

Emily Schmidt

Emily (Emma) Schmidt, MA, LPCC-S, CST
Emma Schmidt & Associates, Sex + Relationship Therapy
Emma-Schmidt.com
 Work: 513-438-0448

Education

Paul Laurence Dunbar High School, Lexington, KY	2001-2005
B.S. Cincinnati Christian University Psychology and Biblical Studies	2005-2009
M.A. Cincinnati Christian University Counseling	2009-2011
Sex Therapy Certification, Richmond Graduate University Institute for Sexual Wholeness	2010-2011
Psy.D. Union Institute and University Clinical Psychology - Withdrawn in good standing	2012-2014
Ph.D Modern Sex Therapy Institute Clinical Sexology	2020-present

Work Experience

Counselor Trainee Practicum Cincinnati Christian University	2010
Counselor Trainee Intern Safe Passages Counseling	2011
Counselor Trainee Intern Thompson and Associates	2010-2011
Private Practice Schmidt Counseling LLC/Safe Passages Counseling	2010 - 2011
Private Practice - Owner, Licensed Professional Clinical Counselor-Supervisor Emma Schmidt and Associates Sex & Relationship Therapy	2011–Present
Psychologist Trainee Practicum New England Center for Couples and Families	2013
Psychologist Trainee Practicum Assessment and Consultation Services, LLC, Robert DuWors, Ph.D.	2014
Psychologist Trainee Practicum Hartford Psychological Services	2014

Professional Memberships

American Counseling Association	2010 - Present
American Association of Christian Counselors	2010 - Present
Ohio Counseling Association	2010 - Present
American Association For Sex Educators, Counselors and Therapist	2010 - Present
The Society for the Advancement of Sexual Health	2010 - Present
Society for the Scientific Study of Sexuality	2010 - Present
American Board for Christian Sex Therapists	2011 - Present
International Association of Certified Sexual Addiction Specialists	2011 - Present
American Psychology Association	2012 - Present
International Centre for Excellence in Emotionally Focused Therapy	2015 - Present

Certificates and Trainings

Emotion Focused Therapy (EMDR) EMDRIA	2020
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Gottman Level 1

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The Gottman Institute	2019
Advanced Training in Emotion Focused Therapy	
International Centre for Excellence in Emotionally Focused Therapy	2015
Certified Sex Therapist	
American Board for Christian Sex Therapists	2011
Certified Sex Therapist	
American Association for Certified Sex Therapists	2011
Marriage and Family	
Cincinnati Christian University	2011
Certified Clinical Sexual Addiction Specialist	
International Association for Certified Sexual Addiction Specialists	2010
Trauma-Focused Cognitive-Behavioral Therapy	
The National Child Traumatic Stress Network - Medical University of South Carolina	2010
Victims Advocacy and Crisis Intervention	
Women Helping Women	2007

Seminars, Speaking Engagements & Contributions

Nationally Recognized Expert in Sexual Health:

American Association for Christian Counseling forum Topic: Sex Therapy in the church	2011
WKRC Local 12 News Cincinnati Topic: Sexual Addiction	2011
FOX 19 News Cincinnati Topic: Sexual Addiction	2011
CincyChic Ongoing Column Topic: Sex Therapy Column Link: https://www.cincy chic.com/?s=Emma+schmidt	2012
FOXNEWS.com Topic: Virginity	2012
American Counseling Association Topic: Female Sex and Love Addiction Link: https://www.counseling.org/knowledge-center/podcasts/docs/default-source/aca-podcasts/ht050---female-sex-and-love-addiction	2013
Counseling Today Topic: A Tale of Two Counselors (or what it takes to succeed in private practice) Link: https://thriveworks.com/blog/succeeding-in-private-practice/	2013
Boston Magazine	2013
International Association for Certified Clinical Sexual Addiction Specialists National Conference Topic: Female Sexual Addiction in the Church	2013
Society for the Advancement of Healthy Sexuality National Conference Topic: Female Sexual Addiction in the Church	2013
Treatment Approaches for Internet Pornography and Sex Addiction Symposium Topic: Female Sexual Addiction	2013
Sexual Addiction and Compulsivity Clinicians of Eastern Massachusetts	2013

