

THE MISSING PIECES

A N I N T R O D U C T I O N T O S E X T H E R A P Y

Presentation by Kayla Jones, LPC, CST-C, TBRI Practitioner

OBJECTIVES

Topics Covered

- ~~Participants will learn about common and natural [sexual] curiosities through childhood development.~~
- Participants will learn the operational definition of sexual shame and how it manifests in our clientele.
- **Participants will begin learning about what is included in Sex Therapy, Comprehensive Sexual Education, introduction to a general model utilized, and resources to utilize as needed.**
- Participants will begin exploring their own “growing edges” around sexual shame and note areas needed for further learning and development.

WHO AM I?

1. Licensed Professional Counselor (LPC) with a private practice
2. Certified Sex Therapist Candidate as of March 2023 (AASECT)
3. Making Sense of Your Worth (MSOYW) Facilitator, TBRI practitioner, and national TF-CBT trained
4. Wife, mother (6 y/o and 2 dogs), and Muralist



WHAT IS AASECT?

A M E R I C A N A S S O C I A T I O N O F S E X U A L I T Y E D U C A T O R S ,
C O U N S E L O R S , A N D T H E R A P I S T S

www.aasect.org

C E R T I F I E D S E X U A L I T Y E D U C A T O R S

Teach and train around sexual health, reproduction, family planning, contraception and pregnancy/child birth, STIs, sexual orientation, gender identity, sexual functioning, pleasure, sexual variation, disability and chronic illness, development across lifespan, abuse/assault/coercion, and sexuality across cultures.

C E R T I F I E D S E X U A L I T Y C O U N S E L O R S

Includes a variety of professions like Planned Parenthood counselors, nurses and other health professionals, school counselors, and clinical pastoral care and counseling providers. Counsel through sexual concerns (Above)

C E R T I F I E D S E X U A L I T Y T H E R A P I S T S

WHAT IS SEX THERAPY?

MENTAL AND EMOTIONAL ASPECTS OF SEX-RELATED ISSUES

Licensed professional with a thorough understanding of human sexuality and use of psychotherapy

NOT JUST SEXUAL DYSFUNCTION

Also about pleasure, sexual variation, sexuality and disability/chronic illness, across lifespan, abuse, sexual orientation and identity (often more medical collaboration is required).

INDIVIDUAL AND COUPLES

Can occur within couples or other relationship orientations, but often occurs individually as well.

NOT JUST FOR MARRIED COUPLES

Couples seen in all stages of relationships, more consensual non-monogamy being seen today

W H A T W E R E Y O U E X P O S E D T O I N
S C H O O L A B O U T S E X T H E R A P Y ?

