

Sexual Health in Recovery: Professional Counseling Skills

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World Health Organization

Health Dimensions

Spiritual Mental Physical **Sexual**

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sexual health



What is Sexual Health?

4



What is a sexual health **conversation**?

5



Parameters of sexual health conversations?

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Knowing One's Own Relationship with Sexual Health



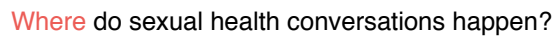
Components of a Sexual health conversation?

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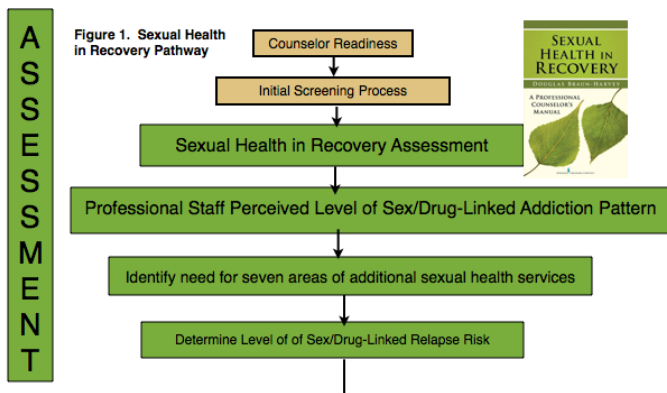


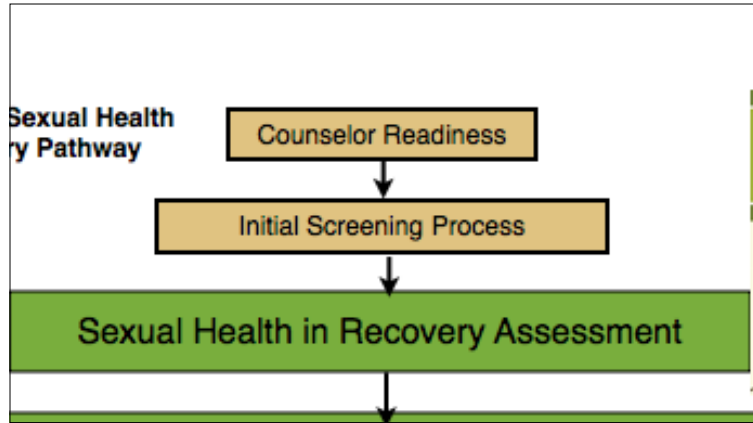
Sexual Health Language

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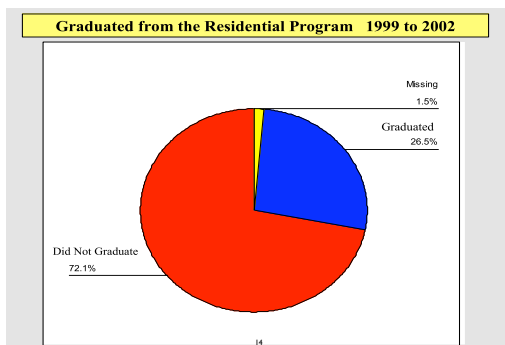


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SteppingStone Client Retention: 1999-2002





What is Sex/Drug-Linked
Addiction?

Sex/Drug-Linked Pattern of 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?

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

What is Sex/Drug-Linked Relapse Prevention?

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?

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Sex/drug-linked relapse?

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

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Client Retention Data?

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

22

Sexual Health Attitudes?

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

23

Sexual Health Behaviors?

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

24

Mental Disorders?

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

25

Sexual Sensation Seeking?

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

26

Condom Use?

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

27

Safer Sex Boundaries?

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

28

Out of Control Sexual Behavior?

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

29

Motivation for Change?

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

30

Self-Efficacy?

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

31

Shame?

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

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High Sex/Drug Linked Clients >
(**Double**) Levels of Shame

33

Sex/drug-linked **shame** most salient risk factor?

34



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

35

Shame measure
correlated with
improvement in **client retention**
and
increased self-efficacy for **completing treatment**.

36

Sexual Health in
Drug and Alcohol Treatment
is a **shame-reduction** intervention
providing
sex/drug-linked relapse prevention tools

37

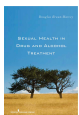
Stepping Stone Graduation from Program
Nov. 15, 2003 through Oct. 1, 2006 (N = 213)



Status of Clients at Stepping Stone Residential Treatment Center

(N = 213) updated to Oct 2006.

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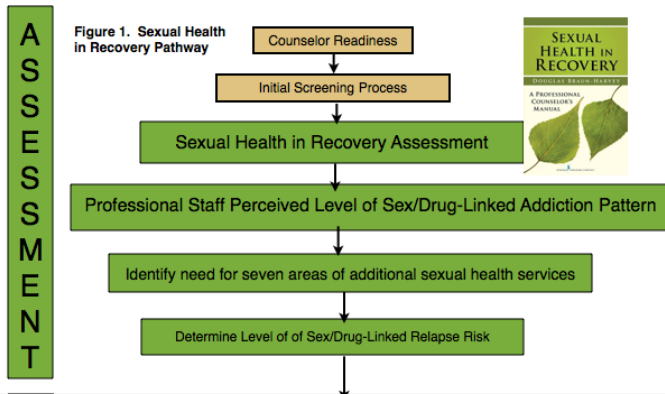


Hypothesis

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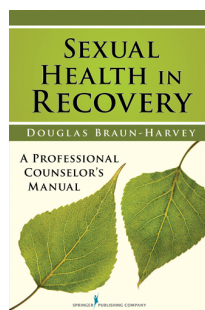
Providing a sex positive treatment environment
combined with
a sexual health psycho-educational curriculum
Decreases
sex/drug linked shame
which contributes to
improving self efficacy
Resulting in a treatment ready client population.

