

Health Sexuality

- 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 offered

3

Health Sexuality

- No research related to navigating healthy sexuality in the online world especially for individuals who have committed sexual offenses
 - Easier to “just say no”
 - but very difficult to allow clients any type of access
 - However reality is....

4

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.

5

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.

6

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. (Watter & Hall, 2020)

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](https://www.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.

7

DO YOU KNOW?

8

- 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 other's sexuality?

9

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

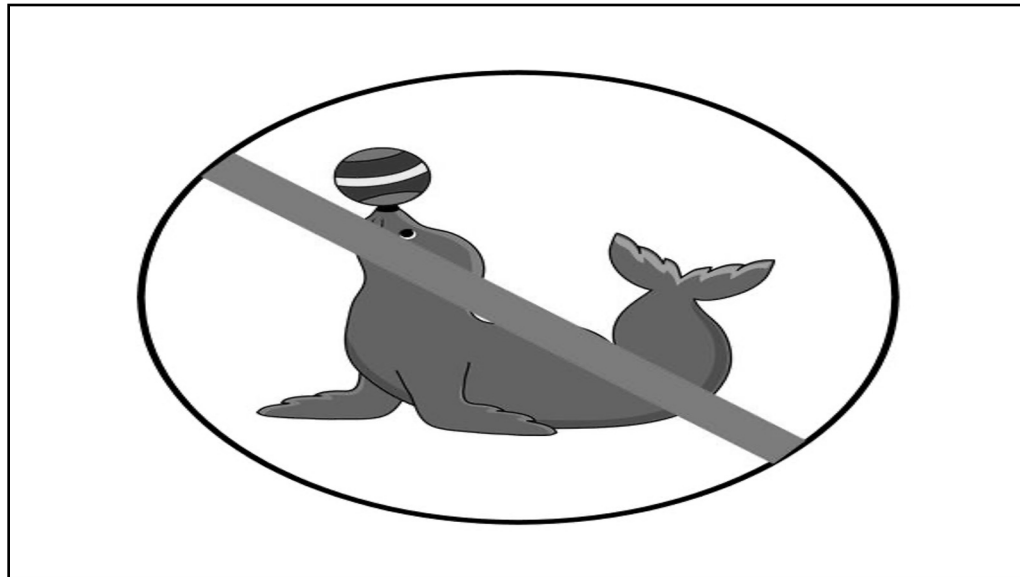
10

Attitude Matters

(Marshall, W. L., et al., 2003)

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

11

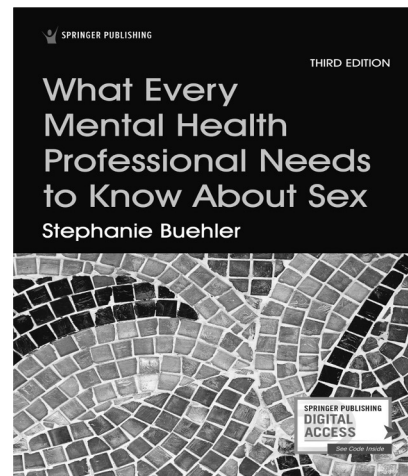


12

Do You Have?

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

13



14

- ▶ 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)

