

Creating Sexual Health

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Thoughts

- There will be disagreement
 - The world/our field is evolving when considering issues of sexual health
- Ask you to be open and curious
 - Remember it is what we ask of our clients!
- We encourage questions and comments
 - Text Questions/Comments to 952-451-0771

- Complex topic that is often neglected
 - Little literature/research specific to healthy sexuality and individuals who commit sexual offenses (Watter & Hall, 2020)
 - Developing healthy sexuality mentioned but few specifics or resources
 - No research related to navigating healthy sexuality in the online world especially for individuals who have committed sexual offenses
 - Easier to “just say no”
 - however reality is....
 - but very difficult to allow clients any type of access to online sexuality especially when some cannot handle access
 - however....

Why Does Healthy Sexuality Matter? (Offline)

Antisociality

- Antisocial Attitudes/Beliefs
- Relationship Instability
- General Social Rejection
- Lack of Concern for Others
- Impulsivity
- Poor Problem Solving
- Negative Emotionality
- Negative Social Influences

Sexual Deviance

Deviant Sexual Interest
Emotional Congruence Children
Hostility Toward Women
Sexual Drive and Preoccupation
Sex as Coping

Why Does Healthy Sexuality Matter? (Online)

- **Emotional Regulation** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
- **Social Skills/Intimacy Deficits** (Middleton et al., 2006; Laulik et al., 2007; Beech & Elliott, 2009; Marshall et al., 2012; Barnett & Mann 2013)
 - Social Anxiety and Loneliness
- **Deviant Arousal** (Beech & Elliott 2009; Seto et al., 2006; Seto, 2013; Babchishin et al., 2015)
- **Online Hypersexuality** (Kaplan & First, 2009; Seto, 2013)
 - Sensation Seeking (Ray, Kimonis, & Seto, 2014)
- **Problematic Internet Use** (Quayle et al., 2003; Beech & Elliott 2009; Ray, Kimonis, & Seto, 2014; Rimer, 2019)
 - Psychology of Technology (Suler, 1999; Rimer, 2019)
 - Victim Awareness (Quayle et al., 2002; Burke et al., 2020; Seto, 2013; Meridian et al., 2018; Rimer 2019)

Why Does Healthy Sexuality Matter?

- **Protective Factors** (de Vries, Mann, Maruna, and Thornton, 2015)
 - Healthy Sexual Interests
 - Capacity for Emotional Intimacy
 - Constructive Social/Professional Support
 - Goal Directed Living/Good Problem Solving
 - Engaged in Employment/Constructive Leisure
 - Sobriety
 - Hopeful, Optimistic, and Motivated Attitude to Desistance

Foundational Pieces

- Forensic Sexology vs Human Sexology Perspective Sexuality (Miner, 2006)
 - Forensic sexology seeks to eliminate deviant sexuality vs the human sexology approach to understand sexuality of the client.
 - Forensic sexology requires polygraph testing because it assumes that offenders cannot be trusted and will not be responsible. Human sexology perspective assumes offenders can be motivated and treatment process can be trusted. Quality intervention, not the polygraph helps increase public safety.
 - Forensic sexology emphasized treatment techniques.....human sexology emphasizes a quality therapeutic relationship.
- Sexual Preoccupation, Deviant Sexuality, Healthy Sexuality (Marshall et al., 2016)

Watter & Hall, 2020

Sex offender treatment has become such a specialized field from the larger world of psychotherapy.....If healthy sexuality is a goal for sex offender treatment such isolation must give way to integration.

1. A trauma-informed approach to sex offender treatment would help build the foundation necessary for healthy and pleasurable sex. (researchgate.net/profile/jill-levenson),
2. A sex therapy approach incorporating concepts and techniques from sex therapy offers a pathway to expand the experience of sexual pleasure. **
3. A forensic approach facilitates the maintenance of clear boundaries and behavior.

- While obvious obstacles to helping sex offenders experiencing fulfilling sex lives the field is reluctant to deal with these. The field is more comfortable trying to change sexual interests and suppressing sex offender's sexual desires rather than assisting sex offender to live happier and more fulfilling lives.

Healthy Sexuality

- Start with Healthy Sexuality....at least pieces of
 - Creates a more positive treatment experience
 - Does it make sense....
 - Decreases resistance
 - Creates an awareness of the sex offense behavior
 - Emphasizes healthy sexuality is important

- Your definition of healthy sexuality – Offline/Online?
- The origins of your definition?
- Your openness to other definitions?
 - LGBTQIA+
 - Online Activity
- Your knowledge of sexuality/your beliefs related to men and women/your sexual attitudes and beliefs?
- Your countertransference issues related to sexuality?
- Your level of comfort with your and others' sexuality?