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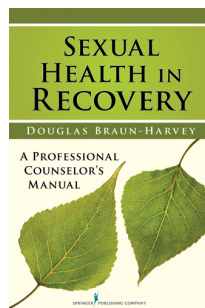
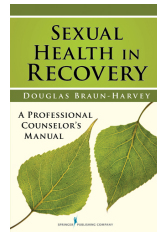


Initial Screening Process Self-Report

(Braun-Harvey,2011)

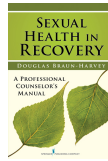


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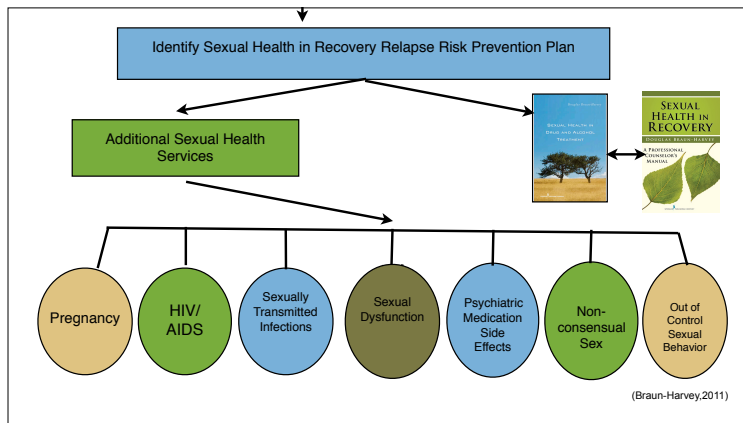
Seven Sexual Health Services

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)

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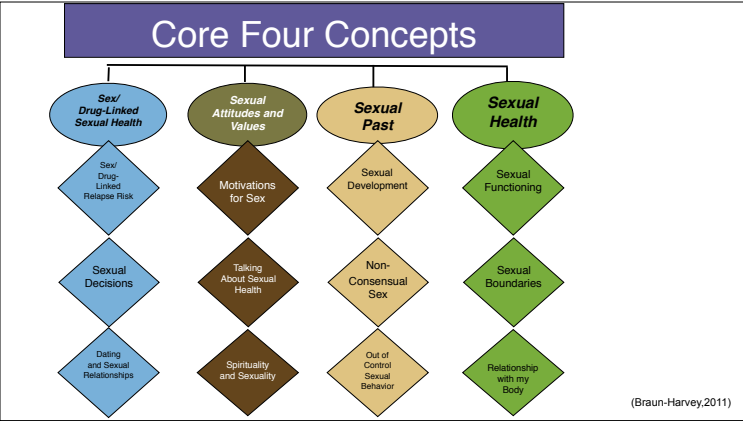
(Braun-Harvey,2011)

Establish

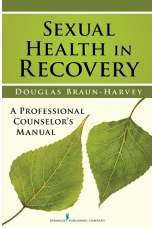
Sex/Drug-Linked Relapse Prevention Goals

(Sexual Health in Recovery, 2010, Chapter 2)

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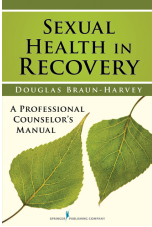
Basic Sex-Confident
Counselor Skills



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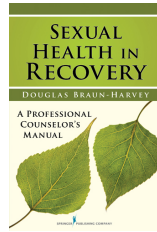
Sexual Knowledge



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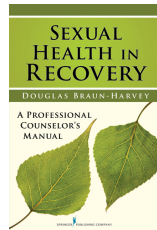
Level of Counselor Comfort with Sexual Material



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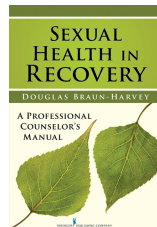
Counselor Readiness



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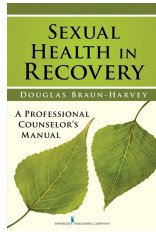
Counseling Skills for Beginning Sexual Health in Recovery



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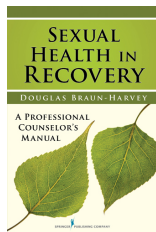
Disrupting Drug and Alcohol Counselor Sexual Health Conversation Avoidant Patterns with Client



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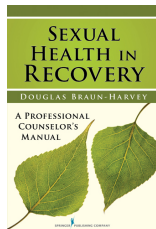
Practice Anxiety Management in Client Sessions



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



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Therapist sex avoidant verbal and non-verbal behaviors

The Six S's:

1. Silence
2. Silliness
3. Shame
4. Shyness
5. Suppression
6. Superstition

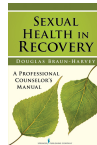


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Therapist Anxiety Management Skills

Step back from ones 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



Braun-Harvey, D. (2010). *Sexual Health in Recovery: A Professional Counselor's Manual*. Springer Publishing Company.

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