15

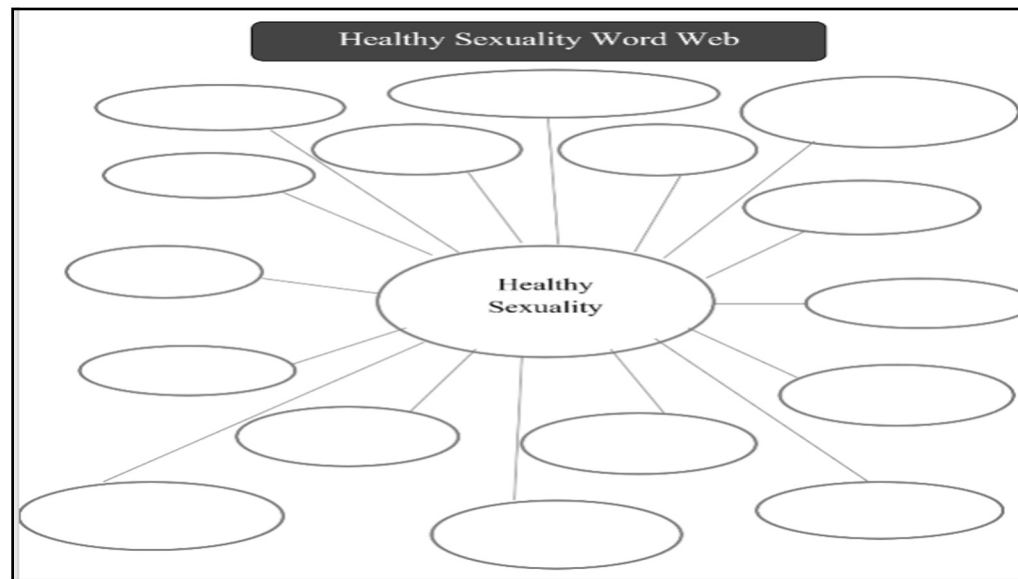
SEXUALITY ASSESSMENT (AND TX)

*It is a process, not an event,
assessment never ends*

16

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

17



18

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

19

YOUSOUP Recipe version 2 by its pronounced METR of sexual soup

Ingredients:

<p><u>base & broth</u></p> <ul style="list-style-type: none"> - race - ethnicity - gender - sexuality 	<p><u>early additions</u></p> <ul style="list-style-type: none"> - socioeconomic status - geographic location - education - family structure 	<p><u>optional</u></p> <ul style="list-style-type: none"> - hobbies & passions - religion & faith - career - political beliefs 	<p><u>secret ingredients</u></p> <ul style="list-style-type: none"> - personal experiences - changes to other ingredients - hidden identities - misperception of ingredients
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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.

20

THE SEXUALITREE by UNPLUSHED & its pronounced PINKsexual

The Sexualtree is a way to see how we experience sexuality in different ways. Sexuality affects us on different levels of our lives, and each person uniquely.

INTIMATE
You and people you are dating or having sex with

RELATIONAL
Your family, your friends, and everyone else you know

CULTURAL
Everyone in your city, state, or country

3 levels of sexuality (Intimate, Relational, Cultural), 45+ different elements.
Each bubble (●, ■, ●) can be filled in with the any of the numbers below, representing the ways you experience various aspects of sexuality.

1. Abortion	13. Family	25. Medical Theory	37. Sexual Anatomy
2. Abstinence	14. Fantasy	26. Oral Sex	38. Sexual Orientation
3. Access To Healthcare	15. Fashion	27. Physiology	39. Sexual Response System
4. Age	16. Fetish	28. Pornography	40. Sharing
5. Anatomy	17. Gender	29. Psychological Theory	41. Skin Hunger
6. Body Image	18. Healthcare System	30. Puberty	42. STI Prevention
7. Caring	19. Intercourse	31. Rape	43. STIs
8. Communication	20. Laws	32. Religion	44. Technology
9. Consent	21. Liking	33. Reproduction	45. Vulnerability
10. Contraception	22. Loving	34. Risk Taking	46. _____
11. Disability	23. Masturbation	35. Sex Toys	47. _____
12. Education	24. Media		48. _____

*What's missing?
Add your own!*

21

Sexual Interest Zones

Sexuality in your hot zone?

Sexuality in your warm zone?

Sexuality in your cool zone?