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Topic: Female Sexual Addiction in the Church	
American Association For Sex Educators, Counselors and Therapist National Conference Topic: Female Sexual Addiction in the Church	2014
Notheastern University Topic: Fraternity Sex Talk	2014
Crossroads Community Church: Real Marriage Class Topic: Sex Talk	2015
Crossroads Community Church Topic: Life Hacks: Sex Link: https://www.crossroads.net/media/series/life-hacks/sex-hacks (Starts at 45:50)	2016
Lady Sparrow Foundation Topic: Why understanding sexual pain is important	2016
Crossroads Community Church: Mom's Group Topic: Sex Talk	2017
Sacred Psychology with Tamera Powell, LMHC Topic: Christian Sex Therapy Link: https://open.spotify.com/episode/6OYofRq9asfY5Wn0QC0swh	2017
HeyTiffany - Podcast Topic: Money Series Link: https://www.heytiffany.com/ask-tiffany-how-sex-therapist-emma-schmidt-raised-her-fees/	2017
New York Post Topic: Police, fire recruits are getting asked risqué questions about their sex lives Link: https://nypost.com/2018/09/14/police-fire-recruits-are-getting-asked-risque-questions-about-their-sex-lives/	2018
Cincinnati Enquirer Topic: What was your most unusual sex act? Cincy police, fire recruits asked about sex Link: https://www.cincinnati.com/story/news/2018/09/13/cincinnati-police-firefighter-recruits-asked-sexual-history/1204906002/	2018
WCPO Channel 9 https://www.wcpo.com/news/local-news/butler-county/west-chester/how-the-queen-city-is-becoming-a-hub-for-sexual-healing	2018
Cincy Chic: Women's Health Expo Topic: Let's Talk About Sex	2018
Crossroads Community Church: Father's Group Topic: Sex Q&A	2018
WCKR Local 12 News Cincinnati Topic: New Center Focusing on Women's Sexual Health Link: https://local12.com/health/medical-edge-reports/new-center-focusing-on-womens-sexual-health-opens	2018
Patty Brisben Foundation - #SexualHealthMatters Topic: Full Women's Sexual Health Panel Discussion Link: https://www.youtube.com/watch?v=cgTHfT3-Vhc	2018

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The Savvy Sauce Podcast	2018
Topic: Treatment of Sexual Issues with Certified Sex Therapist, Emma Schmidt	
Link: https://thesavvysauce.podbean.com/e/30-treatment-for-sexual-issues-with-certified-sex-therapist-emma-schmidt/	
Crossroads Community Church	2018
Topic: Show Up Naked with Food	
Link: https://www.crossroads.net/media/articles/show-up-naked-with-food-how-to-talk-about-sex	
Miami University	2019
Topic: Women in Entrepreneurship	
Leukemia and Lymphoma Society	2019
Topic: #SexualHealthMatters Panel	
Crossroad Community Church: Father's Group	2019
Topic: Sex Q&A	
ManSkills Podcast	2019
Topic: The One Thing About Getting Your Wife To Have Sex With You	
Link: https://www.crossroads.net/media/podcasts/man-skills/the-one-thing-about-getting-your-wife-to-have-sex-with-you	
Crossroads Community Church	2019
Topic: Ask An Expert About Sex Video Series	
Link: https://www.crossroads.net/media/videos/tags/ask-an-expert-sex/	
Patty Brisben Foundation -#SexualHealthMatters	2019
Topic: Sarah Klein, Larry Nassar & Sexual Trauma Full Panel Discussion	
Link: https://www.youtube.com/watch?v=EnmIkyXCiCE&has_verified=1	
Crossroads Community Church	2019
Topic: Being Bendier Won't Help	
Link: https://www.crossroads.net/media/articles/being-bendier-in-bed-won't-help	
Patty Brisben Foundation	2019
Topic: Sex & Menopause Full Panel	
Link: https://www.youtube.com/watch?v=rmTYVHqFdHc	
Highland United Methodist Church: Ft. Thomas, Ky	2019
Topic: Marriage Retreat : Sex	
Pure Romance World Conference	2019
Topic: # Sexual Health Matters Panel	
Link: https://www.youtube.com/watch?v=8RgEsAwOxmI	
Northern Kentucky University	2020
Crossroads: Florence Kentucky	2020
Wise Temple Women's Group	2020
Topic: Answering questions about sex	
WCPO Cincy Lifestyle Valentine's	2020
Topic: Building Better Relationships	
Link: https://www.facebook.com/CincyLifestyle/videos/184441265987414/	
Somi Javaid & Assoc.	2020

