## Creating Sexual Health

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www.internetbehavior.com/healthysexuality

Questions and Comments 952-451-0771

DEC

## Thoughts

- **►** First Presentation Together In Person!
  - ► Weaving It all together may or may not work but...
  - ► We will have fun and you will leave with...
    - ■Specific resources and treatment ideas
- We Apologize in Advance
- A Message from Our Missing Presenter

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# Healthy Sexuality Complex Topic 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....
  - Difficult to know who to allow access to online sexuality, however....

## Forensic Sexology vs Human Sexology

(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 emphases 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 this isolation has to change and integration needs to occur.

## Watter & Hall

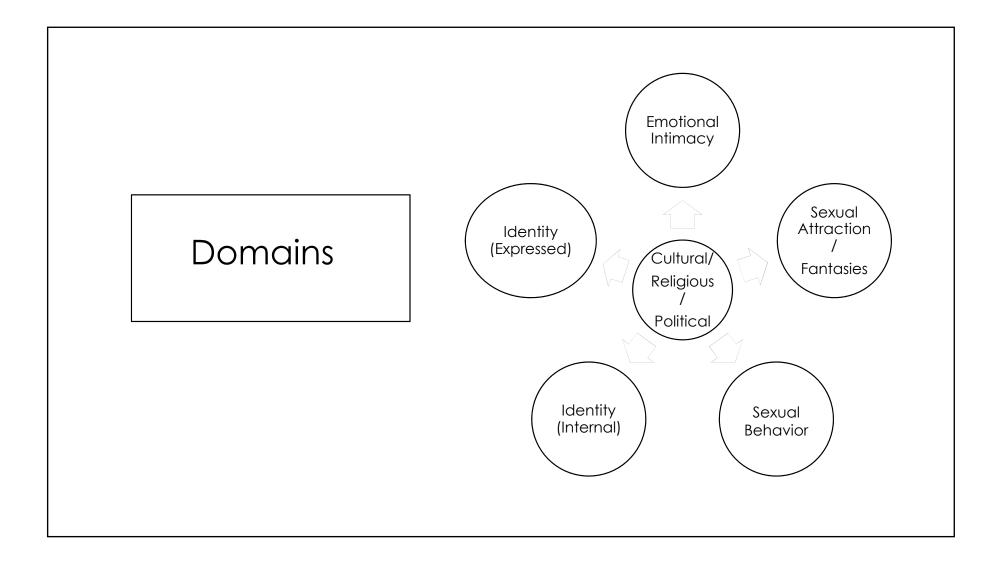
- 1. A trauma-informed approach to sex offender treatment would help build the foundation necessary for healthy and pleasurable sex. (researchgate.net/profile/jilllevenson),
- 2. A sex therapy approach incorporating concepts and techniques from sex therapy offers a pathway to expand the experience of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

#### Lesbian Gay **Bisexual** Trans-**Transexual** Queer Question-Intersex Ally **Pansexual** Asexual gender ing A man who An indi-An out-An um-An individ-Typically a An indi-A woman A person A person dated term ual whose vidual who is primarily vidual non-queer who exwho is attracted attracted to whose genthat origicess of sexual person who generally periences primarily to men; people of nated in exploring supports does not anatomy sexual, attracted to differs from their own and advofeel sexual sometimes the medior chroromantic, women. a broad and oppotheir ascal and mosomes cates for desire or physical signed sex term for site gender. psychologido not fit the queer attraction and/or individuals at birth. with the spiritual atcal comcommuto any primarily munities traditional nity; an group of traction to attracted to for people markers individual people. It members the same who have BTQ+ comof "fewithin the is not the of all gensex. permanentmale" and LGBTQ+ same as der identi-"male." community celibacy ties/exly changed their gencan be an and has pressions, der idenally for many subnot just people who tity through another groups. fit into the surgery member and horthat identistandard mones. fies differgender binary. ently than them.

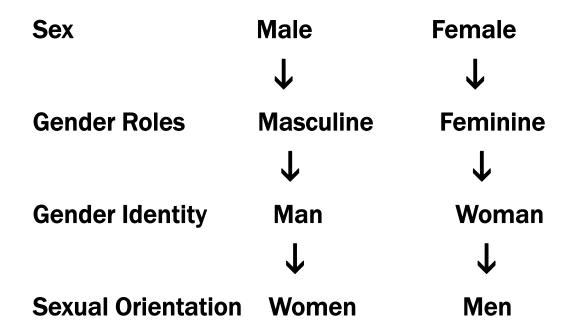
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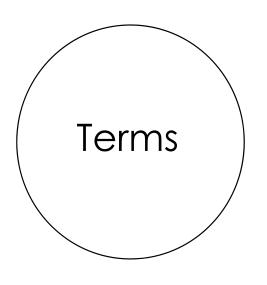
Gender Identity vs. Sexual Orientation

"... sexual orientation concerns who one wishes to go to bed WITH, whilst gender identity is who one goes to bed AS."



