

**THE CHANGING RELATIONSHIP
BETWEEN SEXUAL HEALTH
AND
CHILD SEXUAL ABUSE TREATMENT:
HOW DO THERAPISTS PREPARE?**

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January 26, 2012

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- **WHAT IS SEXUAL HEALTH?**
- **CONTEMPLATE INTEGRATION OF PROFESSIONAL CHILD SEXUAL ABUSE TREATMENT AND SEXUAL HEALTH**
- **THREE AREAS OF FOCUS FOR SEXUAL HEALTH INTEGRATION IN CHILD SEXUAL ABUSE TREATMENT**
- **ASSESSMENT**
- **TREATMENT PROVIDER TRAINING**
- **PARENT SEX EDUCATION**
- **THE VISION FOR SEXUAL HEALTH BASED CHILD SEXUAL ABUSE TREATMENT**

Content

1. COMPREHENSIVE SEXUALITY EDUCATION
2. HEALTH PROFESSIONALS SEXUALITY EDUCATION
3. CHILD AND ADOLESCENT SEXUALITY RESEARCH
4. OVERCOMING HOMOPHOBIA, BIPHOBIA & TRANSPHOBIA
5. ENDING SEXUAL VIOLENCE
6. PROMOTING MASTURBATION
7. PROMOTING SEXUAL FUNCTIONING
8. ACCESS TO HEALTH CARE
9. SEXUAL HEALTH IS A BASIC HUMAN RIGHT

PROMOTING SEXUAL HEALTH

(COLEMAN, 1997)

- **“SEXUAL HEALTH IS A STATE OF PHYSICAL, EMOTIONAL, MENTAL, SPIRITUAL, AND SOCIAL WELL-BEING RELATED TO ONE’S SEXUALITY AND SEXUAL ACTIVITIES. SEXUALLY HEALTHY INDIVIDUALS INTEGRATE SEXUALITY INTO THEIR LIVES, WHILE AVOIDING AND REDUCING HARMFUL CONSEQUENCES FOR THEMSELVES AND THE COMMUNITY”.**

“THE NATIONAL CONSENSUS PROCESS ON SEXUAL HEALTH AND RESPONSIBLE SEXUAL BEHAVIOR”, INTERIM REPORT, MAY 18, 2006

DEFINING SEXUAL HEALTH

**FAMILY ENVIRONMENT
VALUES
EXPOSURE TO MEDIA MESSAGES
RELIGIOUS OR SPIRITUAL BELIEFS
PHYSICAL AND MENTAL CONDITIONS
SOCIAL AND PEER PRESSURE
EDUCATIONAL OPPORTUNITIES
ECONOMIC AND SOCIAL STATUS
ACCESS TO ACCURATE INFORMATION**

Sexual Health Enhancers and Detractors

- **FREEDOM FROM SEXUAL VIOLENCE, COERCION, EXPLOITATION, ABUSE AND DISCRIMINATION BASED ON SEXUAL IDENTITY**
- **COMMUNITY RESPECT FOR OTHERS**
- **SUPPORT OF MARRIED AND OTHER COUPLES**
- **AVOIDANCE OF PHYSICAL AND EMOTIONAL HARM TO OTHERS**

Community Responsibility for Sexual Health

- **RECOGNITION OF DIVERSE SEXUAL NORMS**
- **REDRESS FOR SEXUAL VIOLENCE, ABUSE, DISCRIMINATION, PHYSICAL OR EMOTIONAL HARM**
- **MECHANISM FOR REPORTING SEXUAL ABUSE, VIOLENCE & COERCION**
- **ACCESS TO SEXUAL EDUCATION, HEALTH CARE AND COUNSELING THAT IS MEDICALLY ACCURATE, SCIENTIFICALLY BASED, AGE APPROPRIATE, DEVELOPMENTALLY APPROPRIATE AND CULTURALLY APPROPRIATE**

