

ANGELA SKURTU

SPEAKER | AUTHOR | COUPLES & SEX THERAPIST

MED, LMFT



MEDIA KIT

WWW.THERAPISTINSTLOUIS.COM

MEET ANGELA

ANGELA, is the founder and owner of St. Louis Marriage Therapy and is well-known as an expert in sexual and relationship health. As a licensed marriage and family therapist and sought-after speaker, Angela has inspired and educated clients and audiences for over a decade.

She is on a mission to share her successful techniques in bringing couples together in peaceful, respectful conversations to help create more loving, peaceful lives within families, companies, and communities.

In addition to individual and group therapy sessions, Angela also conducts training seminars and webinars and is available for speaking engagements.

LICENSES & CERTIFICATIONS



Licensed Marriage and Family
Therapist, State of Missouri



American Association for Marriage
& Therapy Approved Supervisor



Nationally Certified Sex Therapist
by the American Association
for Sex Educators, Counselors,
and Therapists



AASECT-approved continuing
education provider



My biggest goal is to give clients the tools they need to help themselves create a healthy, happy life.



ANGELA SKURTU
MED, LMFT



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AS SEEN ON

Psychology Today

PodBean

Woman's Day

MY LOVE COACHING JOURNEY



GoodTherapy



HUFFPOST

ST. LOUIS POST-DISPATCH

ARTICLES

HOW TO GET YOUR WIFE IN THE MOOD
FIND BLACK THERAPIST

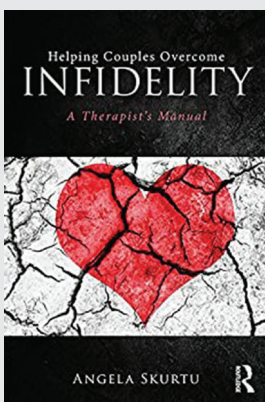
8 TIPS THAT'LL HELP YOU WIN BACK YOUR HUSBAND'S ATTENTION
FIND BLACK THERAPIST

POWER DYNAMICS IN SEXUAL RELATIONSHIPS
THE HUFFINGTON POST

WHY SEX IS A DIFFICULT TOPIC FOR PEOPLE
THE HUFFINGTON POST

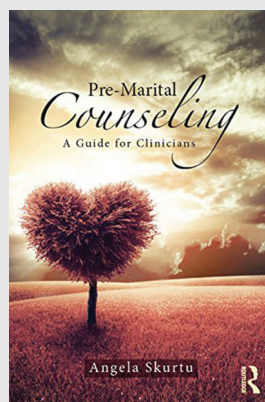
CAN COUPLES SURVIVE INFIDELITY
THE HUFFINGTON POST

SEXUAL RELEVANCE
THE HUFFINGTON POST



HELPING COUPLES OVERCOME INFIDELITY

This book provides clinicians with tangible, research-oriented intervention strategies that can guide couples through the aftermath of an affair.



PRE-MARITAL COUNSELING

This step-by-step guide covers the predictive factors for marital success, five habits of healthy relationships, and tips for keeping the spark in a relationship.

SPEAKING ENGAGEMENTS

Angela is comfortable in front of audiences of all sizes, ranging from 20 to 1,000+. Seen at schools, businesses, conferences, churches, and other local and national organizations, she can modify her talks, webinars, and training sessions based on client needs.



SPEAKER

Angela's success as a public speaker is based on her ability to connect with her audience. With a talent for keeping the crowd engaged, she is on a mission to ensure that her listeners laugh, learn, and grow.

Top Speaking Topics Include:

- Sex and Aging
- Sex and Disability
- How Trauma Impacts Sexual Health
- Building Connection and Intimacy
- Helping Couples Build Trust
- Getting the Love You Want
- Sex, Wine, and Chocolate
- *And others*



WEBINARS

Webinars are an effective way to gather an audience without the travel commitment for an in-person gathering. In each webinar, Angela creates highly engaging webinars with tips, exercises, and thoughtful discussions.