## **Traditional Gender Model**





## Transgender

 Gender assignment at birth is inconsistent with gender identity

## Cisgender

 Gender assignment at birth is CONSISTENT with gender identity

## Affirmed gender

• Gender status post-transition

Gender-affirming surgery

Gender confirmation surgery

Terms (Transgender) Transman – FTM v. transmasculine

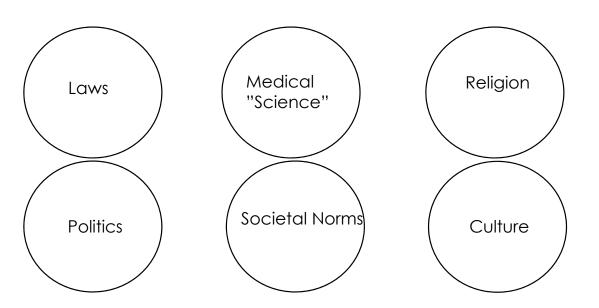
Transwoman – MTF v. transfeminine

Drag Queen, Drag King

## Social Acceptance (or lack thereof...)/Bias

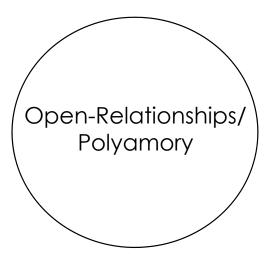
- → "Homosexuals are child molesters"
- "Homosexuality is perverse"
  - "granting equal protection to same-sex acts would open the door to combinations as three-party marriages, incestuous marriages, child brides, and other less-than desirable couplings."
- "Gay Men are promiscuous"
- "Lesbians don't have sex"
- Not immune to gender stereotypes of Men vs. Women (Boys vs. Girls).

## Who is / Do we consider a sex offender?



Multiple Partners

Gay men have significantly more lifetime partners than heterosexual men and women at all ages (Glick, et. al., 2012)

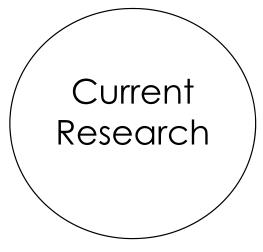


- Common among gay men
- As psychologically healthy as monogamous couples
- **■** Longer relationships
- Greater age difference between partners
- Work best when terms of the relationship are defined

(Forssell, 2006)

Risk-Taking Behaviors

- High percentages of condomless sex
- Chemsex pairing of sex and drugs
- Bathhouse Culture → Hook-Up apps



- LGBTQ+ people appear to be disproportionally charged and more harshly punished than their nonLGBTQ+ counterparts
- Where the age gap between the parties is narrow, charges for violations of age of consent laws are much more likely to be filed when the partners are of the same sex (Kansas v. Limon, 122 P.3d 22 (Kan. 2005))
- Prosecutorial discretion influenced by unconscious bias, politics, societal pressures

## Lets Play – "Check My Attitude"

Masturbation Prostitution

Pre-Marital Sex Adult Entertainment

Pre-Marital "Virginity"

Extra-Marital Sex

Pornography

Romance Novels

Sex Toys

Sex Games

Sex Clubs

Internet Sexuality Cross-Dressing

B/D-S/M Online Voyeurism/Online Exhibitionism

Non-Monogamy Same-Gender Sex

Role-Playing; Fantasies
Risk-Taking

Piercings
Anal Sex
Threesomes

Shave/Wax Pubic Area Fetishes

Makeup Sex
Cosplay
Bestiality
Friends w/Benefits
Post-Breakup Sex
Post-Breakup Sex

Posting Sexual Pictures to Amateur Porn Sites

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

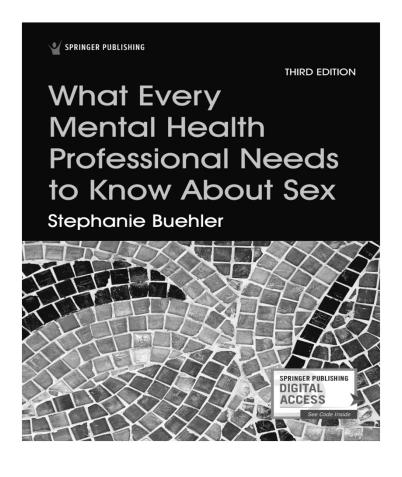
condemned by society, the patient's partner, or even the patient,

or simply because we are uncomfortable with the behavior

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

### Are You Qualified?

- 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



## **Books & Resources**

- 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)
- Becoming a Kink Aware Therapist (Shahbaz & Chirinos)
- Creating Sexual Health in a Virtual World (Full Disclosure)

|  | https | s:/ | /www.l | g | btg | <u>liahealtheducation.org</u> | _ |
|--|-------|-----|--------|---|-----|-------------------------------|---|
|--|-------|-----|--------|---|-----|-------------------------------|---|

