



Seriously straightforward
sexual health education.



Abby Fierman

MSN, WHNP-BC, SANE
Nurse Practitioner &
Sexual Health Expert

My Philosophy centers on the idea that sexuality is a vital aspect of well-being, and that everyone deserves to have sexual experiences that are safe, consensual, and grounded in clear, accurate information.

My Approach is one of warmth, accessibility, and complete transparency. I treat all of my clients as I would like my own children to be treated.

My Experience as a Women's Health NP, a Sexual Assault Nurse Examiner, and the mother and aunt to teenage boys, makes me uniquely qualified to serve this growing need.

My Specialty is destigmatizing healthy sexual dialogue and framing client conversations in a way that validates their curiosity.

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Why The Bare Facts?

Everyone deserves to have safe and pleasurable sexual experiences, access to quality education and evidence-based sexual health resources, and freedom from coercion, discrimination, and violence. But the kind of education that ensures these things is not routinely built into the healthcare system, and it certainly doesn't happen by chance.

The American Academy of Pediatrics encourages providers to have one-on-one time with teens to provide accurate, comprehensive sex education, our traditional insurance-based healthcare model continues to dictate that providers see more patients in less time, leaving inadequate time for the sensitive conversations a robust sexual health education requires. That's not good enough. It's time for Seriously Straightforward Sexual Health Education, and that starts with taking the "cringe" out of the conversation!

What To Expect

An evidence-based, accessible and culturally-sensitive sexual health education for all patients, regardless of gender, sexual orientation or sexual identity. You can expect:

- ♥ Extensive sexual health expertise
- ♥ Engaging teaching style
- ♥ Warmth, approachability, and professionalism
- ♥ Discretion, HIPAA compliance
- ♥ Open and honest communication
- ♥ Individualized, client-centered approach
- ♥ Priority on client wellbeing

Credentials

Abby holds a BS in Psychology from **Bates College**, a BS in Nursing from **The Columbia University School of Nursing**, and a MS in Nursing from **The Columbia University School of Nursing, Women's Health Nurse Practitioner Program**.

She continues to work as a Women's Health Nurse Practitioner and Sexual Assault Nurse Examiner, and also holds the following licenses and certifications:

RN/NP Commonwealth of Massachusetts, 2005 - Present
WHNP-BC National Certification Corporation, 2005 - Present
Sexual Assault Nurse Examiner (SANE), 2018 - Present
Sexual Assault Nurse Examiner Preceptor, 2019-Present
Telehealth SANE, 2020-Present