Community Responsibility for Sexual Health

**WHAT SEXUAL
BEHAVIORS, INFORMATION
OR INTERESTS ARE THE
MOST TABOO TO TEACH
ADOLESCENTS IN FORMAL
SEX EDUCATION?**

**Treatment Complicated by
Societal Attitudes and Taboos**

- LIMITED AMOUNT OF SCIENTIFIC DATA ON CHILD AND ADOLESCENT SEXUAL BEHAVIOR
- PAUCITY OF SEXUAL EDUCATION THROUGHOUT ALL STAGES OF CHILD AND ADOLESCENT DEVELOPMENT
- TABOO ON INFORMATION
 - SEXUAL INTERCOURSE AND CONTRACEPTION LESS TABOO
 - MASTURBATION, ORAL SEX AND ANAL INTERCOURSE MORE TABOO

**Treatment Complicated by
Societal Attitudes and Taboos**

- “CHILDREN WHO HAVE BEEN SEXUALLY ABUSED NEED AND DESERVE TO KNOW OTHER ASPECTS OF SEX THAN ABUSE, SO THAT THEY CAN MASTER IT INTELLECTUALLY AND EMOTIONALLY, AND IMAGINE THAT SOMEDAY THEY MIGHT HAVE A NONABUSIVE SEXUAL RELATIONSHIP WITH SOMEONE.”

(LAMB, 2006)

Is Sexual Abuse Treatment a Sexual Health Opportunity?

- **ASSESSMENT MEASURES**
- **SEXUAL EDUCATION CLASSES FOR TREATMENT PROVIDERS**
- **SEXUAL EDUCATION CLASSES FOR PARENT(S)**

**Sexual Health Based
Child and Adolescent
Sexual Abuse Treatment**

■ CHILDHOOD SEXUAL DEVELOPMENT MILESTONES

- PLAYMATE FLIRTATIOUS BEHAVIOR
- FIRST PLAYMATE ROMANCE
- FIRST MENSTRUATION
- BREAST BUDDING
- FIRST EJACULATION
- FIRST WET DREAM

Assessment

■ CHILDHOOD SEXUAL DEVELOPMENT MILESTONES

- FIRST ROMANCE
- DEVELOPMENT OF ROMANTIC ATTACHMENT
- BEGINNING OF MASTURBATION
- EXPOSURE TO SEXUAL IMAGERY, FANTASY
- DEFENSES FOR COPING WITH ILLICIT SEXUAL INFORMATION, KNOWLEDGE AND EXPERIENCE

Assessment

- **WHAT IS THE INTERACTION BETWEEN THE SEXUAL ABUSE EXPERIENCE AND THE CHILD'S CURRENT SEXOLOGICAL DEVELOPMENTAL STAGE?**

Assessment

- **HOW IS INTERACTION BETWEEN ABUSE AND SEXOLOGICAL DEVELOPMENT ADDRESSED IN TREATMENT?**
 - **STANDARDIZED SEXUAL BEHAVIOR MEASURES AS PART OF ASSESSMENT AND TREATMENT FOR CHILDREN**
 - **CHILD SEXUAL BEHAVIOR INVENTORY**
 - **PERSONAL SENTENCE COMPLETION INVENTORY FOR ADOLESCENTS: SIGNIFICANT LEVEL OF TRAINING TO UTILIZE**
 - **LOVEMAP DEVELOPMENT ASSESSMENT**
 - **MASTURBATION AS SEXUAL HEALTH**

Assessment

- CHILD BEHAVIOR CHECKLIST
- TRAUMA SYMPTOM CHECKLIST
- TRAUMA SYMPTOM CHECKLIST FOR YOUNG CHILDREN
- CHILD SEXUAL BEHAVIOR INVENTORY
- NORMATIVE SEXUAL BEHAVIOR IN CHILDREN USING CSBI

(FRIEDRICH, W. ET AL, 1997)

