

Allison Jayne

Okay. Hello, Allison, and welcome to the show. Hi, thanks for having me.

I am so happy that you were able to join me today when your podcast booker sent me your information and I read a little bit about you and your story, I was like, we have got to have this person on the show because it's not often that someone who's a licensed therapist is always open about their own ups and downs and their own vulnerabilities. And I just love that you were so transparent with your experience.

And so I think it would be really helpful for people to hear a little bit about you, how you got into the field of psychology and also how what you went through informs your work. Okay, sure. So it's been quite a few years now since I went into the field.

I started in college, I worked on a crisis hotline, a suicide hotline, and I had a really good teacher, just one of those excellent mentors who taught us so much about actually doing therapy, pretty advanced stuff for an undergraduate working on a crisis hotline. And he got my passion going for the field. And then I went into work at a psychiatric hospital for a little while and just kind of kept building from there.

And I got my license as a licensed clinical social worker, and I worked in the inner city of Chicago for a long time. And I did a lot of individual counseling, a lot of family therapy work with some of the families through Department of Children, Family Services in Chicago. And I knew so much about that.

I knew so much about diagnosing problems with individuals and working with severely mentally ill people. And then in my early forties, I went through a divorce. I experienced this rupture in my marriage.

And I realized I really didn't know much at all about the psychology of couples and couples therapy. And for as much as this past wealth of knowledge as I had about individual psychology and individual issues, I really didn't know much about couple stuff. And so I started to take a really deep dive because I thought, well, maybe I need to educate myself on this piece of it because obviously my marriage didn't work.

And when I started doing this deep dive, I'm a big reader, big researcher, all of that. And I learned so much about dating and relationships and all of this. And so I decided, you know what? I'm going to write a book that combines my experience, my personal experience as a single woman dating in her midlife, along with my professional experience of both my clients and all this knowledge and skills that I kind of gleaned in my digging deep process.

Yeah, that's amazing. And so was it at that point that you learned more about EFT? And for those listening, EFT stands for emotionally focused therapy. And so I said EFT, I think

when I introduced you, but for those who don't know, that's what that is.

No, sorry. We can edit this. Go ahead.

What were you going to say? It's actually emotional freedom technique. There are two different kinds of therapies. Okay. Okay. So gotcha. Okay. Okay.

So I'm just gonna edit that out. Okay. So we'll pick up here.

Okay. So then you decided to put everything you had learned and experienced together into a book. And let's talk a little bit about that.

So your book is called Find Love Again, which I love the title because it's so hopeful, which is a feeling not a lot of people have when they're getting back out into the dating world. And that was what you noticed. You were struggling.

You noticed a lot of your friends felt the same way. So talk a little bit about what was going on cause I know people can probably relate.

Yeah, absolutely. I mean, it's a challenge, right? Because nobody grows up as a little girl and thinks, Oh, someday when I'm divorced and dating again in my midlife. Right. Right. That's nobody's dream, right? So when you suddenly find yourself in that situation, it can be very daunting and a little overwhelming.

And so to just have to start to put yourself back out there again is complicated enough, but especially for people who are midlife now, I mean, those of us midlife now, when we were dating last, there were no dating apps. There was no, there was no texting. You actually had to like call a person when you met them out somewhere.

So, so the dating landscape today's world is also just completely different than for most women who were dating last in their twenties or even early thirties. And so it's very different. I mean, we all know how much more, unfortunately, our smartphones and technology have actually made us a little more disconnected.

Oh yeah. Imagine trying to date in that atmosphere where you're just sort of meeting someone in this virtual space and there's texting and there's not a lot of actual personal responsibility. So someone can just ghost and disappear and they can do that fairly easily without a lot of guilt or remorse.

And and it's just very complicated and new and a little overwhelming for say a lot overwhelming for so many people. Yeah. Yeah.

And it can be also exciting. Of course, there's sort of a, a new chapter kind of feel. And so what I really wanted to do for my readers and honestly for myself and for my friends and for my clients was I kind of, I talk about that.

