ACES CONFERENCE

October 8-12, 2025

Philadelphia, Pennsylvania

Human Sexuality as a Core Component in Counselor Education

Presented By: Jeremy Gillentine

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Why are we discussing human sexuality in counselor education?

- Few programs include human sexuality.
- There are no specific guidelines.
- Nationwide guidelines should be considered.
- Human sexuality effects life satisfaction.

Why is human sexuality important for counselor education?

- Sexual satisfaction is a determiner of life satisfaction.
- Counselor must be equipped
- Counselors need not be embarrassed
- Counselors need confidence
- Counselors should be holistic

Stephenson & Meston (2013)

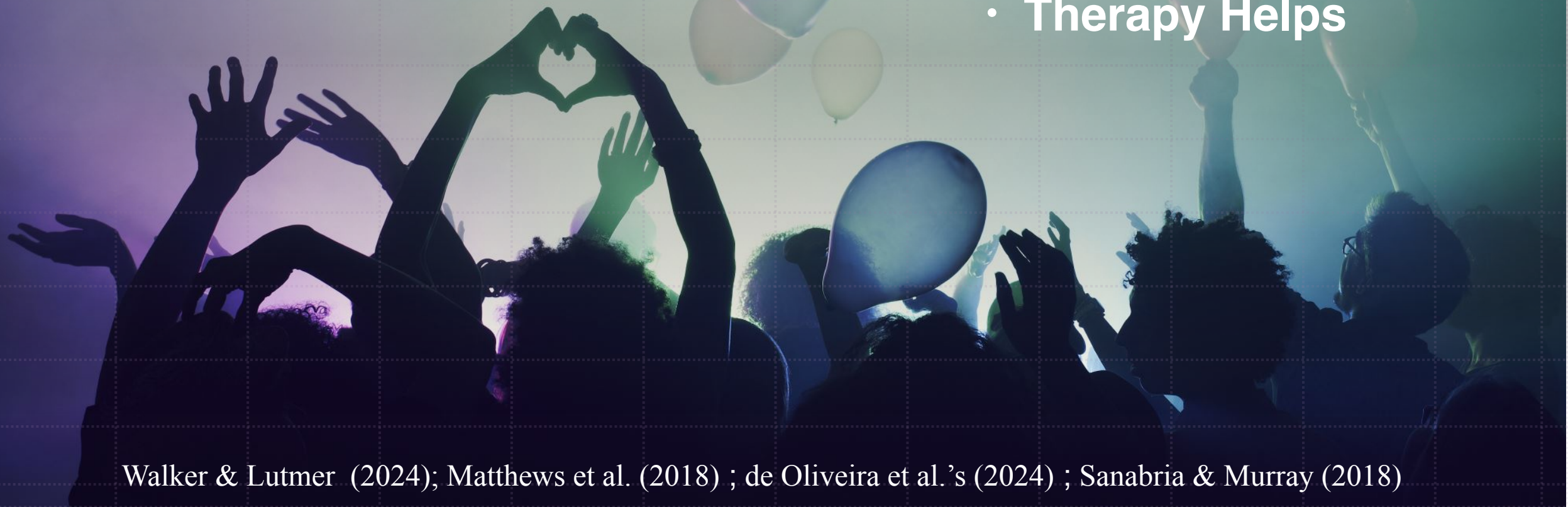
Why is human sexuality important for counselor education?

- Few programs teach human sexuality.
- Add human sexuality as a core component
- Spur the field to action

Mollen et al. (2020)
Sanabria & Murray (2018)

Human Sexuality Effects on Relationship Satisfaction

- Prominently
- Sexual Boredom
- Lack of Stimulation
- Sexual Novelty
- Therapy Helps



Walker & Lutmer (2024); Matthews et al. (2018) ; de Oliveira et al.'s (2024) ; Sanabria & Murray (2018)

Human Sexuality Effects on Individual Satisfaction

- Sexual Distress
- Unlocking Life Satisfaction
- Crucial Topic
- Missed Opportunities
- Supplemental Training

Stephenson & Meston (2013)