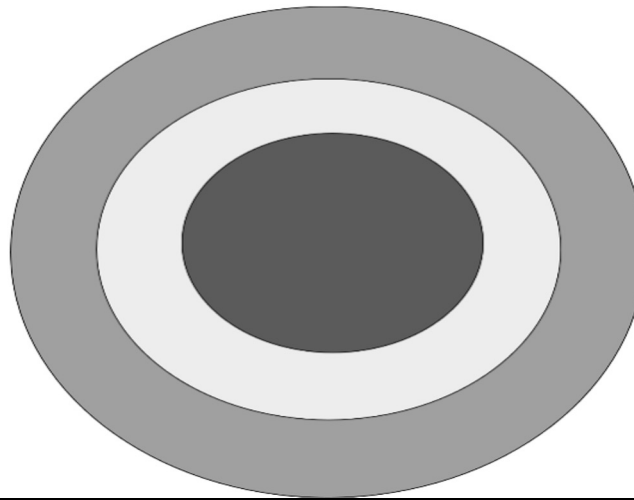
22

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 healthy more than unhealthy

23

Sexual Health Plan



24

Areas to Consider

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

25

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)

26

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

27

TREATMENT SEXUAL HEALTH MODELS

28

Healthy Sexuality

- Start with Healthy Sexuality....at least pieces
 - Creates a more positive treatment experience
 - Decreases resistance
 - Creates an awareness of sex offense behavior
 - Emphasizes health sexuality is important

29

Models of Sexual Health

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

30

Health Sexuality

- ▶ **Healthy Sexuality** (Marshall et al. 2016)
 - ▶ Good sexual communication
 - ▶ Ability to express sexual needs
 - ▶ Ability to initiate wanted sex
 - ▶ Ability to decline unwanted sex

31

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 (Financial Interest)
- ▶ **Circles of Sexuality** (Dennis Daley)

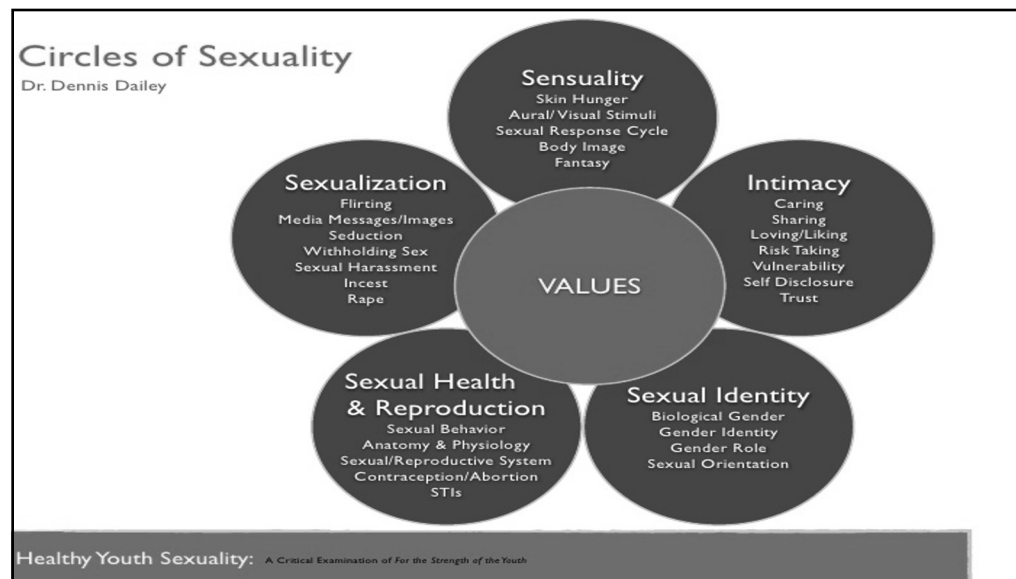
32

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

33



34

Healthy Sexuality

- Creating a Vision of Healthy Sexuality
 - 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/ learning
 - Used to address
 - inappropriate sexuality,
 - deviant sexuality
 - offense behavior

35

SEX EDUCATION

36

Sex Education

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

37

Pornography Literacy

- Concept based on the belief that
 - Many individuals will view adult pornography
 - Informed choice about pornography use
 - Need to understand the impact of pornography
- What doesn't typically work...
 - Just say no, you can't do it, if you do look at porn...
- What is pornography?