I wrote this book almost like a love letter to, you know, a fellow single woman at midlife, because I really wanted her to know that it can be exciting and it can be hopeful. And even though there are all these scary things and there's definitely going to be a lot of ups and downs and you're going to kiss a lot of frogs. That, that there is hope on the other side.

Right. You know, when I was reading the intro, which I told you I recorded before the show, I actually took the word midlife out because I feel like apart from the fact that women who are just now maybe going through a divorce and dating again, and the dating landscape being so different due to technology than it was when they were in their twenties, a lot of the feelings you're describing about dating, I really believe apply to women and men, frankly, across all the age demographics. I mean, what you're describing, feeling overwhelmed, you know, disheartened, let down over and over again.

That's those are feelings that women of all ages experience when they're dating. And I think it's really leading to a lot of people giving up on the whole thing. I mean, I see post after post after post of, you know, therapists, psychologists telling people just embrace singledom, which is me kind of like just telling them to wave the white flag, like it's not going to work out.

And, you know, I think call me old-fashioned, but I still really believe that as humans, we are hardwired to connect, not just platonically, but romantically and sexually as well. And so I'd love to hear a little bit more about how you instill a sense of hope and confidence for people who may be kind of at that point where they're ready to throw in the towel. Yeah, absolutely.

Well, let me just back up and say that my philosophy, my personal philosophy is in alignment with yours. I absolutely think we need connection. And there's actually lots of research too, right? Tons of research.

We thrive and do better mental health wise, the more connection we have and, and not just platonic, right? So it's a connection that intimacy, that deep feeling seen by someone is really important and really valuable for our overall wellbeing. And I believe that the main reason why people don't always have those connections or struggle to get those connections is because of their own internal subconscious blocks or programming, if you will, from childhood, maybe some old wounds, things that make it feel more scary or, or almost like unsafe to be in a relationship at a subconscious level rather than safe. And so the problem is, is if our subconscious has that kind of programming, we are not aware of it.

It's just going to show up in these kind of sneaky hidden ways like, oh, I can't find any good men out there. And maybe the subconscious programming was you had an emotionally unavailable dad. And so what feels like romance, attraction, love, when you meet a guy is emotional unavailability, because that's what programming is.

So then you keep going after these emotionally unavailable guys. And then of course, it doesn't work out because you don't get what you don't get your needs met. And then you are, you know, ready to wave the white flag.

Right. So the main approach that I take in this book is by using this very powerful technique I got trained in back in 2014 called EFT tapping or emotional freedom technique. And it is a technique that basically combines the principles of like exposure therapy, good old-fashioned psychological exposure therapy with stimulating your acupuncture points. So clients are taught to tap on their own acupuncture points. And when they do that, while processing something very emotional or traumatic, it sends a calming signal to the amygdala to the fight or flight center of your brain, and it turns it off. And people always ask me, well, is it just any points on the body? Or is it these specific points? And they've done research looking at both.

It's definitely specific points. They've done a lot of research now using EEGs to measure brainwaves using blood and saliva, pre and post to see the biological impacts. And it's really dramatic, actually, just a little bit of tapping on these particular acupuncture points can send people very quickly into an alpha brainwave state, which is that brainwave state most of us go into before sleep, that sort of woozy feeling, but some of your listeners can maybe identify if they, if you meditate, that's an alpha brainwave state or it's Shavasana in yoga. That's that alpha brainwave state. Talking about those positions.

I'm like, ahh yeah. So just tapping on your own acupuncture points can put you there and what they found with these blood and saliva tests is that it also lowers cortisol or stress hormone pretty dramatically an average of 24% in people up to 50% in individuals. And it's, there are actually some really recent research out showing that it's turning, changing gene, gene expression turning sort of, yeah, for lack of it's a little oversimplified, but basically turning on good genes, turning off bad genes, it's increasing immunity system, your immune system, all sorts of great stuff.

And so even if you just don't really want to use the technique to work on your actual issues, just tapping on these particular points, does your body a lot of good. Totally. I, I use a technique called EMDR, which I'm sure you're familiar with.

