

Give Yourself Permission

From My Personal Orgasm Training Journal

This is part of my personal journal documenting my years-long journey to understand and heal my orgasm difficulty after seeing four sex therapists over more than 30 years. These writings capture my experiences, reflections, and discoveries as I lived them and as I began creating my own path toward healing.

Originally written in 2019

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Give Yourself Permission

I wanted to be a sex therapist since my 20s.

I went to my first sex therapist when I was 23 years old because I could not have orgasms with my partner. I completed eight months of therapy and, as part of that process, I set goals for myself.

One of my goals was to become a travel agent, which I did shortly after finishing therapy.

Another goal was to become a sex therapist.

Thirty-five years have passed.

I have a Master's Degree in Business and a Bachelor's Degree in Social Work, but no degree in sex therapy.

During those years, I went on to see a total of four sex therapists and continued to have an on-and-off relationship with my orgasm. I spent years staying out of relationships because of the shame I carried about this "problem" and because of my inner struggle to solve it.

My upbringing would not allow me to become what I desired.

Yet here I am, breaking out of that "mold," writing a blog, creating products to heal my own orgasm, and inviting other people to join me in healing theirs.

I realized what I needed was to give myself permission.

Setting New Goals

I am giving myself permission to get a PhD in Clinical Sexology.

My commitment is to begin working on my Clinical Sexology degree in 2020.

Postscript — 2026

I did it.

In December 2019, shortly after the end of a relationship with a man I had once thought I would marry, I enrolled in a PhD program in Clinical Sexology.

I began school in January 2020.

What makes that decision even more meaningful to me now is that this relationship had been part of my own orgasm journey. After decades of struggling with orgasm following an emotionally abusive marriage, I had become orgasmic with this partner.

When the relationship ended, the breakup created enormous energy for change in my life.

One of the desires that came rushing back was something I had carried since my 20s:

I wanted to study sexuality.

I wanted to understand orgasm.

And I wanted to help other women.

When I returned to school in 2020, I was already thinking about developing a training program for women experiencing orgasm difficulty, including women using cannabis. I also imagined that someday I might train therapists.

I could not have imagined how much larger that idea would become.

I completed my PhD and began conducting research on cannabis and female orgasm. I went on to publish peer-reviewed research, including an observational study and a systematic review examining cannabis and female orgasmic function.

The Female Orgasm Research Institute, which I had established in 2018 while I was still struggling with my own orgasm difficulty, grew into a much larger research and advocacy mission.

I later established the Female Orgasm Training Institute and the Women's Cannabis Project.

Through the Women's Cannabis Project, we began advocating for women whose health conditions had been overlooked in medical cannabis policy, and our work contributed to changes in state medical cannabis policies.

But perhaps the biggest development came from continuing to ask the question that had followed me for decades:

How do women actually learn to become orgasmic?

Over time, my work expanded far beyond cannabis.

I began identifying and synthesizing research on evidence-supported pathways through which women with orgasm difficulty had accessed or developed orgasmic response.

These pathways include cannabis-assisted orgasmic access, hypnotic induction, tantric breathwork and yoga, pelvic-floor-mediated practices, psychedelic-and medication-assisted approaches studied historically, and non-genital pathways to orgasm.

Different approaches.

Different periods of research.

Different ways of accessing orgasmic response.

But together, they began revealing something much larger to me about the possibility of **Orgasmic Learning**.

What started as my personal attempt to solve my own orgasm difficulty eventually became a scientific and educational framework for understanding how orgasmic response may be accessed, learned, strengthened, and expanded.

And remarkably, when I wrote this in 2019, none of that existed yet.

I only knew one thing:

I needed to give myself permission.

Six years after walking into school in January 2020, the vision is much bigger than anything I imagined when I wrote those words.

A Reflection for You

What do you need to give yourself permission to do or experience?

What have you been wanting to experience that you have not allowed yourself to experience?

Self-Permission

Allowing yourself to pursue what truly matters to you.

Breaking Patterns

Moving beyond limiting beliefs from your past.

Taking Action

Making concrete steps toward what you want to create or experience.

Embracing Growth

Accepting that it is never too late to become who you want to be.