Sexual Health in Recovery: Professional Counseling Skills

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World Health Organization

Health Dimensions

Spiritual Mental Physical Sexual

SEXUAL HEALTH
What is Sexual Health?

What is a sexual health conversation?

Parameters of sexual health conversations?
Knowing One’s Own Relationship with Sexual Health

Components of a Sexual health conversation?

Sexual Health Language
Where do sexual health conversations happen?

What is Sex/Drug-Linked Addiction?
Sexual Activity

Drug and/or Alcohol Dependent Behavior

Resulting in the need for specific sexual health based client relapse prevention skills and interventions

What is Sex/Drug-Linked Relapse Prevention?
What is Sex/Drug-Linked Relapse Prevention?

Assessment: Level of Sex/Drug-Link
Triage: Relapse Prevention Plan
Treatment: Sexual Health in recovery

Stepping Stone 2002-2006
Sex/Drug-linked relapse Risk Assessment survey

What psychological/attitudinal/behavioral/emotional variables are correlated with high sex/drug linked addiction?

Sex/drug-linked relapse?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?
What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?
Mental Disorders?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?

Sexual Sensation Seeking?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?

Condom Use?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?
Safer Sex Boundaries?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?

Out of Control Sexual Behavior?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?

Motivation for Change?

What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?
What psychological-attitudinal-behavioral-emotional variables are correlated with sex/drug linked addiction?

Self-Efficacy?

Shame?

High Sex/Drug Linked Clients > (Double) Levels of Shame
Sex/drug-linked shame most salient risk factor?

Three months later: High Sex/Drug-Linked Clients = Shame Low Sex/Drug Linked Clients.

Shame measure correlated with improvement in client retention and increased self-efficacy for completing treatment.
Sexual Health in Drug and Alcohol Treatment is a shame-reduction intervention providing sex/drug-linked relapse prevention tools.

Status of Clients at Stepping Stone Residential Treatment Center (N = 213) updated to Oct 2006.

Hypothesis
**Providing** a sex positive treatment environment combined with a sexual health psycho-educational curriculum **Decreases** sex/drug linked shame which contributes to improving self efficacy **Resulting** in a treatment ready client population.

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Initial Screening Process

Self-Report

(Braun-Harvey, 2011)
Initial Screening Process

Self-Report

(Braun-Harvey, 2011)

Sex/Drug-Linked Behavior (Substance Use and HIV/Risk)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Have you had sex while under the influence of drugs?</td>
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<td>Do you feel more free to be sexual when you are high on drugs or alcohol?</td>
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<tr>
<td>Are you concerned that your sexual activity is a significant concern for your recovery?</td>
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No Wrong Door Integrative Screener, Center for Community Collaboration, Baltimore MD, (2014)

Seven Sexual Health Services

(Braun-Harvey, 2011)
Seven Sexual Health Services

1. Pregnancy
2. HIV/AIDS
3. STI's
4. Sexual Dysfunction
5. Medication Side Effects
6. Non-consensual Sex
7. Out of Control Sexual Behavior

(Braun-Harvey, 2011)

Establish Sex/Drug-Linked Relapse Prevention Goals

(Sexual Health in Recovery, 2010, Chapter 2)
Core Four Concepts

Sex/Drug-Linked Sexual Health
Sexual Attitudes and Values
Sexual Past
Sexual Health
Sexual Functioning
Sexual Boundaries
Relating with the Other

Basic Sex-Confident Counselor Skills

Sexual Knowledge
Level of Counselor Comfort with Sexual Material

Counselor Readiness

Counseling Skills for Beginning Sexual Health in Recovery
Disrupting Drug and Alcohol Counselor Sexual Health Conversation Avoidant Patterns with Client

Sexual Health in Recovery: A Professional Counselor’s Manual. Springer Publishing Company

Practice Anxiety Management in Client Sessions

Sexual Health in Recovery: A Professional Counselor’s Manual. Springer Publishing Company

Disrupting Drug and Alcohol Counselor Sexual Health Conversation Avoidant Patterns with Client

Sexual Health in Recovery: A Professional Counselor’s Manual. Springer Publishing Company
Therapist sex avoidant verbal and non-verbal behaviors

The Six S's:
1. Silence
2. Siliness
3. Shame
4. Shyness
5. Suppression
6. Superstition


Therapist Anxiety Management Skills

Step back from one’s own feelings, values, ideas, stereotypes and sex phobic reactions and engage in sexual health communication motivated to reduce and prevent sex/drug-linked relapse.

1. Verbal inquiries
2. Affective reactions
3. Clinical judgments


Bibliography

