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# LOVE BIRDS STRENGTHEN COUPLES

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by Christina Petracci



*THE LOVE BIRDS, CHARLES C. BIRD AND WIFE JO-ANN BIRD, OFFER COUPLES COUNSELING & CLASSE.*

Meet "The Love Birds"; two relationship experts specializing in relationships and sex coaching services. Charles C. Bird Ph.D. and his wife Jo-Ann H. Bird Ph.D. are experienced, qualified and Board certified clinical sexologists, and members of the AASECT, the American Association of Sexuality Educators, Counselors and Therapists. The name of their practice is called The Love Birds and they have two offices, one in Tampa and one here in Brandon. Charles says they are here in Brandon, "to promote good relationships and sexuality, and to dispel some of the myths out there.

The main goal of relationship coaching is, to enhance the relationship and communication through sexual expression, whether that means intimacy, sexual function, or both. Charles and Jo-Ann said, "Everyone can benefit from coaching." Though you must be at least 18 years of age to explore sex coaching services, all ages can inquire. The Birds work with fully functional people, capable to reach their desired goals in their relationships. Anyone having significant issues or psychological difficulties will be referred to an appropriate specialist and given resources and referrals. Parent coaching referrals are also available for those types of needs.

One of the most common issues is people having unrealistic expectations. Doctors Bird and Bird, help couples overcome obstacles by "challenging self defeat-

ing and limiting beliefs or thoughts about relationships and sexuality," expressed Jo-Ann Bird. These sex coaches are very easy to talk to and their professional tutoring is confidential and positively encouraging. Jo-Ann also exclaimed, "We are championing for our clients."

In my curiosity, I asked Dr. Charles Bird if men are more apprehensive to coaching than women. Charles replied, "Sometimes they are, but actually like it better because there's less of a threat or stigma to coaching than therapy." Coping skills can be taught for sexual anxiety. Dr.

Jo-Ann also stated that their



coaching" helps people with accountability in their relationships."

Chuck and Jo-Ann offer a free tele-course called "Quest for Passion and Connection," which takes an hour and is available once a month. You must pre-register, and then you call in to plug into the tele-course. This course is also offered in person.

The Birds have developed an 8-week course for couples called F.E.A.T.H.E.R.S.. Each class is a workshop based on eight principles on securing your relationship "nest" or "feathering your nest." The principles are: Friendship, Empathy, Appreciation, Thoughts, Heart, Energy, Real Commitment, Sexuality and Sensuality, thus the acronym F.E.A.T.H.E.R.S.. Home assignments are given and based on movement. This eight week course costs \$400 which comes out to be \$50 a class.

The Love Birds also offer a free first time consultation. After that, they charge \$150 hourly rate for office visits and telephone coaching, at which both doctors are present for your relationship coaching needs. To learn more about sex coaching services, visit [www.TheLoveBirds4u.com](http://www.TheLoveBirds4u.com) or call 769-9039 to make your appointment.