

Good Sex with *Any* Body – Dr. Sheypuk

The way people with disabilities are viewed related to sex and intimacy is riddled with stereotypes and misconceptions of inadequacy. *Asexual. Not able to have sex. Not able to have good sex. Can't be a wife. Can't be a mother. Can't be a good mother. Weak. Infertile. Can't be a good father*¹. All of these and more are inaccurate patterns of thought that challenge equality and make it an unfair playing field for individuals with disabilities. Dr. Danielle Sheypuk is a Clinical Psychologist in New York City, who specializes in socialization and sexuality amongst individuals with physical disabilities. According to Sheypuk, “Societies misconceptions and inaccurate assumptions are the largest obstacles we face in this area with a disability, and let me tell you...it's the size of Mount Everest.” There are hundreds of different disabilities and even more variations making each person completely different from one another. Through her public appearances and private practice, Dr. Sheypuk is initiating a new trend of accepting that people with disabilities are in fact capable of having healthy, active, and mutually enjoyable intimate relationships. Her work has caught the public's eye, as she's been interviewed and featured in Fox News, Elle Magazine, Daily Mail, The Guardian, and presented a Ted Talk.

¹ Dr. Sheypuk TED Talk. <https://www.youtube.com/watch?v=7PwvGfs6Pok>