

Val Sampson

BIOGRAPHY



Val Sampson is a successful couples' counsellor and author who writes about sex and relationships for newspapers and magazines. She is also an NLP (Neuro Linguistic Programming) Master Practitioner and a *Relate* trained Couples Counsellor with her own private practice.

She is the author of four books on sex and relationships, published in the UK, Europe and the USA: *The Breast Cancer Book*, *How to Have Great Sex for the Rest of Your Life*, *The Real Sex Kitten's Handbook*, and *Tantra The Art of Mind-Blowing Sex*

which was the first mainstream book on Tantra, and was widely reviewed in national press and magazines.

Val gives talks on health and relationship topics and has written about sex and relationships for newspapers and magazines, including *The Times*, the *Mail on Sunday's You* magazine and *Good Housekeeping*.

She also has media experience in television and radio, including live appearances on *ITV's This Morning* and *Loose Women*.

Val trained with *Relate* and has a private couples counselling practice in Surrey. She has run sex education workshops at various organisations, including a regular stint at London's *Coco der Mer*, and was a consultant to *Durex*.

She writes a blog on her website: www.valsampson.co.uk

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