And, you know, I want everyone listening to know that there is so much more to therapy these days than just sitting with a therapist who's maybe passively listening to you tell your story. I mean, we have some pretty cool advanced interventions now that do amazing work in helping people overcome trauma that you think you are never going to let go of. And so I know this is one, I get great results with EMDR.

And so I just want people to know that there is hope to release these blocks. You know, when we go through a significant trauma or even kind of a long-term minor trauma, we don't realize how much we hold on to beliefs or thought patterns that are preventing us from fully accessing our authentic selves or even emotions or body sensations that can

get stuck and show up where they don't belong. I mean, you may find yourself with someone really wonderful, but if you're stuck on the belief that you're not deserving of love or you get a tightness in your chest every time you're with someone that's the body misfiring.

And so there's a lot we can do now to help correct those outputs so that we can have healthier, more meaningful relationships. Yes, absolutely. I actually was debating between getting trained in EMDR or EFT when I originally got trained.

And I, I simply, I kind of was in a situation where I needed continuing education units, actually, in a short period of time. And EFT was the only one being offered. So I, I, I signed up, but I loved it.

So it's, you know, it worked out and I agree. I've had clients, many clients say to me, wow, like I was working on that for seven years and you just cleared it in four sessions. I mean, it's very, very encouraging and amazing.

Some of these mind body techniques that are now out there in the field and there's lots of them and it's an exciting time for our field, actually, I think. Oh, I totally agree. So you learned about these techniques and applied them to yourself, it sounds like.

And, and what did you notice? What did you find that you had to let go of to find hope again? Oh my goodness. A lot. I, I, I find it interesting because I almost joke with my mentor, who I do my tapping with, that I'm like, you would think with some of my issues, I had like this terrible childhood, but I so did not.

However, what I call little t traumas, you know, the little t. I know those all too well. Being left out at the playground or, you know, I don't know. One example I'll give you, it was so interesting.

And I will say that when you start tapping, what's really cool is because you start to quiet down the emotion brain with the tapping is that a lot of times insight will drop in. So we're processing an issue that I was having in the present, just feeling like sort of hesitant about getting attention from men. And of course, if you're hesitant about getting attention from men, then you're going to have trouble dating.

So we were working on this issue and what popped in for me was a memory of this, you know, boy across the street who everybody liked, he was sort of the ringleader of the neighborhood, always organizing the games and stuff. And he helped me with something one time when we were on a hike in the woods, he like piggybacked me over the mud. And my sister looked at me and she was mad.

I could tell in her face that she was mad because I was littler than her. So he could pick me up and he couldn't pick her up. So she didn't get that.

I got that. So here I got this attention from a guy and then I felt bad about it. I felt guilty.

And there's the link. And it was amazing. And then once I cleared that out, it was just like, I started seeing different guys show up.

I started, you know, having just more openness and, and which then kind of created a little bit of a magnetism to being open to men asking me out and things like that. That's awesome. That's so cool. Yeah.

And what I think a lot of people don't realize is it is those early emotional associations that you make with your sexuality, with intimacy, with vulnerability that shape the way you feel about those things in adulthood. And they can be obvious or they can be really subtle, you know, but whatever the emotional climate is at the time that you're just discovering those things can really set the tone. The good news is though, is if those associations were negative for you, there's a lot we can do to move out the negative feelings and replace them with more positive ones, as you just described.

So you talk in the book about how to effortlessly manifest the man of your dreams, which sounds almost too good to be true. So can you break that down for us and tell us how to do that? Yeah, absolutely. It, it's all about clearing these blocks, right? And so, and I'm going to back up to and say setting an intention.

I think a lot of times people get single and they just are so afraid of being alone that they just kind of go out and date again. And they maybe jump into something very quickly. They maybe ignore some red flags, make excuses.

Oh, well, you know, he's just really busy. That's why I'm a low priority. You know, those kinds of things.