38

Types of Pornography

- Erotica
 - Mutual consenting, mutually pleasurable, relational sexuality based on equal power dynamics and/or nudes
- Nonviolent Pornography
 - No explicit violent content but may imply submission or violence. May also imply unequal power relationships.
- Violent Pornography
 - Images that portray explicit violence of varying degrees or portray non-consenting sexual activity such as child pornography

39

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)

40

Overview of Research

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

- Personality Variables
 - Antisocial/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.
- Some research to suggest that adult pornography may “prime” cognitive distortions such as women are meant to be dominated, children want to be sexual, (barely legal images)

41

Overview of Research

- Both high risk and low risk individuals 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)

42

Considerations

- ▶ Always "No" Scenarios
 - ▶ High Risk
- ▶ Hypersexual/Sexually Compulsive
 - ▶ History of Many Paraphilic Interests
- ▶ Antisocial
 - ▶ Impulsive/Angry
 - ▶ Cognitive Distortions Related to Sex

43

Considerations

- ▶ Possible "Yes" Scenarios
 - ▶ Low Risk Individuals
- ▶ No Access to Sexual Partners
 - ▶ TV/Movies/Books/Erotica
- ▶ No Experience of Sexuality/Healthy Sexuality
 - ▶ Educational Pornography & Books/Erotica

44

Guidelines

- ▶ No Online Pornography Use
 - ▶ Books/DVDs
- ▶ Check in Weekly with Therapist
- ▶ Check in with Probation at Each Visit
- ▶ Polygraphs

45

Guidelines

- ▶ Must Complete a Healthy Sexuality Plan
- ▶ Must Complete Pornography Decision Matrix
- ▶ Must Complete Pornography Use Plan
- ▶ Must Complete Pornography Log

46

Decision Matrix				
To: Look at Pornography	Immediate Consequences		Delayed Consequences	
	Positive 1	Negative 2	Positive 3	Negative 4
	Total	Total	Total	Total
Not To: Look At Pornography	Positive 5	Negative 6	Positive 7	Negative 8
	Total	Total	Total	Total

Decision to Look at Pornography _____
Decision to Not Look at Pornography _____

47

Guidelines

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48

Pornography Literacy

- ▶ <https://shop.mediaed.org>
 - ▶ Pornland
 - ▶ How Pornography has Hijacked our Culture
 - ▶ Over 18/The Price of Pleasure
 - ▶ Documentaries on sexual attitudes/masculinity
 - ▶ All have study guides

49

TREATMENT **Activities to Teach and Enhance**

50

Activities to Teach & Enhance

- ▶ Iceberg Your Fantasy
- ▶ Body Image
- ▶ Johari's Window
- ▶ Relationship Ladder (Geese Theatre)
- ▶ Short Videos
 - ▶ Discovery Channel – Why Sex is Fun
 - ▶ Tea Anyone?
- ▶ The Genderbread Person

51

Fantasy

Feeling

What is my Belief/Schema?

