

## BCCVH General Resources

### Websites: [www.bcvulvarhealth.ca](http://www.bcvulvarhealth.ca)

- National Vulvodynia Association: [www.nva.org](http://www.nva.org)
- <https://tightlipped.org/> - Podcast and online zine featuring stories and experiences of women with chronic vulvar pain
- <https://self-compassion.org/> - exercises, practices and informational articles about cultivating self-compassion
- The Vulva Diaries Podcast series, Dr. Amanda Selk- OBGYN, President of the NA-ISSVD, Associate Professor: <https://podcasts.apple.com/ca/podcast/the-vulva-diaries/id1480179556>
- Lost Labia Chronicles: <https://www.lostlabia.com/> Lichen sclerosus information and support site
  - Lichen Sclerosus Support Network: <https://www.lssupport.net/#>
- Post SSRI Sexual Dysfunction Canada
  - <https://www.pssdcanada.ca/>

## Books

### Vulvar pain

- *The Vulvodynia Survival Guide*, H. Glazer
- *The V Book*, E. Stewart
- *Aches, Pains and Love: A guide to dating and relationships for those with Chronic Illness*, K Lynne

### Chronic pain

- *Train your mind, change your brain: How a new science reveals our extraordinary potential to transform ourselves*, S. Begley
- *Explain pain*, D. Butler, & L. Moseley
- *The brain that changes itself: Stories of triumph from the frontiers of brain science*, N. Doidge
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, J. Kabat-Zinn.
- *Managing pain before it manages you*, M. Caudill,

### Mindfulness

- *Wherever You Go, There You Are*, J. Kabat-Zinn
- *Stress, Pain, and Illness*, J. Kabat-Zinn.
- *The Miracle of Mindfulness: A Manual on Meditation*, T. N. Hanh
- *The mindfulness solution to pain: Step-by-step techniques for chronic pain management*, J. Gardner-Nix.
- *Better Sex Through Mindfulness: How Women Can Cultivate Desire*, Dr. Lori Brotto

## CBT

- *The Anxiety and Worry Workbook: The Cognitive Behavioral Solution*, David A. Clark
- *Mind Over Mood: Change How You Feel by Changing How You Think*, Dennis Greenberger, Christine A. Padesky

## Sexuality

- *When Sex Hurts*, Goldstein, Pukall & Goldstein
- *A Women's Guide to Overcoming Sexual Fear and Pain*, A. Goodwin
- *The Guide to Getting it On*, 7th Edition, P. Joannides (6th or 7th editions of this book discuss excellent techniques of non-penetrative sexual activity.)
- *Pleasures*, H. Hutcherson
- *Getting the Sex You Want*, S. Leiblum and J. Sachs
- *Resurrecting Sex*, D. Schnarch
- *Passionate marriage*, D. Schnarch
- *For each other: Sharing Sexual Intimacy*, L. Barbach
- *For yourself: The Fulfillment of Female Sexuality*, L. Barbach
- *Sinless Sex: A Challenge to Religions*, BILL STAYTON, MDIV, ThD, PhD is a psychologist, sexologist, and theologian. Offering science-based information about sexuality, Sinless Sex corrects misinformation found in many religions, offering a new way of thinking, especially to those bound by religious dogmas.

## Miscellaneous

- *Redefining Trauma: Understanding and Coping with a Cortisoaked Brain*, by S. Wright
- *Mating in Captivity*, E. Perel
- *When the Body Says No: Exploring the Stress-Disease Connection*, by G. Mate
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, by Bessel van der Kolk
- *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*, by McKay, Wood and Brantley

## Apps

### Mindfulness

- <https://weareferly.com/> (explore sexual pleasure with mindfulness)
- [www.calm.com](http://www.calm.com)
- Mindfulness Daily (free online training in mindfulness meditation by Tara Brach and Jack Kornfield): <https://www.tarabrach.com/courses/mindfulness-daily/>
- <https://www.headspace.com/>
- Bodyscan: <https://www.freebuddhistaudio.com/talks/details?num=LOC78>

### CBT

- MindShift CBT: <https://www.anxietycanada.com/resources/mindshift-cbt/>

### Physio

- <https://www.squeezyapp.com/>

### Online videos/recordings/modules:

- Tara Brach (Working Skillfully with Pain): <https://www.youtube.com/watch?v=I-S9atxrao4>
- <https://www.estherperel.com/podcast> (free 'sex therapy' series)
- <https://www.keltyskey.com/> (free online modules- chronic pain, anxiety, depression etc.)
- <https://www.youtube.com/watch?v=TZCXD8331OM> 'Debunking Desire: The Role of Chronic Stress in Women's Low Desire'
- <https://www.youtube.com/watch?v=4zT2NYvXgvs> 'It's not in Your head' –Awareness campaign Video for Provoked Vestibulodynia
- <https://www.youtube.com/watch?v=k94hFWJdYC4> Patient Story: Callista Wilson Conquering Vulvodynia
- [Free Online MBSR Course - happiness.com Academy](http://happiness.com)
- [Low Oxalate Diet & Vulvodynia \(healthfully.com\)](http://healthfully.com)

### Companies/Store specializing in Sexuality

- The Art of Loving: 1819 West 5th Ave, Vancouver, BC, [www.artofloving.ca](http://www.artofloving.ca)
- Womyn's Ware: 896 Commercial Dr, Vancouver, [www.womynsware.com](http://www.womynsware.com)
- Little Sisters Books & Art Emporium: 1238 Davie St, Vancouver, BC, [www.littlesisters.ca](http://www.littlesisters.ca)