And oftentimes what I've seen with my clients and even with some of my friends is people just end up dating sort of the same person in a different body. I like to say, so it's like, Hmm, this seems very familiar. And wasn't, weren't these the things you were complaining about your ex-husband and that's why you left the marriage.

And now you're, you're repeating this pattern. So, so patterns can really, you know, lock in on us because they feel familiar and what feels familiar feels comfortable. So I think it's important to just back up and really get clear on what it is you want in your ideal partner.

And I'm a big fan of writing it out. And then what you can do with that list is that's a little bit different. What I teach then I think what a lot of people are teaching out there is you can tap on it because if you read this list of your ideal partner, most of the time, you're going to feel a little squirrely about it.

You know, you're going to feel a little out of alignment, like, Oh, this, this is too good to

be true. Or maybe you won't even write those things in the first place. Cause you'll be like, well, I know that there is no perfect person.

So, you know, I'm just going to write only five things or something. Right. So yeah.

And I should back up too and say, I'm not talking about demographic things. I mean, those you can write too, but talking more about character, logical values, you know, the things that are really important to you. And I say a lot in the book that no, there's no perfect person out there, but there is a perfect person for you.

And I truly believe that. And I believe that when you clear all your feelings that maybe you don't deserve that perfect person or that it's impossible or that it's just not out there, when you clear all those doubts and fears away, then a lot of times effortlessly, the person does just drop in. Yep.

And so it, every chapter of my book at the end, I sort of teach a lesson and then I have a tapping script so you can tap along. And I feel like that's really the important piece is while you're doing all this work, whether it's setting the intention or identifying the subconscious blocks, if you tap, you're going to neutralize your emotions about it. So you write your intention list.

You tap at any part of the list that feels a little nerve wracking or like, or you have doubt about, and as you tap, you're going to start to feel more neutral, more neutral, more neutral. And so then when a person with those qualities does show up, you're actually going to see them, whereas maybe you wouldn't have before. I think that's the key. Yeah.

So one story I share in the book, because it's one of my favorite stories, is a client that was working for many years on herself and working on self-love and things that are important, but sometimes I feel like can also be used as a crutch to keep you emotionally protected from heartbreak, you know, or whatever. So yeah, sometimes I think we can get too caught up in that, but she was doing a lot of work and she was using tapping to clear out a lot of issues. And the whole time she lived in this high rise building for eight years.

And then one day she gets on the elevator and, oh, and she dated a lot of like, not good, not guys who would treat her well. Frogs. Yeah, frogs. And so then after, you know, a few years of working on herself, she gets in the elevator one day, sees this really handsome guy. And she's like, Oh, like, who's this guy? And they start chatting and they hit it off.

And he asked her out and they end up dating and they end up falling in love. And now they're in this great relationship. And he said to her, you know, for eight years, I've been seeing you on this elevator, but you never paid any attention to me.

Oh my gosh. Right? I love that. Yeah.

And it's a fun story. It sounds like magical. It sounds like, you know, like something fairy tale-ish, but there's actually science behind it because, you know, we have that part of our brain, that reticular activating system that sees and identifies patterns.

So that's why when you decide, okay, I'm going to buy a Jeep, then all of a sudden you see Jeeps everywhere, right? Exactly. There you go. That's a common thing, right? So when you're looking, when you're thinking, Oh, there's only asshole guys out there.

That's okay. You can say asshole. I was like, oh. When you're thinking, Oh, that's all that's out there, then that's all your brain sees.

She didn't see this nice guy for eight years. And I've seen him, he's handsome. Like the fact that she missed him just goes to show that her subconscious was really just tuning into what she thought love was.

Yep. I love it. And I will vouch for everything that you're saying personally.

I mean, I was very fortunate to have a wonderful therapist in my twenties who helped me break some negative relationship patterns. And one of the exercises we did was I had to make a list of everything that I was looking for in a partner. And just like you're saying, she said, you know, keep adding to the list.

I didn't, and I'm like, Lynn, this is like the most unrealistic want ad one could ever imagine. It like reminded me of the kids who put their want ad out for Mary Poppins, like that kind of thing just doesn't exist. And she said, you know, kept keep adding to it.