A L I T T L E
A B O U T M Y
E A R L Y
J O U R N E Y



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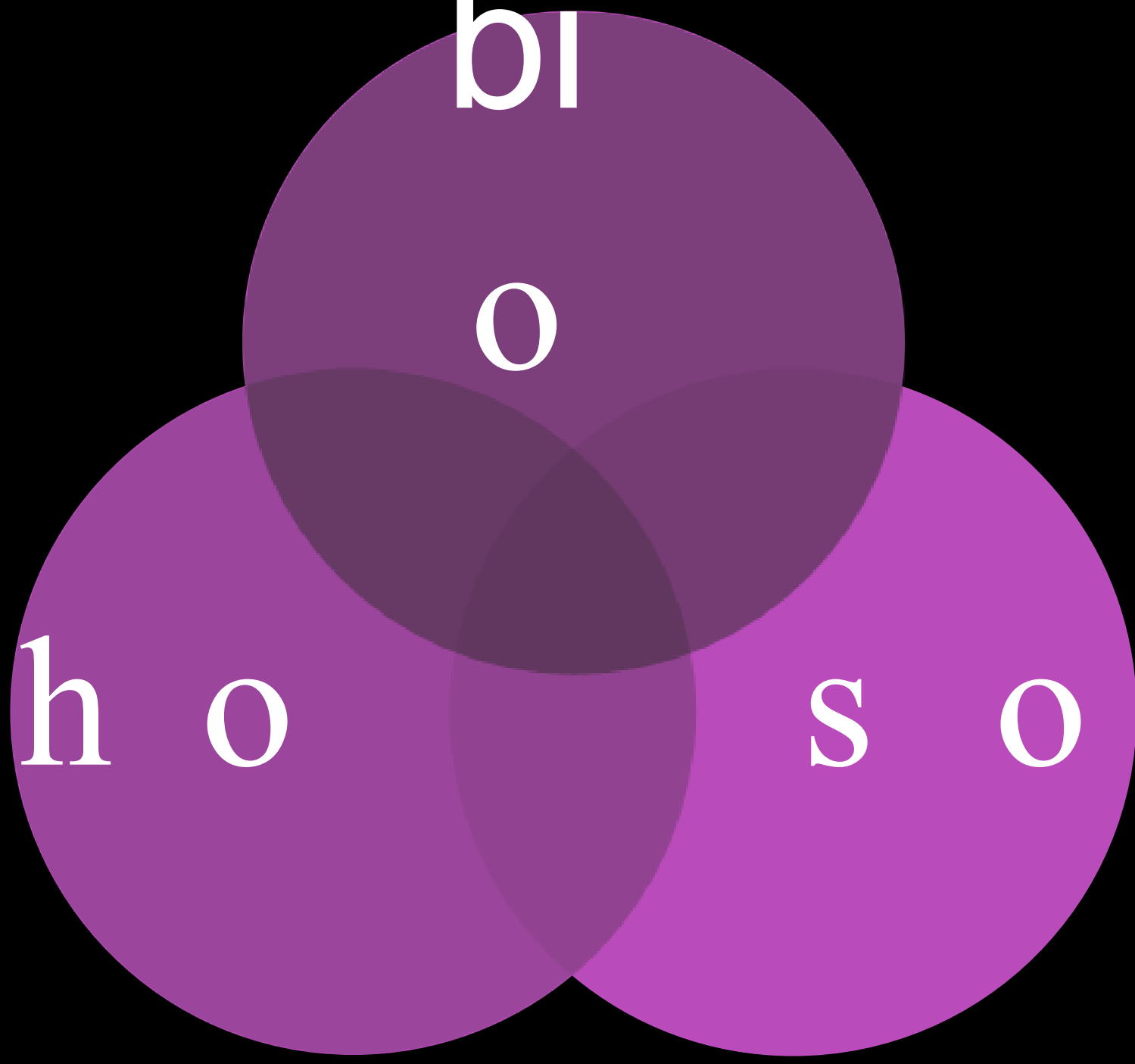
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bi
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psychosocial
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spiritual sexual

OPERATIONAL DEFINITION OF SEXUAL SHAME

- Visceral feeling of humiliation and disgust toward one's own body and identity as a sexual being and a belief of being abnormal, inferior and unworthy
 - This feeling can be internalized but also manifests in interpersonal relationships having a negative impact on trust, communication, and physical and emotional intimacy
- Develops across the lifespan in interactions with interpersonal relationships, one's culture and society, and subsequent critical self-appraisal (a continuous feedback loop).
- Also a fear and uncertainty related to one's power or right to make decisions, including safety decisions, related to sexual encounters, along with an internalized judgement toward one's own sexual desire.

WHAT IS
COMPREHENSIVE
SEXUAL EDUCATION?

COMPREHENSIVE SEXUAL EDUCATION

Social and Emotional Learning K-3rd Grade

- Improve self & social awareness (recognize emotions in self and others) and resolving conflicts
- Boundary setting , listening, recognizing differences and how to say “No”
- What feels nice v. pain, body anatomy, consent

Sexuality and Relationship 4th -12th Grades

- Reproduction, STI prevention, Contraception
- Physiological, psychological, and sociological development experienced by self (identity, desire, attraction)
- Intra/Interpersonal skills to communicate to reduce health risks, build understanding of relationships with mutual respect, free of coercion and violence.
- Health care and prevention resources
- Understand influence of peers, family, community, and the media (media literacy)
- Build affirmative consent and recognizing/responding safely to violence with effective strategies and bystander training

WHY IS THIS IMPORTANT?



