

Sarah White

This 26-year-old psychologist from New York invented naked therapy. Say what? Yes, it's as you imagine... She has recently risen to fame for pioneering naked therapy sessions, which she believes liberates both patient and therapist

WHAT IS NAKED THERAPY? "Nudity helps cancel inhibitions, making us feel more free... My naked therapy involves undressing during the session. Arousal makes it possible to establish intimacy and so it is possible to have deep insights. This makes it easier to talk about a childhood trauma or difficult family relationships."

THERAPY AND AROUSAL SEEM LIKE WORDS THAT SHOULDN'T BE USED TOGETHER. "I think this gap between sexuality and therapy is a big problem. It is like teaching someone to swim by merely talking about it. Since we live in a world full of arousal, it should be allowed, explored and respected in the therapeutic context."

HOW DID YOU START? "In 2010, after my graduation as a psychologist, I worked as a fashion model and a web designer, so in a way, I have combined all of that."

YOU'RE CRITICISED BY YOUR PEERS AND COLLEAGUES, WHO SAY THERE IS ABSOLUTELY NO SCIENTIFIC EVIDENCE TO JUSTIFY NAKED THERAPY.

"That is right. I have initiated naked therapy. I am collecting information based on my experience, and am writing a book to show the validity of this work. For the moment, I am also writing a blog on the value and importance of arousal, which can be seen at Sarahwhitedaily.com" ■