We don't want to pathologize sexuality that we don't adequately understand simply because it is...

not understood by
society
or simply because
we are uncomfortable with the behavior

Do You Have?

- Specialized training in sexuality
 - Sexual Attitude Reassessment (SAR)
 - ASSECT or SSSS Conference
 - Courses/CEUs related to sexuality
- ASSECT colleagues for consultation/specialized referrals
- Resources for Self/Clients
 - What's on your bookshelf (related to sexuality)

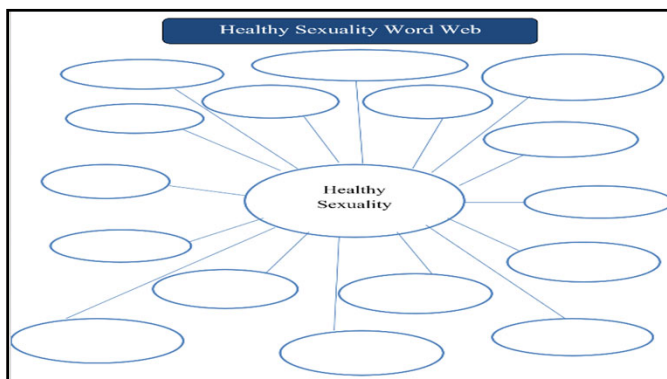
- A Billion Wicked Thoughts (Ogas & Saddam)
- Arousal: The Secret Logic of Sexual Fantasies (Bader)
- Deviant Desires (Gates)
- Erotic Intelligence (Katehakis)
- New Male Sexuality (Zilbergeld)
- Perv: The Sexual Deviant in All of Us (Bering)
- Sexual Intelligence (Klein)
- The Guide To Getting it On (Joannides & Gross)
- Who's Been Sleeping In Your Head (Kahr)
- TransBodies, TransSelves (Erickson-Schroth)
- Rethinking Sex – Christine Emba
- Creating Sexual Health in a Virtual World (Full Disclosure)

Attitudes Matters

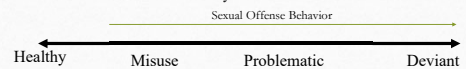
- Sincere/Genuine
- Nonjudgmental/Non Shaming
- Curious/Open to Discussion
- Mutually Determined Goals

(Marshall, W. L., Serran, G. A., Fernandez, Y. M., Mulloy, R., Mann, R. E., & Thornton, D. (2003))

- Understanding - Offline/Online
 - Knowledge of the Basics
 - Client's Beliefs about Men and Women
 - Client's Sexual Attitudes/Beliefs & Values
 - Healthy and Unhealthy Sexual Experiences
 - Client's Level of Compulsive Sexual Behavior
 - Client's Vision of Healthy Sexuality



Sexuality Continuum



How do we decide?

We have different views

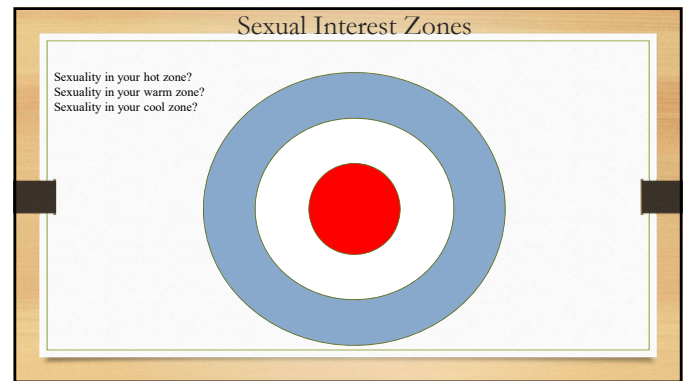
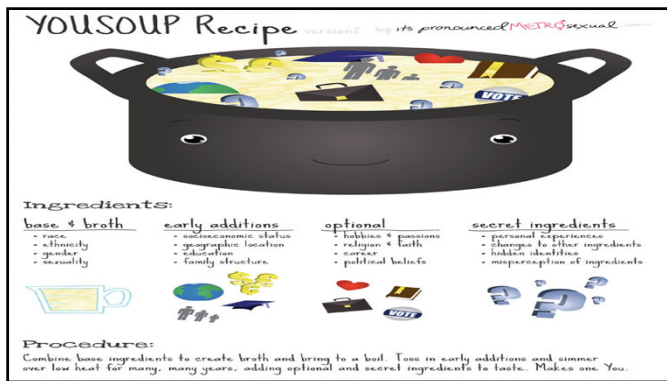
Our "glasses" affect our view of sexuality.