- https://saigecounseling.org/
- https://www.thetrevorproject.org/
- https://www.lgbtcenters.org/LGBTCenters

## Resources

- https://transequality.org/
- https://www.hrc.org/
- https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI
- https://nicic.gov/lesbian-gay-bisexualtransgender-and-intersex-offenders
- http://www.martyklein.com/

## Attitudes Matters

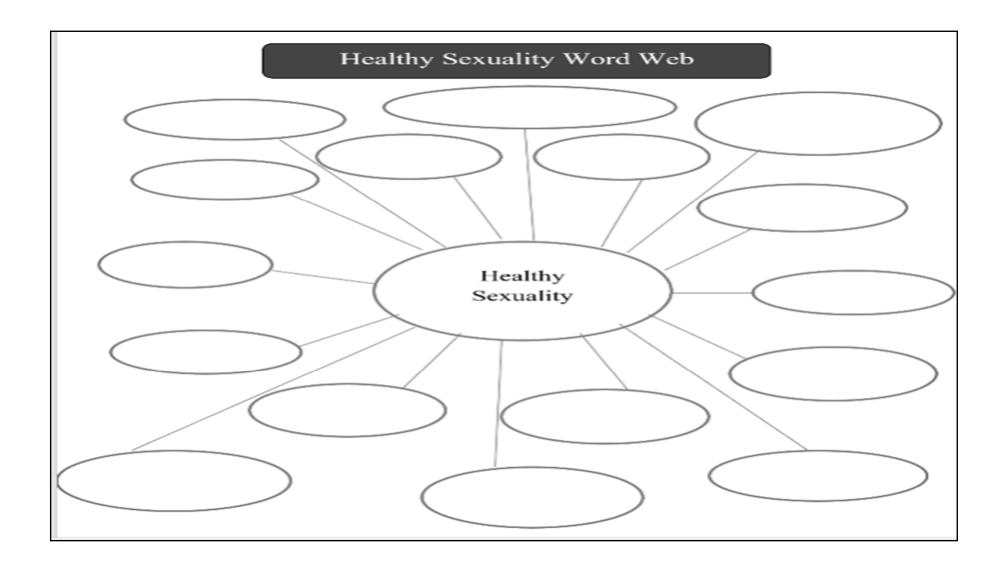
- Sincere/Genuine
- Nonjudgmental/Non Shaming
- Curious/Open to Discussion
- Mutually Determined Goals
- Don't Ignore It?

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

## Starting with Healthy Sexuality

- As many pieces as positive
- Creates a more positive treatment experience
- Decreases resistance
- Creates awareness of the sex offense behavior
- Emphasizes health sexuality is important
- → First group

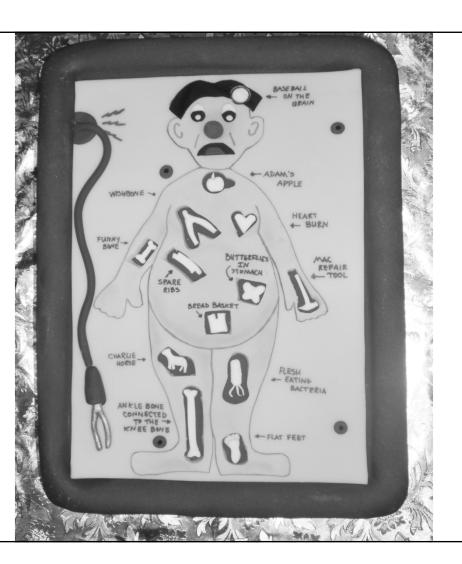
- **►**Exploring...
  - ► Knowledge of the Basics
  - Beliefs about Men and Women
  - ■Sexual Attitudes/Beliefs & Values
  - Past Sexual Experiences
  - Vision of Healthy Sexuality



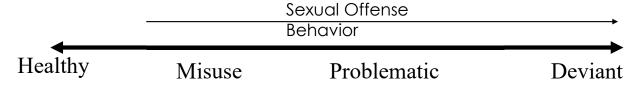
# OPERATION TAKE & TALK

# Butterflies in Stomach

What makes you nervous/anxious when thinking about sexuality?



## Sexuality Continuum



How do we decide?

We have different views

Our "glasses" affect our view of sexuality.



