, and their bodies that undermine pleasure and intimacy--and how people can change their stories.
- ◊ How we can help people discover what their authentic sexual desires actually are, and how they can share these with a partner.
- ◊ The role of Normality Anxiety in sexual decision-making.

- **Sexuality & Desire Through The Lifecycle**

For YPO/EO audiences--especially mixed-gender groups.

Most of us develop our ideas about sexuality in our late teens and early 20s—when our bodies are relatively strong, flexible, and mostly pain-free. But our bodies change as we go through our 30s, 40s, 50s, and beyond, so we need a model of sexuality that doesn't depend on those youthful bodies. If we don't adapt our sexual expectations and activities, we're inviting frustration and even dysfunction.

Issues discussed in this down-to-earth talk include:

- ◊ What sexual changes should we expect as we get older?
- ◊ Parts of our sexuality that can remain consistent as we age
- ◊ Hormones, medications, and erection drugs like Viagra
- ◊ The role of chronic pain in desire and satisfaction
- ◊ How “outercourse” can be a key part of a healthy sexual relationship
- ◊ If sexual communication is important, what should you communicate *about*?
- ◊ The importance of relaxation and self-acceptance to enjoyable sex
- ◊ What's sexually “normal” at various ages—which will surprise you!

- **Talking With Our Kids About Sex**

For both YPO/EO & clinical audiences.

Today's kids live in a world we never had to navigate. Dr. Klein will share reassuring information and valuable tools to help parents help young people deal with the challenges—and the feelings—they will inevitably face involving sexuality. He'll share evidence that today's youth are actually safer than we may imagine. He'll even talk about how healthy parenting on this subject can lead to family growth.

- ◊ How to talk about sex if you're embarrassed
- ◊ How to share your values without moralizing
- ◊ The age-old adolescent concern—"Am I normal?"
- ◊ How teens look at sex, dating, and hooking up
- ◊ What parents & kids need to know about porn—and how to talk about it
- ◊ What about sexting?
- ◊ What to do if you and your partner disagree about how to parent on this subject

• When Sex Gets Complicated: Porn, Affairs, Kink, & Cybersex

For clinical professionals.

The number of patients involved in non-monogamy, BDSM, porn, and sex toys has dramatically increased. These cases may challenge our clinical beliefs or personal values, highlighting our lack of knowledge, vocabulary, or comfort. This practical talk will address issues such as:

- ◊ Typical features of common alternative sexualities
- ◊ Helping patients deal with shame, guilt, & secrecy
- ◊ Learning about alternative sexualities from patients
- ◊ What is most pornography actually like? How does it really impact consumers?
- ◊ How to help couples in conflict about porn use--while respecting *both* partners
- ◊ When is infidelity about sex, and when is it about other things?
- ◊ What if couples don't agree on whether or not there has been infidelity?
- ◊ Is there such a thing as "emotional infidelity?" "Cyber-infidelity?"
- ◊ When should we focus on the sex, and when on something else?
- ◊ Evaluating patients' sexual practices: where do we draw the lines?

• Women's Empowerment - Why Should Men Be Excited About That?

Marty speaks on how women's empowerment and why men should be excited on how this translates past the workplace.

• Working With Infidelity: After An Affair, Who Owns The Relationship?

For clinical professionals.

Cellphone records, email passwords, intimate details of when & where—after an affair, does one person gain the right to whatever information they want? Is demanding such information wise? Who decides if the children get told—and what? This workshop examines the nuts and bolts of power, intimacy, and sexuality in the wake of actual or perceived betrayal. Challenging many common clinical ideas, topics covered include:

- ◊ Why are affairs so common in both men & women?
- ◊ The typical belief that the Betrayed acquires power as a result of being betrayed
- ◊ Is sex the engine of most affairs? What can be done about desire differences?
- ◊ How can we help couples explore reconciliation as partners rather than as adversaries?
- ◊ "That's not infidelity, it's just internet chat!"
- ◊ How relationships can thrive when one partner uses pornography
- ◊ Helping clients draw and maintain boundaries around the wounded relationship
- ◊ The existential issues that both partners must confront when there's been an affair