Current Assessment Measures

■ TRAINING OPPORTUNITIES

- AMERICAN ASSOCIATION OF SEX EDUCATORS, COUNSELORS AND THERAPISTS: AASECT.ORG
 - SEXUAL ATTITUDE REASSESSMENT TRAINING
- SOCIETY FOR THE SCIENTIFIC STUDY OF SEXUALITY: SSSS.ORG
- SEXUALITY INFORMATION AND EDUCATION COUNCIL OF THE UNITED STATES: SIECUS.ORG
- MAGNUS HIRSCHFELD ARCHIVE FOR SEXOLOGY: [HTTP://WWW.SEXOLOGY.CJB.NET](http://WWW.SEXOLOGY.CJB.NET)
- TEPPER, M. & OWENS, A., (2007). SEXUAL HEALTH VOLUME 1,2,3&4, WESTPORT, CT. AVAILABLE FREE ONLINE AT SEXUALHEALTH.COM

Sexuality Education For Professionals

- TRAINING IN ALL ASPECTS OF HUMAN SEXOLOGICAL DEVELOPMENT
- ADVANCED TRAINING IN LOVEMAP DEVELOPMENT
 - PERSONALIZED AND SOMETIMES HIGHLY IDIOSYNCRATIC OR STEREOTYPICAL VARIETIES OF SEXUAL IMAGERY AND SEXUAL IDEATION LEADING TO SEXUAL AROUSAL AND PERFORMANCE

Sexuality Education For Professionals

- **ADVANCED TRAINING IN SEXUAL ATTITUDES**

- **ASSESSING SEXUAL ATTITUDES OVER THE COURSE OF A PROFESSIONAL CAREER**

- **ADVANCED TRAINING IN UNDERSTANDING PERMISSIBLE/LAWFUL AND NOT PERMITTED/UNLAWFUL CULTURALLY SPECIFIC STRATEGIES FOR TRANSMITTING SEXUAL KNOWLEDGE TO CHILDREN AND ADOLESCENTS.**

Sexuality Education For Professionals

AGE 6 - 10 YEARS

DEVELOPMENT OF ATTRACTION

SEXUAL AWARENESS

**MEMORABLE AROUND AGE 10 (FOURTH
AND FIFTH GRADE) SUBJECTIVITY OF
ATTRACTION BEGINS AT AGE SIX EFFECTING
BOTH INTERPERSONAL AND INTRAPSYCHIC
DEVELOPMENT**

Adrenal Puberty

AVERAGE AGE 11 -12

SECONDARY SEX

CHARACTERISTICS

FERTILITY

VISIBLE EVIDENCE OF PUBERTY

Gonadal Puberty

- **GOALS**
- **HELP PARENTS DISCUSS SEX WITH THEIR CHILDREN**
- **ELIMINATE THE FEAR FACTOR**
 - **PROVIDE SAFE SPACE TO WRESTLE WITH SEXUAL ISSUES, VALUES AND APPROACHES TO SEXUAL MATTERS IN THE FAMILY**
 - **PRACTICE SEX TALK, WORDS, LANGUAGE**
- **HOME BASED SEX EDUCATION IS VERY EFFECTIVE**

Sex Education for Parents

**BETWEEN THE AGES
OF 15 - 19
I RECEIVED FORMAL
SEX EDUCATION**

**Sex Education for
Parents**

**AT WHAT GRADE
DID I FIRST
RECEIVE FORMAL
SEX EDUCATION?**

**Sex Education for
Parents**

**WHAT PERCENTAGE OF
PARENTS REPORT FEELING
VERY COMFORTABLE TALKING
WITH THEIR KIDS ABOUT A
WIDE RANGE OF SEXUALITY
AND SEXUAL HEALTH?**