Figuring out your sexual soup

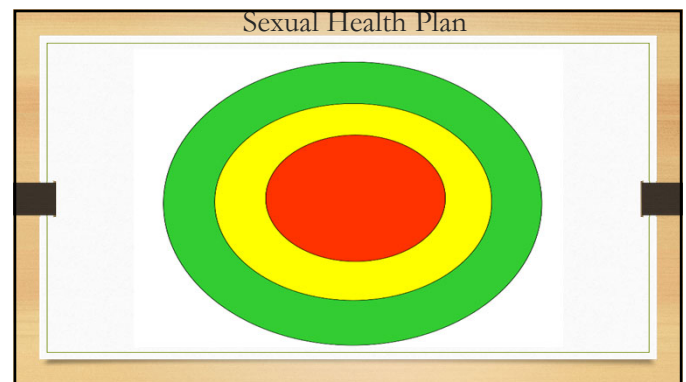
A Guide to Gender \$5.00 Amazon (e-book)

Sam Killermann



Health Sexuality

- Sexual Health Plan (**Version #1**)
 - Offline/Online
 - Different Versions
 - Simple to start
 - Limit feedback
 - Remember a work in progress
 - Just the beginning
 - Focus on the green more than the red



Areas to Consider

- Specific Sexual Behaviors
- Sexual Partners
- Pornography Use (General/Specific)
- Emotions
- Environment

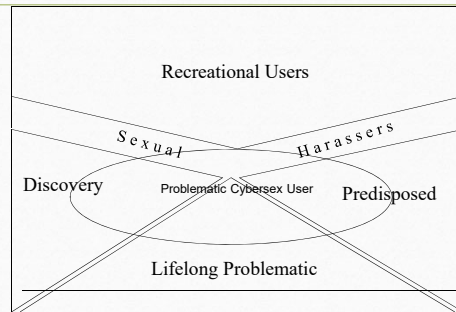
Other Assessment Resources

- Handbook of Sexual-Related Measures 4th Edition
- Screening for Offline Sexual Addiction/Compulsivity
 - Sexual Addiction Screening Test (SAST) (Carnes)
 - Sexual Dependency Inventory (SDI) (Carnes)
 - Sexual Behavior Inventory (SBI) (Garos)

Other Assessment Resources

- Assessments Related to Offline/Online Sexual Behavior
 - Hypersexual Behavior Inventory (HBI) (Reid, et al.)
 - Pornography Consumption Inventory (PCI) (Reid, et al.)
 - Hypersexual Behavior Consequences Scale (HBCS) (Reid, et al.)
- Assessments Related to Online Sexual Behavior
 - Internet Sexual Screening Test
 - Internet Sex Screening Test Revised

Cybersex User Categories



Models of Sexual Health

- More than just teaching a model(s) to clients
 - Weave through all of therapy from start to finish
- All behavior gets oriented around model of sexual health
- The goal...
 - Clients create their own vision of sexual health

Models of Sexual Health

- CERTS Model (Wendy Maltz)
 - Consent, Equality, Respect, Trust, and Safety
 - It's All One Curriculum
- Sexual Health Model (University of MN Program in Human Sexuality)
 - Weston Edwards
 - Life, Liberty and the Pursuit of Sexual Health
 - Living a Life I Love: Healing SA, Sexual Compulsivity & Other Sexual Concerns
 - Cybersex Unplugged: Finding Sexual Health in an Electronic World (Financial Interest)
- Circles of Sexuality (Dennis Daley)

Sexual Health Model

University of Mn Program in Human Sexuality

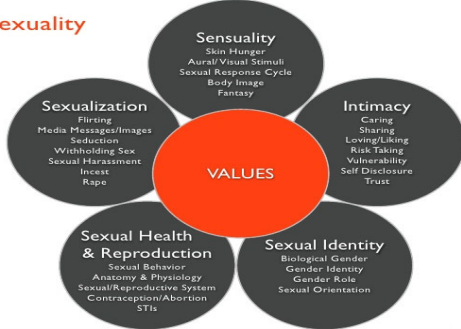
- Talking about Sex
- Culture and Sexual Identity
- Sexual Anatomy Functioning
- Sexual Health Care and Safer Sex
- Challenges
- Body Image
- Masturbation and Fantasy
- Positivity Sexuality
- Intimacy and Relationships
- Spirituality