Figuring our your sexual soup

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

Sam Killermann

### YOUSOUP Recipe Version 2 by it's pronounced METROSEXUAL



### Ingredients:

#### base & broth

- · race
- ethnicity
- · gender
- · sexuality



## · socioeconomic status

- · geographic location · education
- · family structure



#### optional

- · hobbies & passions
- religion & faith
- · career
- · political beliefs



### secret ingredients

- · personal experiences · changes to other ingredients
- hidden identities
- · misperception of ingredients

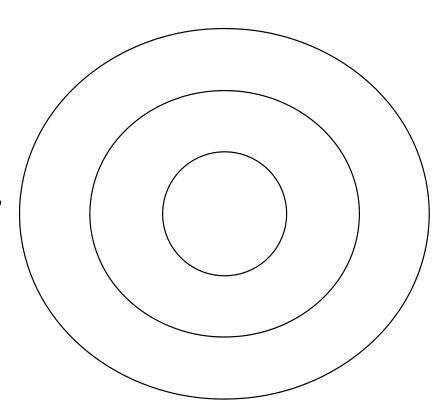


### Procedure:

Combine base ingredients to create broth and bring to a boil. Toss in early additions and simmer over low heat for many, many years, adding optional and secret ingredients to taste. Makes one You.

## Sexual Interest Zones

Sexuality in your hot zone? Sexuality in your warm zone? Sexuality in your cool zone?



## The 13<sup>th</sup> Witch



## Models of Sexual Health

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

## Models of Sexual Health

- Sexual Health Model (U of M Program in Human Sexuality)
- CERTS Model (Wendy Maltz)
  - **<u>C</u>**onsent, **<u>E</u>quality**, **<u>R</u>espect, <b><u>T</u>rust**, and **<u>S</u>afety**
- Circles of Sexuality (Dennis Daley)
- Marty Klein

## Sexual Health Model University of Mn Program in Human Sexuality

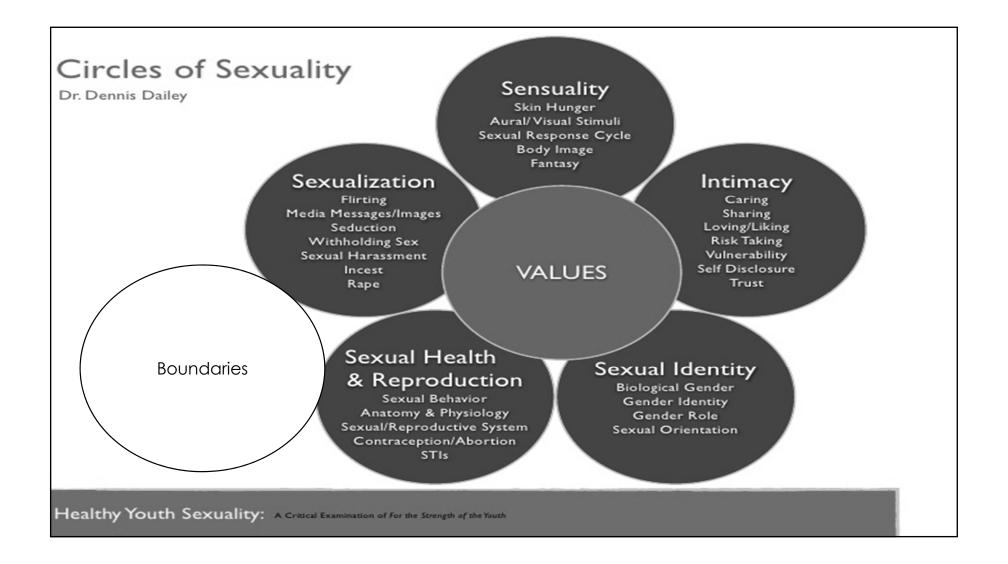
- Talking about Sex
- Culture and Sexual Identity
- Sexual Anatomy Functioning
- Sexual Health Care and Safer Sex
- Challenges
- Body Image
- Masturbation and Fantasy
- Positivity Sexuality
- Intimacy and Relationships
- **■** Spirituality