Sex Education for Parents

Planned Parenthood and CLAFH National Parent Poll

- Planned Parenthood and *Center for Latino and Adolescent Family Health* commissioned a nationally representative poll to ascertain parents' attitudes about talking with their kids about sex and their stance on sex education.
- The poll queried **1,111** parents of **10- to 18-year olds**.
 - Conducted by Knowledge Networks, utilizing a probability-based random sample that represents 97 percent of U.S. households
 - Conducted from August 23 to August 29, 2011
 - Margin of error is +/- 3 percent

**SEX EDUCATION
FOR PARENTS**

Most parents are talking with their kids about sexuality

- **82 percent** of parents are talking to their kids about a wide range of sexuality-related topics.
 - **92 percent** have talked about relationships
 - **87 percent** have talked about their own values about when sex should or should not take place
- Fathers are taking almost as active a role in these conversations as mothers.
 - **78 percent** of fathers have spoken with their kids about topics related to sexuality, compared to **88 percent** of mothers.

**SEX EDUCATION
FOR PARENTS**

Parents don't always tackle the hard issues

- Fewer parents are talking with their kids about tougher, more complicated topics.
 - Only **74 percent** of parents have talked to their kids about how to say no to sex
 - Only **60 percent** have talked about birth control
 - This is despite the fact that **94 percent** of parents believe they are influential in whether or not their child uses condoms or other forms of birth control

**SEX EDUCATION
FOR PARENTS**

Parents may need help communicating openly and effectively

- **43 percent** of parents said they feel **very comfortable** talking with their child about sexuality and sexual health.
- However, **57 percent** feel only **somewhat comfortable** or **very uncomfortable** talking to their children about sex.
 - Teens who report having good conversations with their parents about sex are more likely to delay sex, have fewer partners, and use condoms and other contraceptives when they do have sex.

**SEX EDUCATION
FOR PARENTS**

Parents support sex education in middle and high school

- **92 percent of mothers and 87 percent of fathers** feel sex education is important in middle school, and **93 percent of mothers and 90 percent of fathers** feel it's important in high school.
- **90 percent** of parents believe that sex education programs in high school should cover birth control.
- **75 percent** of parents believe that sex education programs in middle school should cover birth control.

**SEX EDUCATION
FOR PARENTS**

■ SEVEN WORDS
BASIC TO SEX
TALK

SEX EDUCATION
FOR PARENTS

- PENIS
- CLITORIS
- VAGINA
- INTERCOURSE
- MASTURBATION
- SEXUALLY TRANSMITTED INFECTION
- PREGNANCY

SEX EDUCATION FOR PARENTS

■ WHAT WAS THIS CALLED
IN YOUR FAMILY AS A
CHILD?

■ WHAT IS THIS CALLED IN
YOUR CURRENT FAMILY?

SEX EDUCATION FOR PARENTS

- LEFKOWITZ EXAMINED ASSOCIATIONS BETWEEN RELIGIOSITY, SEXUAL BEHAVIOR AND SEXUAL ATTITUDES IN EMERGING ADULTS (2004)
 - “RELIGIOUS BEHAVIOR MAY BE THE STRONGEST PREDICTOR OF SEXUAL BEHAVIOR, WHEREAS MORE ATTITUDINAL MEASURES OF RELIGIOSITY MAY BE BETTER PREDICTORS OF SEXUAL ATTITUDES”

CULTURAL INFLUENCES AND SEXUAL HEALTH

- **BETTER TREATMENT OUTCOMES**
- **PARENTS TALKING ABOUT SEX WITH THEIR CHILDREN PROVIDES A FOUNDATION TO INTEGRATE OTHER SOURCES OF SEXUAL KNOWLEDGE**
- **NORMALIZE WORRIES AND FEARS**
- **PARENTS REMEMBER THEIR OWN SEXUAL DEVELOPMENT AND HISTORIES**
- **CULTURAL DIFFERENCES AND SIMILARITIES**
- **ARTICULATING SEXUAL VALUES AND ETHICS**

