

Abstract

The exclusion of human sexuality as a core component in counselor education training programs is a disservice to counseling practitioners and the community served. Few programs include human sexuality core components. Without nationwide guidelines, human sexuality training is and will continue to be lacking in most counselor education programs. Human sexuality directly effects life satisfaction for many individuals and could be improved by professional counselors being prepared to engage the topic without shame or embarrassment. Being well equipped, regarding human sexuality, with evidenced based information from the foundations of their journey to becoming professional counselors is essential.

Learning Objectives

#1: Help make the case for adding human sexuality to counselor education programs.

#2: Demonstrate the immense impact human sexuality has on most people and therefore counselors must be equipped.

#3: Look at some areas of focus for counselor education programs when human sexuality is added as a core component.

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.
- Spur the field to action

Why is human sexuality important for counselor education?

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

Stephenson & Meston (2013)



Human Sexuality Effects on Relationship Satisfaction

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

Stephenson & Meston (2013)

Human Sexuality Effects on Individual Satisfaction

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

Stephenson & Meston (2013)

Human Sexuality Counselor Skills addressed in Ethical Codes and Organizations

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

•C.2.a. Counselors Aspire to:

- Counselors only practice where they have been trained and are well prepared to benefit their clients

References – QR Code



Contact Information



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
- (g) Pleasure and Sexual Lifestyles
- (h) Sexual Functioning
- (i) Health/Medical Factors
- (j) Sexual Exploitation

Zeglin et al. (2017)

Human Sexuality is Encountered in Many Ways

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)

Rapping Up

More Research Needed

- Find modalities that best move clients towards their preferred future desires
- Better understand when to refer
- Equipped to Help

As a Core Competency is More Than

- “a topic”
- “a single class” (Sanabria & Murray, 2018)