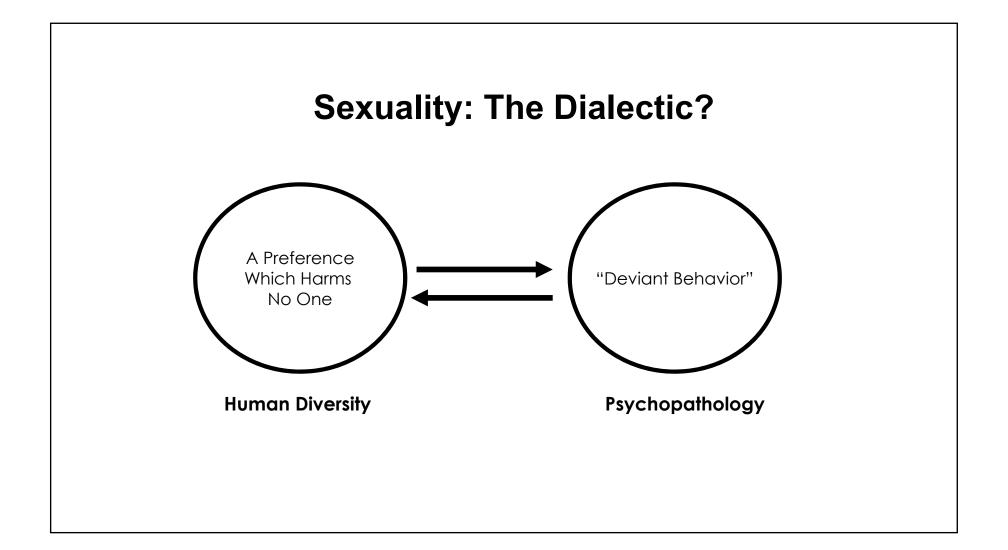
#### Models of Sexual Health

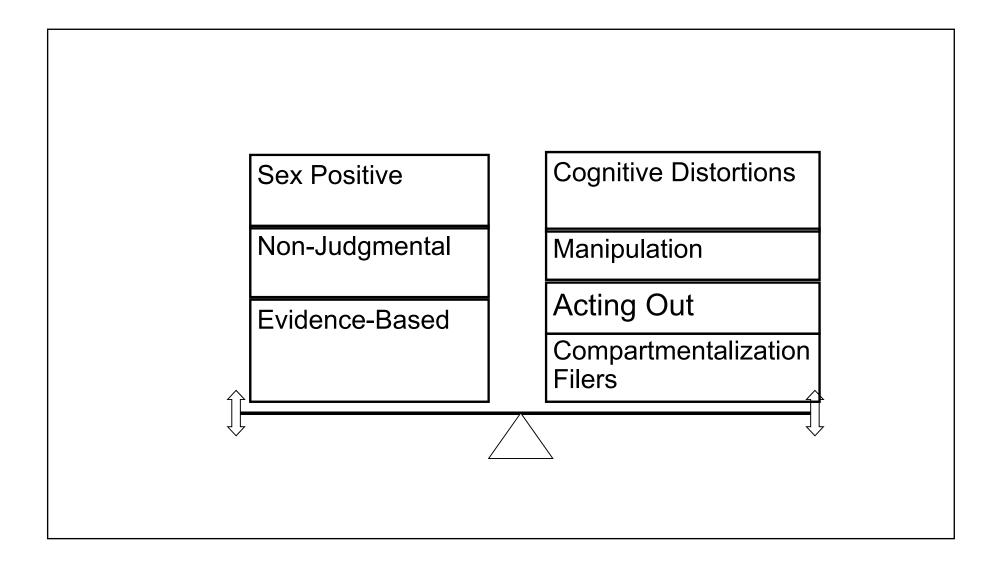
- ■Sexual Health Model
  - ► Weston Edwards, Ph.D
    - ► Life, Liberty and the Pursuit of Sexual Health
    - ■Living a Life I Love: Healing SA, Sexual Compulsivity & Other Sexual Concerns
    - ■Cybersex Unplugged: Finding Sexual Health in an Electronic World (Financial Interest)

## Models of Sexual Health

- CERTS Model (Wendy Maltz)
  - **C**onsent, **E**quality, **R**espect, **T**rust, **S**afety
  - ■It's All One Curriculum (www.popcouncil.org)







Framework for evaluating patients' sexual behavior & decision-making:

- Honest?
- Consenting?
- Responsible?
- How do we define these?
- How does <u>patient</u> define these?

# Ways to evaluate sexual behavior & decision-making

- Understand the risks?
- Is there someone they can tell?
- Enjoyable?
- Enlivening?
- Feel satisfied?
- Honest w/self?
- Consonant w/ non-sexual values?
- Sober?
- Shame-free?

| Healthy<br>sexual<br>behavior is | Uncomplicated ———————————————————————————————————— |
|----------------------------------|--|
| <u>not</u> always:               | Free of unwanted consequences                      |
|                                  |  |