And meanwhile, we're working through my traumas and doing EMDR. And, you know, so I kept the list in my journal and lo and behold, a few months later in walks this unicorn of a man. And I am very lucky now.

I feel like I won the relationship lottery because I just didn't think it was possible to find everything that I was looking for in one person. Does that mean we have a perfect relationship? No, but I think it's pretty much as close as is realistic to get. Cause you know, every relationship is going to have stuff come up and that's totally normal and natural, but it wasn't until I went through that, that I realized just how much I was compromising.

And so that's really what I want people to hear is that you don't have to compromise. In fact, in fact, I think if you keep high standards, then you can attract, you know, someone who will meet those and be a really great partner for you. Yeah, absolutely.

I love it. Cause that is the purpose of my book. So that's a great, exactly.

No, it totally works. Yeah. So let's see.

Okay. Let's pivot for a second and talk about how to be a goddess in the bedroom,

because we also know from the research that sexual compatibility and satisfaction is really important to relationship satisfaction for most people out there. So tell me a little bit more about what you learned about sexuality as part of your journey and how to connect with your inner goddess.

Sure. I knew you were going to go there. You knew you were coming on a sex therapist podcast. That's right. Yeah. And it is funny. This chapter was part of what held me back from writing the book for a couple of years.

I have teenage boys and I thought, Oh God. But you know, I, I had to, I had to include this chapter because it's so important and it is something that I have learned a lot about in the last seven years since my divorce. And it's been an amazing journey between what I've learned personally.

And then also just, again, experiencing with some of the people that I'm working with is that first of all, the amount of people that just are hesitant to communicate around their sexuality and sexual issues is shocking to me. And fair enough, I became a therapist at 24, you know? So, I mean, you know how it is, we're trained to talk about uncomfortable things. So, you know, I'd be dating guys and I'd be like, okay, so here's my rules for, for here's what I like or here's what I don't like or, you know, whatever. And I'm, I'm very clear, very communicative, very directive.

And I realized when I had a friend who was probably 53 at the time say to me, how do you talk about using protection when you're with someone new? And I thought, what do you mean? How do you not talk about it? Right. Exactly. But I was like, okay, I need to write this part in the book.

And so I just talk about, you know, how you, you, I think what's very helpful for women, particularly when you're starting dating all over again, is to just have a little speech in your head about your boundaries and be really clear and have it clear in your sort of, in your body to feel in alignment with you, you know, where you don't feel tense about it. Just really think about what is it I want to say and how do I want to say it and rehearse it before you're in the hot and heavy moment where it might actually be hard to say. So for instance, my little speech is something along the lines of my health is the most important thing to me and therefore, unless and until we are in a committed monogamous relationship, we're going to use protection and you see, I just whip it out. Right. So that speech that speech just comes out of my mouth very easily.

But I do think that if you try to do it in the moment, it can be very nerve wracking. So rehearsing ahead of time, that's number one. Number two piece of advice.

Again, I think this could go for any woman of any age, but I think it's particularly an issue when women are back out again, dating maybe after 20, 25 year marriage is this concept of new naked, right? It's like very scary to have to be naked in front of

somebody new again. And what I always try to talk to women about is, first of all, that's a perfect thing to tap on, even though I'm nervous about, you know, getting naked again in front of somebody new, or you can tap on thoughts of like, what if they don't like my body or what if they're always dating younger women? I hear that from a lot of women in their forties and fifties. It's like, oh, well, they've been with women with better bodies.

And so I always say, okay, listen, if you're dating a good guy, he's going to love your body. Yeah, exactly. He's happy to be with you.

Right. Right. Most men, most like good quality men just want to worship the woman that they're with and they just want to make you happy and they just want to please you.