Topic: “ Sex in the City”

Aggressive Life Podcast with Brian Tome 2020
 Topic: Sex Quarantine, and COVID- 19
 Link: <https://www.briantome.com/podcasts/the-aggressive-life-with-brian-tome/sex-quarantine-and-covid-19>

WCPO Cincy Lifestyle COVID - 19 2020
 Topic: Relationships While Social Distancing
 Link: <https://www.facebook.com/CincyLifestyle/videos/relationships-while-social-distancing/259108195219485/>

What the Fit Podcast 2020
 Topic: Emma Schmidt - Sex & Relationship Therapist
 Link: <https://podcasts.apple.com/us/podcast/emma-schmidt-sex-relationship-therapist/id1406502056?i=1000478600900>

HerMD: Virtual Sexual Health Summit 2020
 Topic: Mind Body Connection
 Link: <https://www.facebook.com/HerMDHealth/videos/2442743396015526/>

Meet Rosy 2020
 Topic: Shame, LGBTQ + and Sexual Desire
 Link: <https://meetrosy.com/shame-lgbtq-sexual-desire>

HerVoice 2020
 Topic: Sex and the Mind-Body Connection
 Link: <https://www.buzzsprout.com/1027615/6674828-sex-and-the-mind-body-connection>

Labors of Love Podcast 2021
 Topic: Let’s Talk About Sex (Therapy)
 Link: <https://podcasts.apple.com/us/podcast/episode-50-lets-talk-about-sex-therapy/id1495048797?i=1000505748103>

What the Fit Podcast: Emma Schmidt - Sex & Relationship Therapist 2021
 Link: Releasing in February

Meet Rosy - 5 class series 2021
 Topic: Body Image + Self Love / Acceptance

Aggressive Life Podcast with Brian Tome 2021
 Topic: Answering Community Questions
 Link: Releasing in February

The City College of New York: Cuny School of Medicine 2021
 Sophie Davis Biomedical Education Program
 Topic: Sexual Abuse Seminar

Book:
Innovations in Clinical Practice: A Focus on Sexual Health
 Chapter Contribution: Female Sexual Pain
 New edition coming out soon!

Dissertation Research Topic:
 Understanding Genital Pelvic Pain and Penetration Disorder (specifically vaginismus) through EMDR

Awards:

Emily Schmidt

Volunteer Service Award of Lexington Kentucky
Next Generation Leader Award Finalist
Next Generation Leader Award Nominee

2005
2019
2020

Boards Served

Patty Brisben Foundation

2017 - 2020

Social Media for more examples of educational videos

Instagram: EmmaSchmidtSexTherapy

Facebooks: Emma Schmidt & Assoc. Sex + Relationship Therapy

YouTube: Emma Schimdt & Assoc., Sex + Relationship Therapy

<https://www.youtube.com/watch?v=JmCd-Fhv6s4>