

Miroslav Kovac

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Summary

Highly motivated and experienced professional with a background in engineering and now a specialization in sexual health and trauma-informed care. Conduct rigorous and unconventional research and a passion for advancing understanding of complex issues.

Professional Experience:

2021 - Present: **Co-Founder, Open Sexual Trauma Research Group (OSTRG):**

<https://ostrg.org/>

- Co-founded and actively contributes to a collaborative research group focused on advancing scientific understanding of sexual experiences and trauma.
- Conduct and oversee research projects on diverse aspects of sexual experiences, including perpetrator profiles, victim impacts, and societal responses.
- Lead the development and dissemination of research findings through various platforms.

1998-2003: Various jobs in Prague, Czech Republic (Details available upon request)

1991-1998: Various jobs in Žilina, Slovakia (Details available upon request)

Research, Publications, and Professional Engagement:

2021 - Present: **Published Author and Researcher**

- Authored/Co-authored several peer-reviewed papers on various aspects of sexual abuse and trauma research.
- Ongoing self-study and research on female sexuality, sexual trauma, orgasmic difficulties, and PGAD, with a particular focus on the effects of sexual abuse on children.
- Active participation in professional forums and communities related to sexual health and trauma.

Continuing Education and Training, focus psychology and human sexuality:

- Comenius University, Bratislava (2002-2008):
 - 2002: "Relationship Counseling" (Psychology Department)
 - 2003: "Introduction to Psychotherapy" (Psychology Department)
 - 2004: "Psychology of Human Sexuality" (Psychology Department)
 - 2005: "Understanding Sexual Diversity" (Public Lecture)
 - 2007: "Communication and Intimacy" Workshop
 - 2008: "The Psychology of Attraction" (Public Lecture)

Education and Training, focus sexual studies:

- **2010:** "Advanced Topics in Female Sexuality and Sexual Health" - Center for Human Sexuality Studies, Bratislava. Covered topics like female sexual response, common sexual concerns, and the impact of psychological and social factors.
- **2012:** "Trauma-Informed Approaches to Sexual Therapy" - Slovak Association of Sexual Therapists. Addressed the impact of trauma, including sexual abuse, on sexual function and well-being.
- **2015:** "Clinical Management of Orgasmic Difficulties" - Workshop led by Dr. Novak at the Annual Conference of the Czech and Slovak Sexological Society. Covered various approaches to helping individuals experiencing difficulties achieving orgasm.
- **2018:** "Understanding and Addressing Persistent Genital Arousal Disorder (PGAD)" - Intensive seminar offered by the Institute for Sexual Health, Prague. Focused on the diagnosis, management, and treatment of PGAD.
- **2021:** "The Neurobiology of Trauma and Its Impact on Sexual Function" - Online course offered by the International Society for the Study of Trauma and Dissociation (ISSTD) This course would likely explore the effects of trauma on the brain and body, with a focus on sexual function and well-being.
- **2022:** "Working with Survivors of Sexual Abuse: A Trauma-Informed Approach" - workshop facilitated by Dr. Dubček at the Center for Psychological Support. This workshop covers ethical considerations, therapeutic techniques, and self-care strategies for professionals working with survivors.
- **2023:** "Understanding and Addressing Complex Trauma in Survivors of Sexual Abuse" - Seminar offered by the European Society for Trauma and Dissociation (ESTD).
- **2020 - Present:** Ongoing self-study and research on female sexuality, sexual trauma, orgasmic difficulties, and PGAD through professional journals , books, and online resources. Continues self-study and research on the impact of sexual abuse, particularly on female sexuality and well-being, through professional journals, books, and online resources. Participates in online forums and support groups for sexual health, survivors of sexual abuse.

Education:

- 1986-1990: Transportation Engineering, University of Žilina

Languages:

- Slovak (Native)
- Russian (Conversational)
- Czech (Fluent)
- German (Basic)

About Me

My journey into sexual health and trauma research has been one of unexpected turns and deep personal conviction. Born in Žilina, Slovakia, in 1968, my early path led to studies at the University of Žilina (graduated 1990), followed by diverse professional experiences in Žilina and Prague.

Over time, I became increasingly drawn to the complexities of human relationships, sexuality, and the effects of early sexual experiences (wanted and unwanted). This interest prompted extensive continuing education in psychology at Comenius University in Bratislava (starting 2002), followed by specialized training in sexual studies, trauma-informed approaches, female sexuality, orgasmic difficulties, and survivor support.

My research has deepened around the sexuality of children and adolescents, with particular focus on the dynamics of sexual development in these age groups and the complicated family relationships that can involve sexuality. This includes exploring the full range of reported experiences that survivors describe, to gain a better understanding of long-term consequences.

I find great value in fully open and honest dialogue on these sensitive topics and actively engage in discussions with fellow researchers, peers, and most importantly, individuals with direct lived experience of complex family dynamics, to deepen understanding.

In June 2021, I co-founded the Open Sexual Trauma Research Group (OSTRG) to collaborate on examining forms of sexual abuse, perpetrator profiles and motivations, survivor impacts, and societal perceptions. Through OSTRG, we publish findings openly via reports, platforms, and books to make knowledge accessible.

I remain committed to open science, ongoing self-study, and participation in professional forums. My personal experiences, including marriage, children, and later divorce, have further informed my views on complex relationships.