

INTEGRATING SEXUAL HEALTH INTO CLINICAL PRACTICE
Saturday October 26, 2019



**Sexual Health Conversations:
Practical Solutions for Talking
about Sex with Every Client**

Douglas Braun-Harvey, MFT, CST
The Harvey Institute
www.TheHarveyInstitute.com

Harvey Institute

1

INTEGRATING SEXUAL HEALTH INTO CLINICAL PRACTICE
Saturday October 26, 2019



I am not receiving any commercial support related to this program or getting paid by my company for this course and have no conflict of interest related to this program.

2

Initiating client sexual health conversations requires therapist comfort, knowledge & ability

3

Initiating client sexual health conversations requires therapist comfort, knowledge and ability

How about *you* talk to *me* first?

4

Initiating client sexual health conversations requires therapist comfort, knowledge and ability

9

Initiating client sexual health conversations requires therapist comfort, knowledge and ability



Sexually knowledgeable therapists were not better at initiating sexual discussions

(Harris & Hays, 2008)

10

Initiating client sexual health conversations requires therapist comfort, knowledge & ability

11

Initiating client sexual health conversations requires therapist comfort, knowledge & ability



Sexual knowledge is acquired through sexuality education *and* supervision which increases comfort levels leading therapists to engage in sexuality discussions with their clients.

(Harris & Hays, 2008)

12

“Psychologists who are self-confident and who have received supervision regarding sexuality deal with sexual topics more often during therapy.” (p. 281)

Initiating client sexual health conversations requires therapist comfort, knowledge & ability



Trøen, B. & Schaller, S. (2013). Talking to patients about sexual issues: Experiences of Norwegian psychologists. *Sexual and Relationship Therapy, 48*(3), 281-291.

13

Today's Hypothesis



Sexual knowledge, through sexuality education and supervision, increases therapist comfort levels to engage in client sexuality discussions

14

SEXUAL HEALTH
CONVERSATION SKILLS
EDUCATION

15



World Health Organization

Health Dimensions

Spiritual Mental Physical Sexual

Harvey Institute

16



Inextricable element of human health

Harvey Institute

17

Sexual and Reproductive Health Problems Account for 18% of the total global burden of disease



18

32% of the Total Global Burden of Disease Among Reproductive Aged Women is from Sexual and Reproductive Health Problems



19

Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

World Health Organization(2006)

Harvey Institute

20

Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.
sexual rights protected and fulfilled.”

Harvey Institute

World Health Organization(2006)

21

World Association for Sexual Health



22

States Where Sex and HIV Education, If Provided, ~~Can Have a Positive Impact on HIV Risk~~ Medically Accurate



Harvey Institute

23

What is
Suspending Judgment?

Harvey Institute

24

25

SEXUAL HEALTH
CONVERSATION SKILLS | Have
Conversations

26

SEXUAL HEALTH
CONVERSATION SKILLS | Listen for
Pleasure

27

SEXUAL HEALTH
CONVERSATION SKILLS | Welcome
Reflections
and Memories

28

SEXUAL HEALTH
CONVERSATION SKILLS | Observe
Judgements

29

SEXUAL HEALTH
CONVERSATION SKILLS | Suspend
Judgements

30

SEXUAL HEALTH
CONVERSATION SKILLS | Specific and
Accurate
Language

31

Sexual Health
Conversations Matter

32

Today's Hypothesis



Sexual knowledge, through sexuality education
and supervision, increases therapist comfort
levels to engage in client sexuality discussions

Thank you



www.TheHarveyInstitute.com
Doug@TheHarveyInstitute.com