Yep. And that leads to the third point I talk about in the book, which is get used to receiving in the bedroom. Thank you. Get comfortable with that, you know, I've had so many, uh, women who are starting out dating say, well, you know, how do, how do you please a man? How do you do this? How do you do that? And I'm like, the best way to please a man is to let him please you. And if he's not that guy, then you don't want to date that guy, but 90% of the guys, maybe even more, um, that's what they want. They want to make you happy and they can't read your mind.

And so just get comfortable with this idea of receiving and relaxing and allowing be a little directive guys love that, you know, they, they need some help. They know they're not mind readers. Exactly.

And I was trained back in the day in, uh, DBT dialectical behavior therapy and in mindfulness. And so I really started practicing mindfulness myself. And then teaching this with my clients that I was working with of mindfulness in the bedroom.

So even if it's just feel the touch of his fingers on the skin of your arm, as he's rubbing up and down, you know, just really getting out of your head and into your body is going to bring you so much more pleasure and them so much more pleasure. Because I think one thing that women don't realize is if men are so focused on, or if men are vibing from you, I should say that you're just kind of in your head and whether it's that you're thinking about, Oh, how am I going to get him to orgasm? Or you're thinking about the groceries or dinner or whatever. Yeah.

No, you know, they, Oh yeah. They, they can sense it. Right.

And you were, and that is like the opposite of mindful. Yeah. But if you are just mindfully enjoying, you don't have to worry about when he's going to orgasm because it's going to happen.

And actually I've talked to many men who have performance issues when they feel like, Oh my gosh, she just wants me to be done. She just wants me to be done. Oh yeah.

Or they feel like you're not present. I mean, it's not good for anybody. Right.

It's not fun for anybody. So exactly. So I always say, just be selfish in the bedroom.

You know, women aren't used to that. And a lot of times we're not comfortable with it. It's when we're so, oh, and I think especially like, you know, midlife people who are listening, who are midlife, I think especially more so than Gen Zers or the younger generation, they were kind of brought up with the idea that sex is for a man or the focus is on his pleasure.

Women aren't sexual. And so talk about tapping some of that stuff out of the body. I mean, I think a lot of women have ingrained that sex is not for their benefit.

And so there's a lot of work that needs to be done. I think for women to feel sexually empowered and assertive, and we have research to show that women who feel those that way tend to have greater sexual satisfaction, pleasure, and confidence. So it's super important.

And I will say, you know, for a lot of my clients, they will maybe have worked with another therapist and worked through some of the early childhood traumas and can have healthier relationships. But I think the last place these traumas show up is in the bedroom. And I think it's because there's really no more vulnerable space to be in than when you're naked in bed with another person who you care about.

And so then they'll come to me and they'll say, well, I thought I worked all this stuff out, but I'm still feeling really, you know, inhibited when it comes to sex. And I'll say, well, we just got to go back and rework it a little bit. And there is hope.

And I think it's something that a lot of women can and should learn how to feel. Yes, absolutely. I mean, I always say that your most intimate relationship is also your biggest mirror for the things you need to heal.

Right. And so it makes sense, actually, that our most intimate partner is the one that is going to sort of point us in the direction of what we need to clear up in our subconscious next. And that's why we get triggered.

But I think if people can just look at it from a more positive frame of like, oh, okay, this is coming up for me now. I'm going to clear it and I'm going to be, you know, at that next level, whatever that next level is, because we're always on a journey. There's not necessarily a destination, but feeling better about ourselves, feeling more confident, feeling more hopeful, empowered.

Totally. And happy. Yeah. Yeah.

Well, thank you so much for joining me today. Where can people learn more about you

and find your book? So actually I'm offering for any of your listeners a chance for them to download my ebook for free. Oh, cool.

Yeah. So they can go to my website, which is learntodatelikeagoddess.com. And you can download it there for free. You can also follow me on Tik Tok at Allison Jayne with a Y goddess maker and at Instagram as well.

Allison Jayne, goddess maker. Awesome. I'll be sure to link everything below so that it's easier to find.

So check out the show notes if you missed anything and I look forward to staying connected. And I hope everyone learned something from today's episode. I know I always do.

And Allison, thank you again for coming on the show today. Thanks for having me.