We don't demand this of any other activity

Sports

Home-owning

Parenting

Going to school

Shopping

TV or film watching

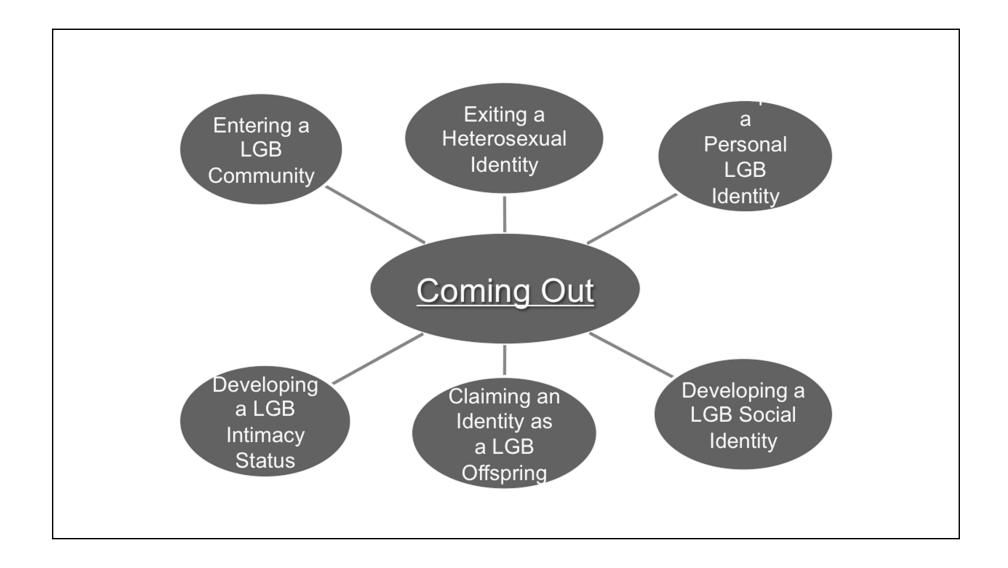
Attending a conference

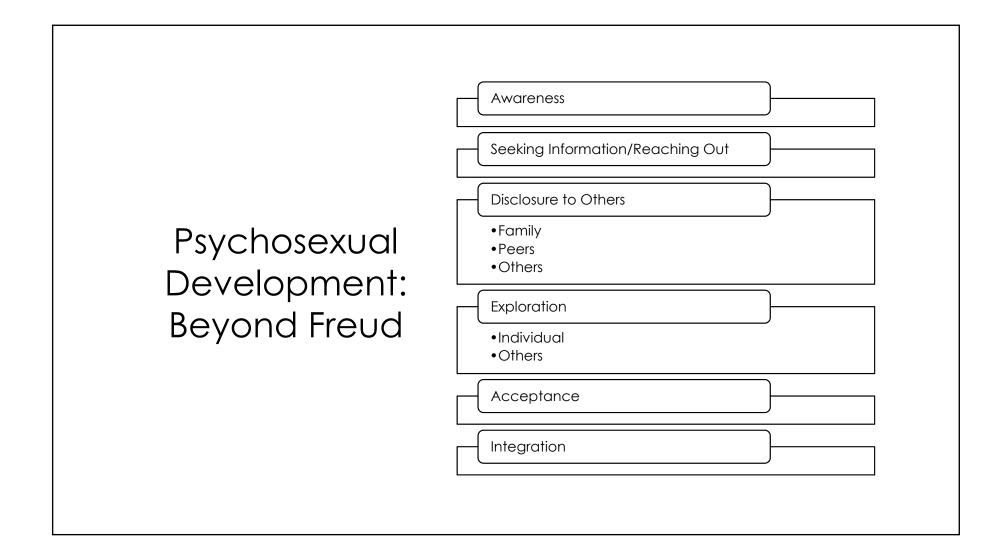
Some people have heterosexual monogamous intercourse—and they are NOT emotionally healthy.

| "Symptom"                                   | Possible Explanation/Diagnosis   |  |  |
|---|--|--|--|
| masturbation twice daily                    | sexually active  |  |  |
| extramarital affairs                        | existential dilemma about aging or marriage  |  |  |
| wants partner sex daily                     | sexually active; possible personality disorder   |  |  |
| enjoys s/m                                  | desire for intense stimulation or bonding; possible bipolar disorder                       |  |  |
| inappropriate come-ons                      | socially inept;<br>possible narcissism or asperger's                                       |  |  |
| exhibitionism                               | sexually active; possible OCD  |  |  |
| wants non-monogamy                          | adventurous; possible borderline   |  |  |
| straight, married, cruises public bathrooms | conflicted about orientation; committed to marriage  |  |  |
| fetish behavior                             | self-aware; possible OCD   |  |  |
| commercial sex                              | committed to marriage; social anxiety  |  |  |
| internet pornography                        | sexually active; dissatisfied with partner sex; Committed to marriage; possible depression |  |  |

What do I see my clients for?

Body Image Issues/Eating Disorders Concern about HIV/STI exposure Internalized Homophobia/Acceptance --- FEAR Penis Size/Sexual Function **Coming Out** Relationship Issues/Dating Identity - Masc vs. Femme; "Daddy Issues" Substance Use Isolation/Fitting in Straight Crushes Family Intersectionality - Culture, Race, Religion, SES Violence





#### Vision of Sexual Health

- ■Will evolve over treatment/fluid document
- ■Will not be perfect
- Must be individualized to the client not to the therapist
- Ask clients to pull from are learning
- ■Obtain feedback from others
- A vision of sexual health can be used to address
  - ■inappropriate, offense, sexuality

# Sexual Knowledge

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

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

- Concept based on the belief that
  - Pornography can be anything!
  - Many individuals will view adult pornography
  - Clients need to understand the impact of pornography
  - 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......