N O R M A L I Z E W H A T S
N O R M A L

to understand how what is biologically
normal and natural



R E R O U T E S H A M E

to understand where sexual shame
begins and continues to load



A T T A C H M E N T
S E C U R I T Y

building others who are secure in self
and in present/future relationships.

RAISING SHAME

- F R E E , S E X U A L L Y

S T U R D Y , A N D R E L A T I O N A L L Y

C O N F I D E N T C H I L D R E N

1. Get involved with sex later in life
2. Make safer choices
3. Lower STI and Teen Pregnancy rates
4. More likely to have first sexual experiences in loving relationship contexts
5. Marry later in life
6. Choose more compatible partners
7. Lower divorce rates
8. Closer and more secure with parents overall
9. Distinguish between exploitation and what isn't (keeping themselves safer!)

QUESTIONS TO SELF

1. Did I receive Comprehensive Sexual Education?
2. How comfortable am I discussing the topics listed under Comprehensive Sexual Education?
3. How comfortable am I discussing my own sexual history and experiences?
4. How comfortable am I with discussing these topics with clients, parents, teens, and the other members of the community I currently serve?

HOW TO BEST SUPPORT CAREGIVERS

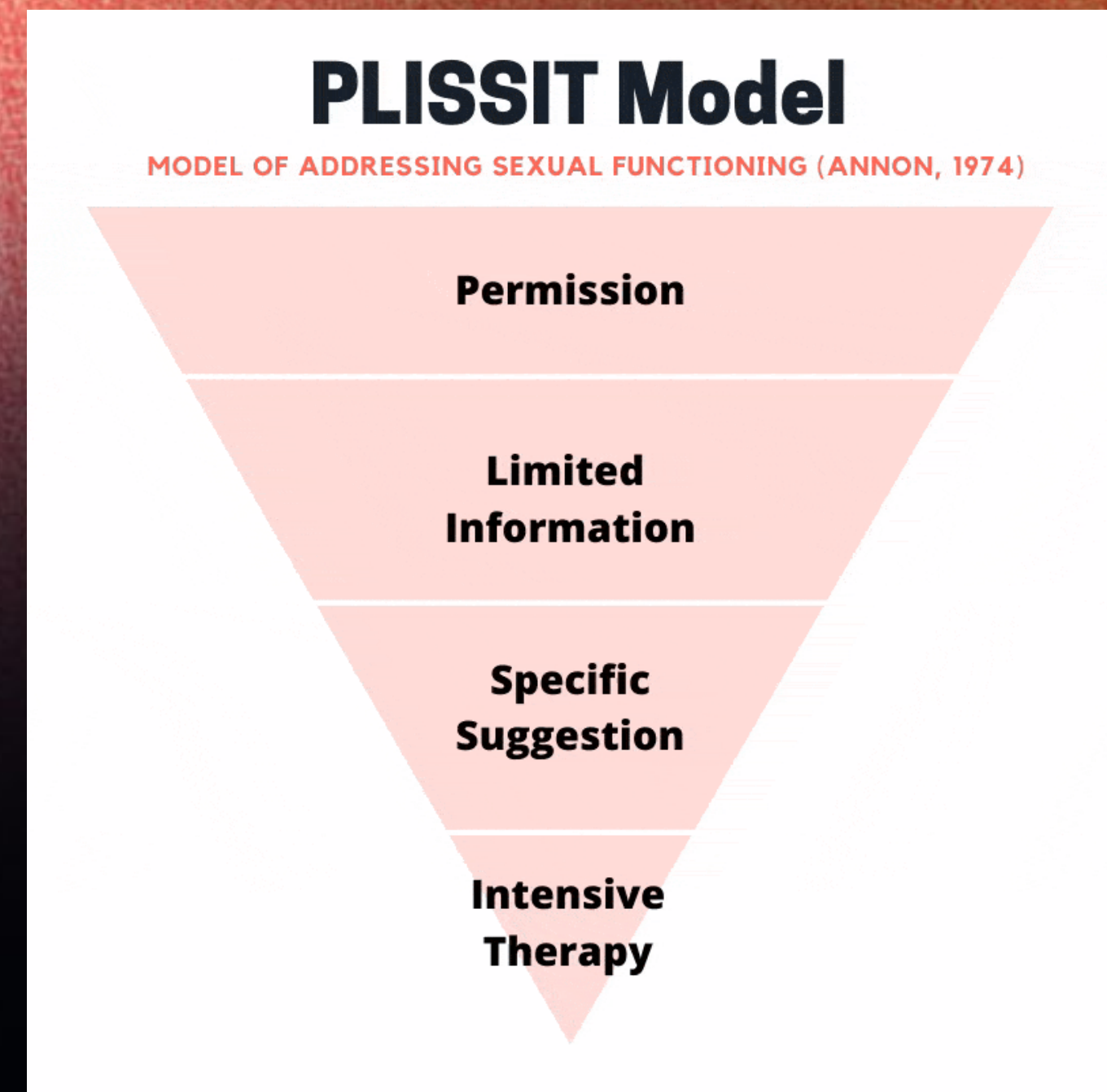
1. Normalize shame triggers
2. Provide tools to heal shame
3. Provide common sexual health developmental knowledge
4. Provide ongoing readily available support thru those on the front lines (MD's, therapists, teachers, clergy, coaches, sex-educators, & parent community leaders)