Human Sexuality is Lacking in Counselor Education

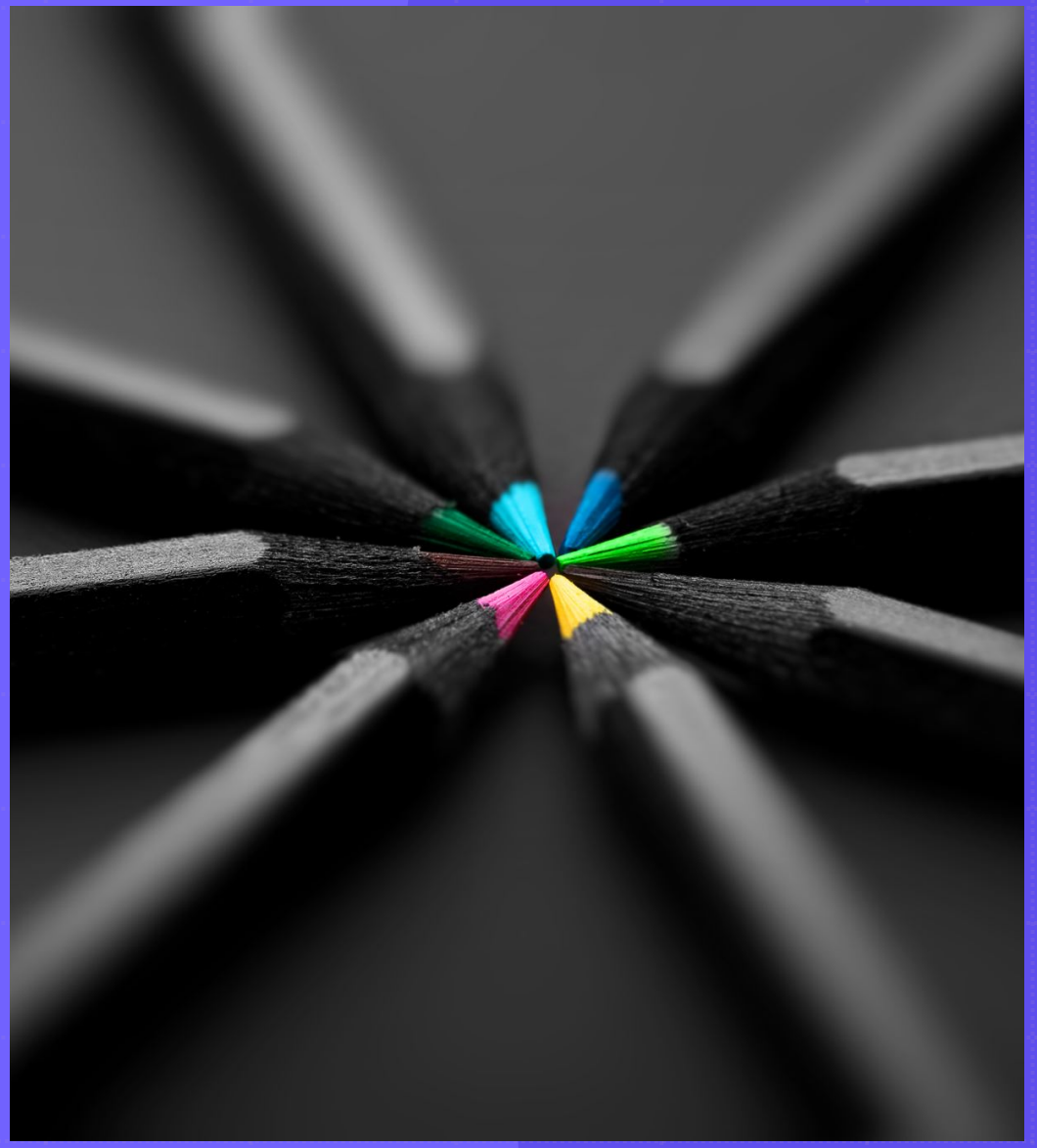
- Sex Positivity
- Sexual Health
- Self-Efficacy
- Continuing Education
- Counselor Education Programs
- Additional Articles Needed
- Inflating the Taboo

Cruz et al. (2017); Miller and Byers (2008); Miller and Byers (2009); Dermer & Bachenberg (2015); Mollen (2020); Zeglin (2017); Sanabria & Murray (2018)

CACREP 2024 3.B & C

- 3.B.2 attitudes values, beliefs, worldview
- 3.B.5 effects on stereotypes
- 3.B.6 socio-cultural influence and cultural values
- 3.B.9 identifying and eliminating barriers
- 3.B.11 role of religion and spirituality

- 3.C.9 the role of sexual development and sexuality related to overall wellness.