#### **Board Overview of Research**

- Research generally indicated that there is some association between pornography consumption and deviant sexual arousal, inappropriate attitudes, and subsequent antisocial behavior, at least under certain conditions with certain variables (Kingston, Malumuth et al., 2009)
- Simplistic to say it impacts all individuals in the same way...instead research supports looking at interacting variables (Kingston, Malumuth, et al., 2009)

#### Overview of Research

(Malamuth 2003; Malamuth el al., 2000; Shim et al., 2007)

- Personality Variables
  - General Antisocial Characteristics/High Sexual Disposition/Hostile Masculinity
  - ■Interpersonal Sex Orientation/ Perceived Rejection/Anger
- ■Individuals possessing these characteristics more likely to seek out sexually explicit material and more negatively impacted from the exposure.

#### Overview of Research

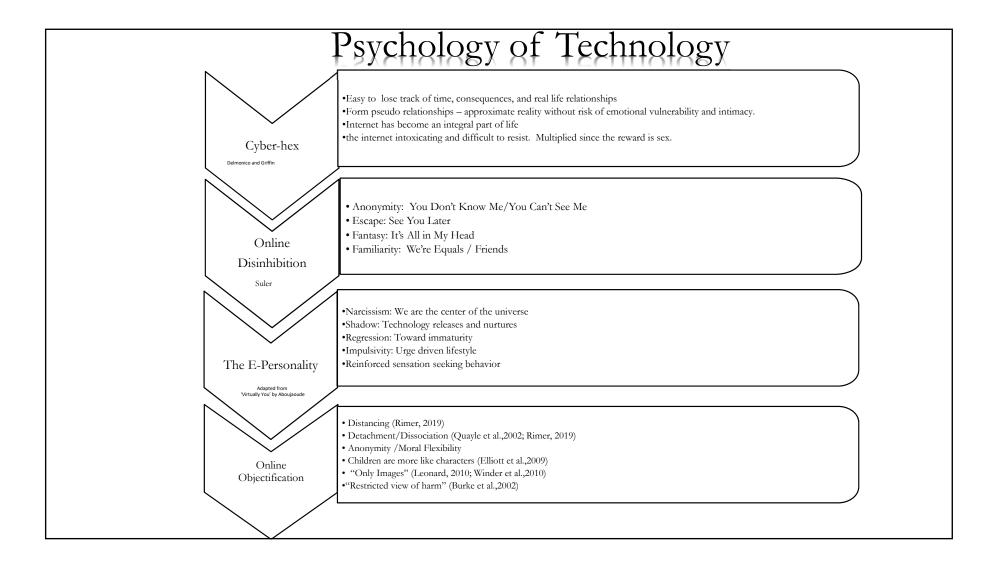
(Malamuth 2003; Malamuth el al., 2000; Shim et al., 2007)

- **■**Environments
  - ■Trusting vs Hostile Social Environments
  - Conflictual vs Supportive Home Environments
  - Delinquent vs Supportive Peer Environments
- Some research to suggest that adult pornography may "prime" cognitive distortions such as women are meant to be dominated and/or children want to be sexual,

#### Overview of Research

- Both high risk and low risk individuals were negatively impacted by the use of deviant (child, violent, paraphilic) pornography. (Kingston, et al., 2009)
- Individuals who view deviant (child, violent, paraphilic) pornography are more likely to recidivate (Kingston, et.al., 2008)

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



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| To:                    | Decision Management Decisi |            |                       | Delayed Consequences |  |
|------------------------|--|------------|-----------------------|----------------------|--|
|                        | Positive 1 Negative 2  |            | Positive 3 Negative 4 |                      |  |
| Look at<br>Pornogrpahy |  |            |                       |                      |  |
|                        | Total  | Total      | Total                 | Total                |  |
|                        | Positive 5   | Negative 6 | Positive 7            | Negative 8           |  |
| Not To;                |  |            |                       |                      |  |
| Look At<br>Pornography |  |            |                       |                      |  |
|                        |  |            |                       |                      |  |
|                        | Total  | Total      | Total                 | Total                |  |
| Decis                  | sion to Look at Pornog   | ranhy      | Decision to Not Lo    | ok at Pornography_   |  |

