



# Prairie View

## For Immediate Release

**Prairie View, Inc. – 1901 E. First St. – Newton, KS 67114**

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### **Prairie View Offers Sexual Health Seminar Series for Women**

Wichita, Kan – Prairie View’s Legacy Park office will host a four-part sexual health seminar series for women in March. Sessions will be held the first four Mondays of the month from 6:30 to 8:00 p.m. and are open to women of all ages.

Sessions will be led by Rachel Pearson, PhD, LMFT, of Prairie View’s Center for Sexual Health.

“These seminars will provide women with the opportunity to examine their own sexual health, ask sensitive questions, and gain accurate information regarding sexuality in a safe environment,” said Pearson.

The March 1 session will begin the series with a study of female anatomy and physiology. March 8 will focus on women’s attitudes, values and beliefs about sexuality. March 15 will seek to enhance the communication of sexual needs and frustrations between partners. The final session on March 22 will provide women with additional techniques and tools to enhance their romantic relationship.

“I hope to help increase women's awareness and knowledge of female sexuality so that women can foster and sustain healthy sexual relationships,” said Pearson.

“In my practice, I have seen many women who want answers to their questions about sexuality, female health, and intimacy, but they may feel too embarrassed to ask or worry that they are the only person who has this question.”

Many women even feel uncomfortable communicating their concerns with their partner.

“Individuals may be unable to share a sexual concern with their partner, even to the detriment of their sexual relations,” she said. “Fear of discussing sexual relationships makes it difficult for some to seek professional help.”

That is why it is Pearson’s dream to work with women and couples in Wichita and the surrounding area who are experiencing difficulty in some element of their sexuality.

“Workshops and information sessions about human sexuality are needed in this community,” she said. “People need to know that human sexuality does not have to remain a secret, but that it can be discussed in an open, respectful environment.”

Following the sessions, Pearson hopes that participants will demonstrate “an increase in sexual knowledge, an increase in knowledge of sexual skills, enhanced sexual satisfaction and increased communication with their partner.”

The cost for all four sessions is \$150. Payment must be made in full and upfront, either prior to or during the first session. The seminar is not billable to insurance.

If there is interest, Pearson plans to repeat the seminar series in April and May.

For more information, contact Pearson at 316-258-5828.

Prairie View’s Legacy Park office is located at 9333 E. 21<sup>st</sup> St. North in Wichita.

Prairie View is a faith-based, private behavioral and mental health services provider, offering a complete range of behavioral and psychiatric services for children, adolescents, adults and older adults, as well as consultation services to businesses and organizations. In addition to the main campus, including outpatient offices and a psychiatric hospital in Newton, Prairie View has outpatient locations in Hillsboro, Hutchinson, McPherson and Wichita.