What is the story in my head about this fantasy

What is my 7 Desire or Emotional Need

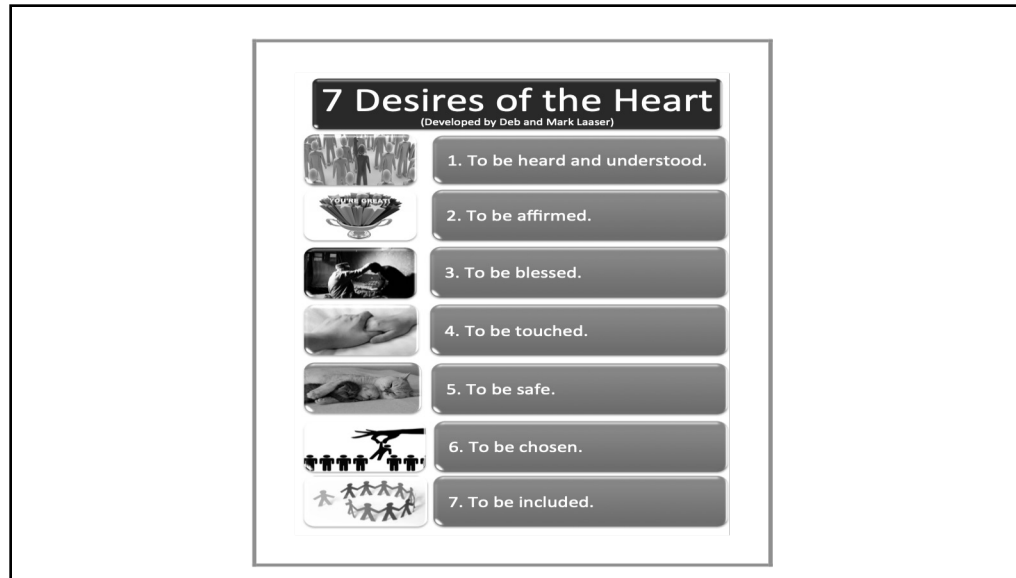
To be heard/To be understood

To be included/To be blessed/To be safe

To be chosen/To be affirmed

Adapted from
material by Virginia Satir

52



53

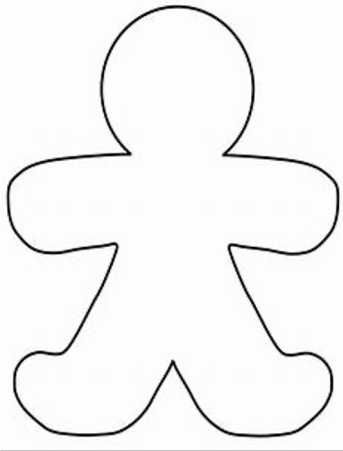
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54

Name 3 things you like about your body and why

Name 3 things you dislike About your body and why



55



56

Activities to Teach & Enhance

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57

CONSENT

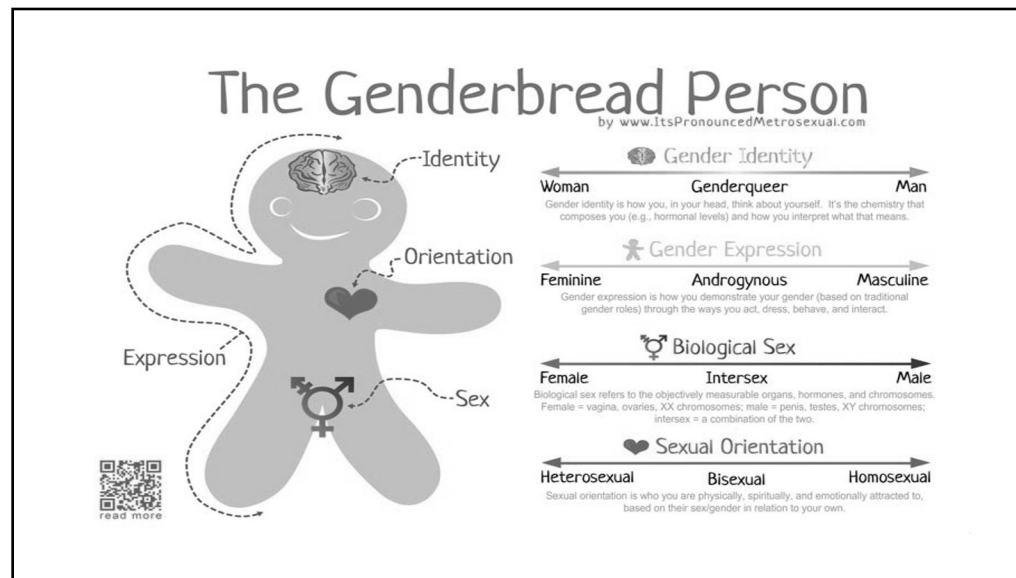
IT'S SIMPLE AS TEA

58

Activities to Teach & Enhance

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59



60