Top Webinars Include:

- Secrets to Desire in Long-Term Relationships
- Helping Couples Overcome Infidelity
- Sex and Aging



TRAINING

As an experienced and licensed therapist, Angela's experiences have equipped her with the techniques to provide her participants with new skills and strategies they can immediately put to use.

Top Sessions Include:

- Introduction to Sex Therapy
- Consensual Non-Monogamy
- Treating Painful Intercourse

Many training sessions offer AASECT-approved continuing education credits.

SIGNATURE KEYNOTE TALKS

HELPING COUPLES OVERCOME INFIDELITY

In this popular keynote, therapists and clinicians learn valuable techniques for treating couples struggling after infidelity occurs.

IMPROVING DESIRE IN LONG-TERM RELATIONSHIPS

People in long-term relationships often complain that keeping their desire for sex alive in their relationship is challenging. This keynote shares tips and strategies for what it takes to maintain an interest in sex.

PODCASTS & INTERVIEWS

In her *About Sex* podcast, Angela interviews thought leaders, academics, industry professionals, and other unique guests to discuss sex and relationships. Since 2016 and over 100 interviews, her episodes have garnered thousands of downloads combined.



Angela's style weaves charisma, humor, and anecdotes into her interviews. Also, she creates a degree of comfort and relatability with her audience. It is Angela's privilege to help you present the most thorough and credentialed interview or segment.

GUEST APPEARANCES

Angela is a regular guest speaker at local and national conferences, including:



Missouri Mental Health Counseling Association



American Academy of Psychotherapists



American Association for Marital and Family Therapists

AWARDS



2020 BEST OF BALLWIN

In 2020, Angela received the Best of Ballwin Award in the Marriage and Family Therapy category. The award acknowledges companies that enhance the positive image of small businesses through service to their customers and the Ballwin, MO, community.



2017 MEDIA AWARD

Angela received the 2017 Media Award from the Missouri Association for Marriage and Family Therapy for her work with Huffington Post; her book, podcast, blogs, YouTube channel; and appearances on radio and television promoting relationship and sexual health.

11+
YEARS PROFESSIONAL
EXPERIENCE

1000+
PODCAST DOWNLOADS

10,000+
CLIENTS HELPED

5000+
AUDIENCE PARTICIPANTS

Audience attendees at speaking engagements, webinars, and training sessions combined.

1,000+
AUDIENCE ATTENDEES AT
LARGEST KEYNOTE TALK



PRAISE



Angela was lively, interesting, and engaging and provided good information on handling couples individually and together.

- CONFERENCE ATTENDEE



Helping Couples Overcome Infidelity tackles a very difficult topic with compassion and insight. The interventions are clinically relevant and helpful in supporting couples struggling with betrayal.

- HEATHER RAZNICK, MSW, LCSW



I've participated in Angela's sessions and like how she presents case examples about how she interacts with her clients. She is very knowledgeable and generous, providing tidbits on how to deal with angry couples and more.

- CONFERENCE ATTENDEE



Premarital Counseling: A Guide for Clinicians provides easy-to-follow instructions for helping premarital couples. Hitting on all the important topics clinicians need to be aware of when counseling couples, Angela does an excellent job of combining clinical techniques and the latest research to provide a comprehensive guidebook. I would recommend this book to any clinicians seeking to strengthen their existing skills or are beginning work in this area."

- BRIAN JAMES WILLOUGHBY, PHD



Angela is an excellent presenter! She is very thorough and knowledgeable on her topics and engages with her audience.

- CONFERENCE ATTENDEE



Consciously speaking about the challenging issues of marriage as much as possible before saying 'I do' is a great start for any couple. Angela communicates clearly and lively about all the traditional pre-marital counseling topics (values, money, children, etc.). And her added gift is presenting a thoughtful outline for addressing sexual concerns/expectations in a very sex-positive manner.

- BRIAN CROSS, PHD

LET'S WORK TOGETHER



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