Select Book Titles

- **2017:** Bedroom Blues, Therapist Wisdom (e-book)

- **2016:** His Porn, Her Pain: Confronting America's PornPanic With Honest Talk About Sex
- **2012:** Sexual Intelligence: What We Really Want From Sex and How to Get It
- **2007:** America's War on Sex: The Attack on Law, Lust and Liberty
- **1992:** Ask Me Anything: A Sex Therapist Answers The Most Important Questions of the '90s

Select Articles

- [Dr. Marty Klein, featured speaker at the Aspen Institute](#)

People are rightly concerned about the impact of Internet porn—on kids and teens, on young adults, on women, and on couples. How is it affecting our views of sex, gender, power, aggression, and bodies? How can couples productively discuss one partner's porn use if the other partner objects? How can parents prepare kids for the images they'll probably see and the lessons they may learn?

- [Forbes: 6 Writers Who Know More About Sex Than You Do](#)

"When it comes to finding an expert on all things sex, you can't come much closer than Marty Klein. What makes Klein different is his ability to communicate what he knows. With straight-to-the-point prose, the best part is you'll learn a lot from reading what he has to say whether you agree with him or not."

- [The Salt Lake City Tribune reviews Dr. Marty Klein's sexuality training seminar](#)

An absolutely even-handed review of Marty Klein's all-day training of local therapists, including his critique of the Utah legislature's declaration that porn is a public health crisis—and Marty's innovative suggestions for how therapists, couples, and parents can respond to the challenges of 24/7 porn.

- [Sex and Death—What Do They Mean?](#)

The story is intriguing: There she is in bed dying. She hasn't enjoyed food in a month, everything hurts, she's practically forgotten how the sun used to feel on her face, and she can't concentrate enough to read (much less write) two sentences in a row. And she says that if she gets better, she wants sex.

Select Testimonials

Your workshop was one of the highest rated presentations. Participants found your humor, clinical experience, and ease with questions particularly valuable.

— *American Association of Sex Educators, Counselors, & Therapists*

You attracted a huge crowd, and kept the audience engaged throughout. Although we anticipated hecklers, you won everyone over with your sincerity, humor, and expertise. Thanks for a wonderful program!

— *American Library Association, Office for Intellectual Freedom*

Your excellent presentation was comprehensive, and well received by all. We highly recommend you.

— *California Academy of Family Physicians*

Your evaluations were above and beyond all of the others'—you really are a Master Presenter. You did a great job and we look forward to working with you again.

— *California Association of Marriage & Family Therapists*

Your seminar was packed, and no one was disappointed. You bring expertise in sexuality, law, medicine, and public policy—a tremendous combination.

— *Columbia University, School of Public Health*

Marty showed how shaping expectation & communication are valuable not only in the bedroom but also in the boardroom and in any type of

relationship. Marty is funny, engaging and insightful. His thoughts on sex in different cultures will have you questioning what else you might be surprised to learn.

– *Entrepreneurs Organization (EO), Fort Worth, TX*

Your second lecture to our physicians received great reviews—like the first. Your ability to put the audience at ease while introducing many thought-provoking and relevant suggestions led to valuable discussions and actual department-level change.

– *Kaiser Permanente Medical Group*

We are tremendously pleased with your full-day presentation—clear, creative, and practical, with great case examples all day long.

– *National Association of Social Workers, Idaho Chapter*

Your full-day presentation on sexuality to 150 therapists dealing with a Mormon-majority population was outstanding. You were able to cover sensitive topics like pornography in ways that were creative and useful to the audience.

– *Rocky Mountain Sex & Intimacy Summit, Salt Lake City*

Your talk was a fantastic start to Safe Sex Week!

– *University of North Dakota*