Models of Sexual Health

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Circles of Sexuality

Dr. Dennis Dailey



Healthy Youth Sexuality: A Critical Extension of For the Sake of the Youth

Vision of Sexual Health

- Will evolve over the course of treatment/fluid document
- Will not be perfect
- Must be individualized to the client not to the therapist
- Ask clients to pull from all they have learned/are learning
- Obtain feedback from others
- Can be used to address inappropriate, offense and deviant sexuality

Sexual Knowledge

- Sex Box (Questions)
 - Clients can be in charge
- 15 to 20 Minutes Education Mini Session
 - Clients Teach!
- Sex Jeopardy

Pornography Literacy

- Concept based on the belief that
 - Many individuals will view adult pornography/child sexual abuse images
 - Clients need to understand the impact of pornography on self & others
 - Informed choice about pornography use.
- What doesn't typically work...
 - Just say no, you can't do it, if you do look at porn, etc.....

Pornography Literacy

- Impact of the Online World on Pornography Use
- Pornography Decision Matrix
- Iceberg your Pornography
- Understanding the Impact of Pornography
 - Self and Others

Psychology of Technology



Pornography Literacy

- <https://shop.mediaed.org/>
 - Pornland; How Pornography has Hijacked our Culture
 - Over 18/The Price of Pleasure
 - Other documentaries on sexual attitudes/beliefs/masculinity
 - All have study guides
- Statements made by CSEM victims
- Crimes Against Children Research Center Article
 - www.internetbehavior.com/healthysexuality
 - Article/Exercise

Impact of Monitoring

- Is a therapeutic tool
- Can assist individuals in making good choices/providing accountability
 - Lifelong Problematic Category
- When inappropriate choices are made provide for teachable moments

Poll Everywhere

People who commit sexual offenses should be allowed to access adult pornography?

Never/Sometimes/Often/Always

Pornography Literacy

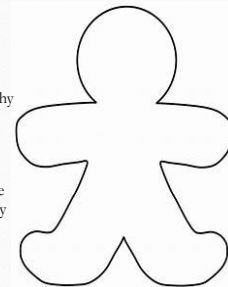
- Continuum of Adult Pornography
 - Educational Adult Pornography
- Treatment Option?
 - Enhance Interest/Arousal to adult

Favorites

- Body Image
- Johari's Window
- Relationship Ladder (Geese Theatre Handbook)
- Short Videos
 - Tea Anyone
- The Genderbread Person

Name 3 things you like about your body and why

Name 3 things you dislike About your body and why





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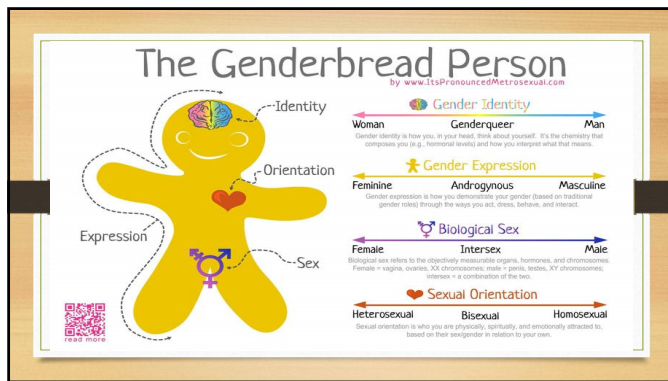
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CONSENT
 IT'S SIMPLE AS TEA

Activities to Teach & Enhance

- Body Image
- Johari's Window
- Relationship Ladder (Geese Theatre Handbook)
- Short Videos
 - Tea Anyone
- The Genderbread Person



L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Transgender A person whose gender identity differs from their assigned sex at birth.	Transsexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

Resources

- <https://www.lgbtqiabhealeducation.org/>
- <https://saigecounseling.org/>
- <https://www.thetrevorproject.org/>
- <https://www.lgbtcenters.org/LGBTCenters>
- <https://transequality.org/>
- <https://www.hrc.org/>
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
- <https://nicic.gov/lesbian-gay-bisexual-transgender-and-intersex-offenders>

Sexual Health Plan (Ongoing)

- There is never a "final" version
- Encourage clients to be creative
- Presentation to group
 - Questions/Comments/Suggestions
- Consider all feedback and make "tweaks"
- Provide a copy to your PO
 - Others?

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