...but first we have to be comfortable and safe to discuss these
topics

THE

P .L .I.S .S .I.T

M O D E L



<https://ots-letstalkaboutsex.com/sexuality-and-occupational-therapy/>

At a minimum, a practitioner should be able to provide services at the fundamental level of “Permission.”

COMMON CASES IN A SEX

THERAPIST OFFICE

1. Desire mismatch in couples
2. Anorgasmia or distress in Orgasms
3. Pelvic Pain or discomfort during sex
4. Non-negotiated, Non-primary Partner Sex or Relationship
5. Cancer or Chronic Conditions affecting Sexual expression

BOOKS YOU SHOULD KNOW

1. *Come as You Are* by Emily Nagoski
2. *Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex* by Michael Castleman
3. *Sex, God, and the Conservative Church* by Tina Schermer-Sellers
4. *Sex Therapy with Erotically Marginalized Clients - Nine Principles of Clinical Support* by Damon Constantinides, Shannon Sennott, Davis Chandler
5. *Shameless Parenting - Everything You Need to Raise Shame-free, Confident Kids & Heal Your Shame Too!* by Tina Schermer-Sellers
6. *Polysecure - Attachment, Trauma, and Consensual Nonmonogamy* by Jennifer Fern

ONLINE TRAINING AND

V I R T U A L C E U ' S

1. www.NWIOI.com - (AASECT) Webinars and Top 5% cohort
2. www.instituteforsexuality.com - Classes, Webinars, Certifications
3. www.modernsextherapyinstitutes.com - Webinars and Workshops
4. LOCAL: oksri.com - Supervision, Webinars, and Classes

Oklahoma only has 5 AASECT C e r t i f i e d T h e r a p i s t s C u r r e n t l y .

City		AASECT Certifications	Profession/Job Title
Warr Acres	Charity Beth Elois Danker, LPC	Sex Therapist	CST
Edmond	Victoria James, M.S.	Sex Therapist	
Broken Arrow	Traci A. Owen, BSN, RN	Sexuality Counselor	RN Sexual Health Specialist
Edmond	Tori Stevens, Ph.D., LPCS	Sex Therapist	CST/LPCS/Licensed Psychologist
Tulsa	Alycia Williams, MS, LPC, Marriage & Family Therapy	Sex Therapist	Sex Therapist

T I M E F O R
Q U E S T I O N S ?

THANK YOU!

R E S O U R C E S I N C L U D E D F R O M T H E B O O K S A N D W E B S I T E S M E N T I O N E D A B O V E