



## Sex Therapy | Healyourrootswellness.com

Online [sex therapy](#) services for couples that are convenient and confidential through telehealth to provide counseling services to couples from comfort of their own home.

You don't have to suffer in silence when you can communicate effectively with an expert. Here are some signs that it's time to seek help from a professional [sex therapist](#)



If you are struggling with intimacy, are afraid of being intimate, or you have other sexual concerns, you might need sex therapy. Please note, you will not be asked to undergo any physical examinations. You will also not be asked to be nude, and there will be absolutely no touching between you and the therapist or you and your partner. During the session, the therapist will sit in a chair and you will be sat opposite. You will not be under any pressure to talk about or do anything that you do not want to do.

Sex therapy is similar to many other types of therapy in some respects. The only thing that's different is the subject. Kira Yakubov understands that you might need to discuss some issues that make you feel uncomfortable. Do not worry, Kira has a lot of experience with this type of therapy. It is her aim to make you feel at ease at all times. This can encourage you to speak about those things that are troubling you.

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