Let's Do It! A Sex Positive Approach to Sexual Health and Counseling

Program Offers 2.0 APA CEs for Psychologists, and 2.0 BBS California CEUs for LPCCs, LPSW, and LMFTs

Webinar was recorded via Zoom on February 19, 2021

Workshop Description:

Although sexuality is part of the human experience, it is often disregarded in counselor training, in clinical practice, and professional counseling literature. With so few formal resources and training opportunities, students and counselors alike are left to explore human sexuality on their own – if they do it at all. More often than not, the mental health field as a whole, simply leave human sexual concerns to the "specialists". Considering the wide variety of mental health concerns that are intertwined with the human sexual experience, it is imperative for counselors to receive a foundational training in human sexuality.

Aligning with counselor identity and the wellness approach to mental health, this program will address the differences between a wellness model versus medical model approach to sexual concerns; explore the differences between sexuality counseling and the specialty field of sex therapy; and examine values, biases, and assumptions associated with personal sexual scripts by engaging audience members to examine their own beliefs about sexuality. Lastly, the audience will receive information on how to incorporate a sex positive framework that is guided by radical respect and approached from an intersectional lens.

Learning Objectives:

After attending this intermediate-level workshop, participants will be able to:

1) Identify the differences and similarities between sexuality counseling and the specialty field of sex therapy
2) Discuss how to incorporate a sex positive framework to counseling.
3) Describe how to incorporate relational cultural theory principles to become more comfortable with the discussion of sexuality and to examine self-awareness regarding sex and sexuality.

Professional Bio of Angela Schubert, Ph.D., LPC, NCC

Dr. Angela "Angie" Schubert is an assistant professor and director of MSCC online learning for the Clinical Counseling department at Central Methodist University. Dr. Schubert's area of research and clinical interests are in human sexuality and sexual development across the lifespan. Human sexuality is expansive and intersectional, and as such, Dr. Schubert is interested in exploring the human sexual experience as it pertains to perceptions of sexuality, gender, sexual behaviors, sexual constructs, and

policies that work to support or oppress specific sexual-identified communities. Dr. Schubert's teaching experience and expertise include the following topics: human sexuality, sexual issues, counselor identity, supervision, eating disorders, somatic processing, ethics, and diversity. Dr. Schubert is the co-founder and current president of the Association of Counseling Sexology & Sexual Wellness (www.counselingsexology.com). She is currently under supervision to become an AASECT-certified sex therapist. She is on the editorial board for the Journal of Counseling Sexology & Sexual Wellness (https://digitalcommons.unf.edu/jcssw/). Dr. Schubert is also an avid podcaster and co-host the following podcast Let's Get Uncomfortable https://directory.libsyn.com/shows/view/id/letsgetuncomfortable

Program Standards and Goals

This program meets APA's continuing education standard 1.3: Program content focuses on topics related to psychological practice, education, or research *other than* application of psychological assessment and/or intervention methods that are supported by contemporary scholarship grounded in established research procedures.

This program meets APA's continuing education goal 1: Program is relevant to psychological practice, education, and/or science.

Registration and Fees:

ACSSW Members: Free

General Admission: $40.00

TCSPP Staff/Faculty: Free

TCSPP Students: Free

TCSPP Alumni: $20.00

Community Partners/Site Supervisors: $20.00

Non-TCSPP Students: $10.00

References:

Bloom, Z. D., Guiterrez, D., Lambie, G. W., Ali, S. (2016). Counselors' comfort with sexuality, attitudes, towards pornography, and propensity to assess and treat client issues related to pornography use. Journal of Mental Health Counseling, 38, 327–345.

Buehler, S. (2017). What every mental health professional needs to know about sex (2nd ed.). Springer Publishing.

Burnes, T. R., Singh, A. A., & Witherspoon, R. G. (2017). Sex Positivity and Counseling Psychology: An Introduction to the Major Contribution ψ. *Counseling Psychologist*, *45*(4), 470–486. https://doi-org.sandiego.idm.oclc.org/10.1177/0011000017710216

Donaghue, C. (2015). Sex outside the lines: Authentic sexuality in a sexually dysfunctional culture. Dallas, TX: Benbella Books.

Guttmacher Institute. (2019). Comprehensive sexuality education. Available at: https://www.guttmacher.org/international/teens/comprehensive-sexuality-education

CONTINUING EDUCATION:

Target Audience: Any mental health or heath care practitioner engaged in therapeutic care and interested in furthering the discussion about evidence-based practice. Graduate students are welcome.

Psychologists. This program, when attended in its entirety, is available for 2.0 continuing education credits. The Chicago School of Professional Psychology is committed to accessibility and non-discrimination in its continuing education activities. The Chicago School of Professional Psychology is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Danielle Bohrer at 312-467-2364. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

MFTs, LPCCs, and LCSWs. Course meets the qualifications for 2.0 hour of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences. *If you are licensed outside of California please check with your local licensing agency to determine if they will accept these CEUs.* The Chicago School of Professional Psychology is approved by the California Board of Behavioral Sciences (BBS) to offer continuing education programming for MFTs, LPCCs, LEPs, and/or LCSWs. The Chicago School of Professional Psychology is an accredited or approved postsecondary institution that meets the requirements set forth in Sections 4980.54(f)(1), 4989.34, 4996.22(d)(1), or 4999.76(d) of the Code.

Other Non Psychologists. Most licensing boards accept Continuing Education Credits sponsored by the American Psychological Association but non-psychologists are recommended to consult with their specific state-licensing board to ensure that APA-sponsored CE is acceptable.

Participation Certificate. The Chicago School of Professional Psychology is able to provide students and other participants who simply wish to have documentation of their attendance at the program a participation certificate.

Participants must attend 100% of the program in order to obtain a Certificate of Attendance.

The Chicago School of Professional Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Chicago School of Professional Psychology maintains responsibility for this program and its content.

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