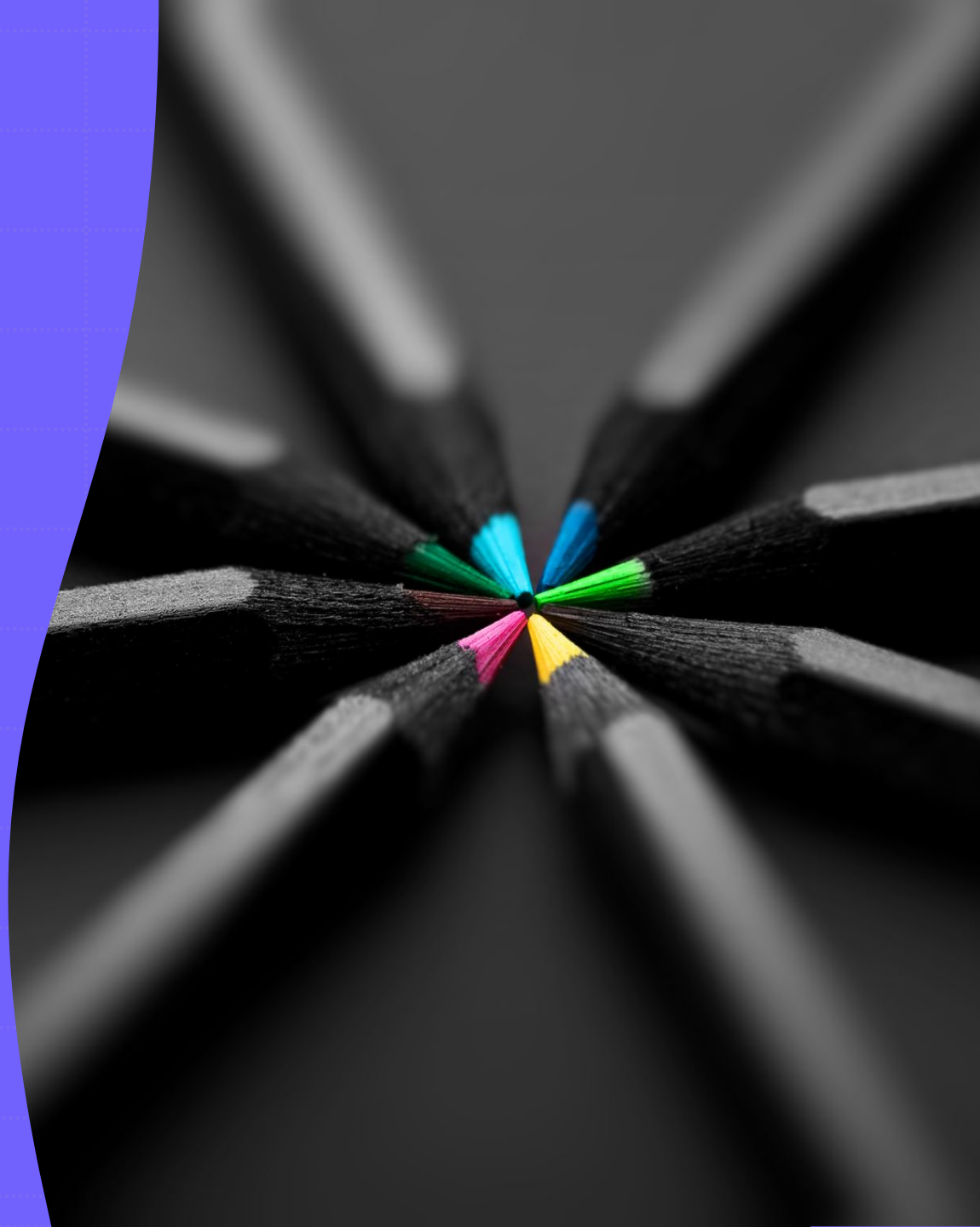


ACA Ethics 2014

- Section C Introduction, Counselors Aspire to:
  - open, honest, and accurate communication in dealing with the public and other professionals
  - practice within the boundaries of professional and personal competence
  - advocate and promote change for individuals that improves quality of life
  - engage in counseling practice that are based on rigorous research methodologies

ACA Ethics 2014

- Section C, Counselors Aspire to:
- C.2.a. Counselors only practice where they have been trained and are well prepared to benefit their clients



Human Sexuality is Encountered in Many Ways

- Exposure to Human Sexuality
  - Positive and Negative
    - misinformation; risky behaviors
    - sexual trauma
    - sexual fetishes
    - boredom
    - sexual dysfunction
    - orgasm or lack of orgasm
    - lack of desire or hyper desire
    - control issues
    - sexually transmitted diseases
    - sexual compulsion
    - values based concerns

Nield et al. (2015); Mukhlisiana et al. (2024); Interiano-Shiverdecker et al. (2023)

Zeglin et al. (2017) Proposed Human Sexuality Counseling Competency Domains

- (a) ethical/professional behavior
- (b) history and systems
- (c) anatomy/physiology,
- (d) sexual identity
- (e) sexual development
- (f) intimacy and interpersonal relationships
- (g) pleasure and sexual lifestyles
- (h) sexual functioning
- (i) health/medical factors
- (j) sexual exploitation

Zeglin, R. J., Van Dam, D., & Hergenrather, K. C. (2017). An introduction to proposed human sexuality counseling competencies. *International Journal for the Advancement of Counselling, 40*(2), 105-121.https://doi.org/10.1007/s10447-017-9314-y

Human Sexuality as a Core Component in Counselor Education [Rapping Up]

- Experienced Throughout the Lifespan
- Ample Opportunity to be Exposed
- A Balanced Approach
- Not Ashamed or Embarrassed

Sanabria & Murray, (2018).

Human Sexuality as a Core Component in Counselor Education [Rapping Up]

- More Research Needed
  - Find modalities that best move clients towards their preferred future desires
  - Better understand when to refer
- Equipped to Help
- More Than
  - “a topic”
  - “a single class”

Sanabria & Murray (2018)

Human Sexuality in Counselor Education

What should the response be as a profession and as individuals to the information presented?

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