SIX SEX EDUCATION PARENTING SESSIONS

**THE VISION FOR
SEXUAL HEALTH
BASED CHILD
SEXUAL ABUSE
TREATMENT**

- BEYOND THE BIG TALK: EVERY PARENT'S GUIDE TO RAISING SEXUALLY HEALTHY TEENS FROM MIDDLE SCHOOL TO HIGH SCHOOL AND BEYOND BY DEBRA W. HAFFNER, M.P.H.
- FROM DIAPERS TO DATING: A PARENT'S GUIDE TO RAISING SEXUALLY HEALTHY CHILDREN--FROM INFANCY TO MIDDLE SCHOOL BY DEBRA W. HAFFNER, M.P.H.
- RAISING A CHILD RESPONSIBLY IN A SEXUALLY PERMISSIVE WORLD BY SOL GORDON, PH.D. AND JUDITH GORDON, M.S.W.
- DILEMMAS OF DESIRE : TEENAGE GIRLS TALK ABOUT SEXUALITY BY DEBORAH L. TOLMAN

SEXUAL HEALTH BOOKS AND RESOURCES

● www.siecus.org THE SEXUALITY INFORMATION AND EDUCATION COUNCIL OF THE UNITED STATES. SIECUS ADVOCATES FOR THE RIGHT OF ALL PEOPLE TO ACCURATE INFORMATION, COMPREHENSIVE EDUCATION ABOUT SEXUALITY, AND SEXUAL HEALTH SERVICES.

● www.sexedlibrary.org TOOLS, RESEARCH AND RESOURCES FOR EDUCATORS, THERAPISTS AND HEALTH CARE PROVIDERS WHO TEACH ABOUT SEXUALITY AND SEXUAL HEALTH TO YOUNG PEOPLE.

● [HTTP://WWW.SEXOLOGY.CJB.NET](http://www.sexology.cjb.net) MAGNUS HIRSCHFELD ARCHIVE FOR SEXOLOGY, THE ARCHIVE FOR SEXOLOGY OFFERS FREELY ACCESSIBLE INFORMATION IN SEVERAL LANGUAGES ON SEXOLOGY, INCLUDING A WORLDWIDE DIRECTORY OF SEXUALITY INSTITUTIONS, ORGANIZATIONS, RESOURCE CENTERS, TRAINING PROGRAMS AND SCIENTIFIC JOURNALS; FREE E-LEARNING COURSES; A CRITICAL DICTIONARY; BEHAVIOR SURVEYS; A HISTORY OF SEXOLOGY; AND AN ONLINE LIBRARY.

SEXUAL HEALTH BOOKS AND RESOURCES

COLEMAN, E. (1997). PROMOTING SEXUAL HEALTH: THE CHALLENGES OF THE PRESENT AND FUTURE. IN J.J. BORRAS VALLS & CONCHILLO, M.P.(ED.), SEXUALITY AND HUMAN RIGHTS. VALENCIA, SPAIN: INSTITUTO DE SEXOLOGIA Y PSICOTERAPIA, (PP. 25 - 35).

FRIEDRICH, W., FISHER, J., BROUGHTON, D., HOUSTON, M., & SHAFRAN, C. (1998). NORMATIVE SEXUAL BEHAVIOR IN CHILDREN: A CONTEMPORARY SAMPLE. PEDIATRICS, 101 (9).

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MONEY, J. (1999). THE LOVEMAP GUIDEBOOK: A DEFINITIVE STATEMENT. CONTINUUM PUBLISHING, NEW YORK.

WWW.SATCHERCALLTOACTION.COM DOWNLOAD AND READ “THE NATIONAL CONSENSUS PROCESS ON SEXUAL HEALTH AND RESPONSIBLE SEXUAL BEHAVIOR”, INTERIM REPORT, MAY 18, 2006

TEPPER, M., & OWENS, A. (2007). SEXUAL HEALTH: PSYCHOLOGICAL FOUNDATIONS. PRAEGER PUBLISHERS, WESTPORT, CT.

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