

LULU SUNNUCKS

CLINICAL SEXOLOGIST
PSYCHOSEXUAL THERAPIST
SPEAKER & MEDIA COMMENTATOR

ABOUT LULU

Lulu Sunnucks is a COSRT-registered clinical sexologist and BACP - registered psychotherapist, working with individuals, couples and groups from her Cotswolds practice and within a NHS Sexual Health Clinic.

She is the founder of LS Psychotherapy and the creator of The Erotic Intelligence Programme, a three-pillar clinical framework taking clients from audit, through transformation, to lasting integration in their intimate lives.

Most conversations about wellbeing skip straight past sex and desire, as though the erotic were a separate, lesser room in a person's life. Lulu's work starts from the opposite premise: that intimacy, arousal, identity and relationship are woven through everything else; mental health, confidence, ageing, grief, even ambition and that avoiding the subject rarely makes it quieter.

She works across a broad clinical range including kink, polyamory, consensual non-monogamy, LGBTQ+ identity and relationships, sex workers, trauma and the everyday mismatches that quietly erode long relationships. She brings the same directness to retreats, panels, press commentary and consultancy work.

GET IN TOUCH

info@ls-psychotherapy.com

www.ls-psychotherapy.com

@cotswoldssextherapy

UK Clinic - Cotswolds, United Kingdom, online worldwide

SIGNATURE TALKS & THE EROTIC INTELLIGENCE PROGRAMME

- **The Erotic Intelligence Programme** - a three-pillar journey (Intimacy Audit, Transformation, Integration) taking individuals and couples from where they are to where they want to be, erotically and relationally. Delivered as 1:1 clinical work, workshops and day retreats.
- **Sexual Scripts:** Where our beliefs about sex come from - unpicking the inherited, cultural and family narratives that quietly script adult sexuality and how to rewrite them.
- **Desire, Kink & Consent** - a grounded, non-judgemental look at what desire actually is, how it varies and what genuine consent requires beyond the basics.
- **Reigniting intimacy after illness, trauma or life transition** - practical, compassionate tools for rebuilding physical and emotional closeness after disruption.
- **Modern Relationships: Non-monogamy, identity & change** - how relationship structures are diversifying and what that means for therapists, partners and families alike.
- **The cost of silence** - why avoiding sexual and relational conversations is rarely neutral and what changes when clients are given permission to speak plainly.

FEATURED, AUTHORED & QUOTED

THE TIMES · marie claire · The Sun · STYLIST · THE i PAPER · Men's Fitness · DAZED · COSMOPOLITAN · Playgirl · SOHO FARMHOUSE · GRAZIA · THE DIVORCE PODCAST · the sin edit · Fabulous

RECENT COVERAGE

- **The Times** - “Meet the sex therapist to the Cotswolds set”
- **Playboy** - “Ozempic where? BBW porn is exploding in popularity”
- **Stylist** - “This phrase tells me a client's partner may be cheating on them”
- **Feeld** - “Hotwifing: what is it, and how to practise it ethically”
- **Playgirl** - “Are Gen Z really having less sex?”
- **The i Paper** - “Six common marriage mismatches that break couples up”
- **Grazia** - “Is 'therapy speak' ruining relationships?”
- Dazed — “Is it possible to decentre sexual attraction in dating?”
- **The Sun on Sunday** - “Three's a crowd? What it's really like being in a throuple”
- **Men's Fitness** - “Is your erectile dysfunction psychological or physical?”



PODCASTS, PANELS & PLATFORMS

- **Cotswolds Collective Podcast** - Clinical Sexology & The Erotic Intelligence Programme
- **F*ckoffFridays Podcast** - Keeping the spark alive in long-term relationships, plus listener Q&A
- **The Divorce Podcast (Ep.17)** - A therapist's guide to navigating trauma during breakups and divorce
- **Cotswolds Women, Cotswolds Radio** - Live discussion on dealing with trauma
- **Cotswolds Living & Cotswolds Lifestyle Magazines** - Featured expert
- **Childhood-trauma storyline consultancy** - for a best-selling author



AVAILABLE FOR

- Private Retreats & Workshops (Cotswolds and International)
- Corporate & Wellness Talks
- Panel Discussions & Keynotes
- Podcast Guesting
- Press & Media Commentary
- Storyline & Editorial Consultancy
- 1:1 and Couples Clinical Work

CREDENTIALS

- COSRT-Registered Clinical Sexologist (Membership 4679)
- BACP-Registered Psychotherapist
- Sole Practitioner, LS Psychotherapy Ltd
- Clinic based in the Cotswolds
- Sessions in-person across the Cotswolds and online worldwide

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the british psychological society
promoting excellence in psychology

bacp collective mark | professional standards authority accredited register
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MBACP

cosrt
College of Sexual and Relationship Therapists

NHS

INTEGRATIVE SEX THERAPY INSTITUTE
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EVERGREEN CERTIFICATIONS