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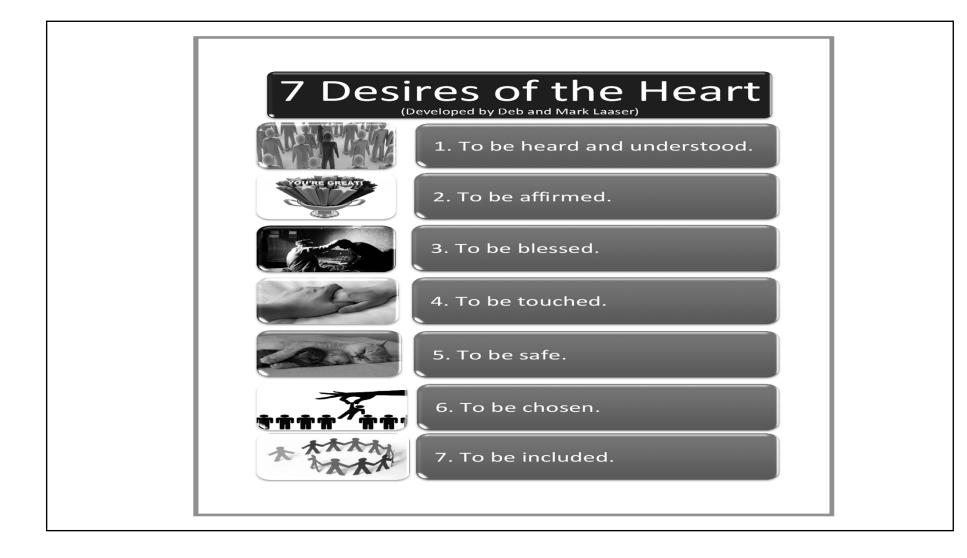
#### Fantasy

#### Feeling

What is my Belief/Schema? What is the story in my head about this fantasy

Adapted from material by Virginia Satir

What is my 7 Desire or Emotional Need
To be heard/To be understood
To be included/To be blessed/To be safe
To be chosen/To be affirmed



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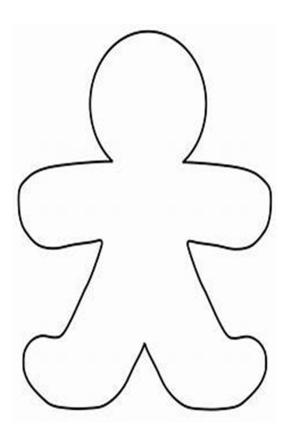
- https://shop.mediaed.org/
  - ■Pornland; How Pornography has Hijacked our Culture
  - **■**Over 18/The Price of Pleasure
  - Documentaries on sexual attitudes/beliefs
    - All have study guides

# **Favorites**

- ■Body Image
- Johari's Window
- Relationship Ladder (Geese Theatre Handbook)
- Healthy vs Abusive Relationships
- **►**Force or Choice
- **■**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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#### **Open Self**

Known to Self – "I know myself"
Known to Others – "They know me"

Information related to my sexuality that everyone knows

#### **Blind Self**

Unknown to Self – "I don't know myself" Known to Others— "They know me"

Information related to my sexuality that people can find out or observe about me

#### Hidden Self

Known to Self— "I know myself"
Unknown to Others— "They don't know me"

Sexual Secrets no one else knows about me

#### Unknown Self

Unknown to Self— "I don't know myself"
Unknown to Others— "They don't know me"

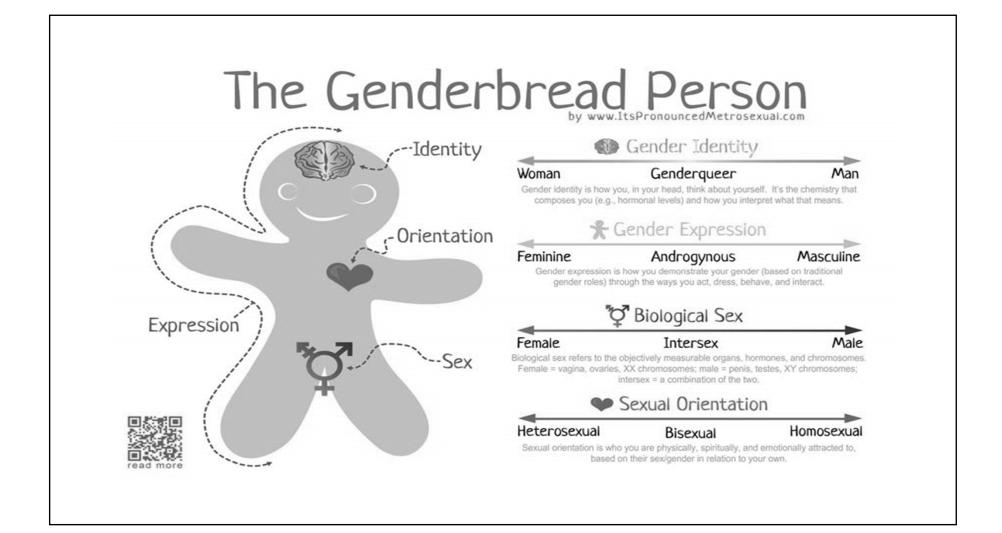
\*Your unconscious or subconscious—dreams or mystical experiences

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# 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?