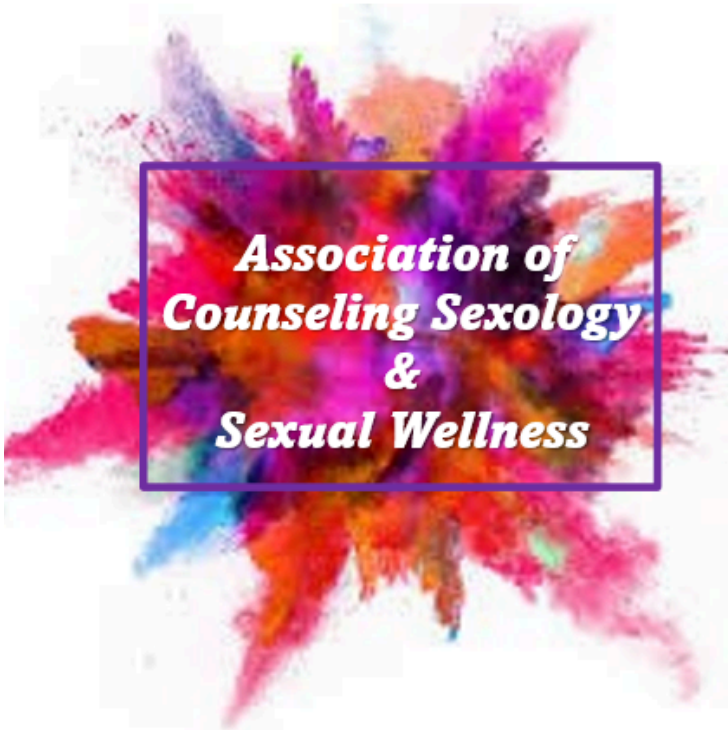


ACSSW

spring/summer

newsletter 2024



The mission of ACSSW, an Organizational Affiliate of ACA, is to promote sexuality as a central aspect of being human that includes the intersection of intrapersonal and interpersonal influences on sexual expression and experiences.

Recommended Citation:

ACSSW Newsletter. (Spring, 2024). Association of Counseling Sexology & Sexual Wellness Newsletter, 5(2)

<https://www.counselingsexology.com>

ACSSW Spring/Summer 2024 Newsletter

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Letter from the ACSSW President

by Shannon Shoemaker, PhD, LCPC, LMHC, NCC

Dear ACSSW Members,

I hope this message finds you well! I wanted to take a moment to share some important updates and express my gratitude as I conclude my term as president of the Association of Counseling Sexology and Sexual Wellness.

I'm pleased to announce that in our June Board of Directors meeting, we successfully voted to adopt the strategic plan and Exemplary Practices, as well as to affiliate JCSSW with ACSSW through an MOU. We want to thank Amber Pope, as chair of the Research and Scholarship Committee, for their excellent work, their diligence, and for a new chapter for ACSSW in presenting these at the ACA Conference in New Orleans this past year. We also want to thank Marty Jencius for his work chairing the Strategic Plan Task Force! The team has put together an exciting plan that will establish some necessary policies and procedures to keep the organization moving in a forward direction with a clear chain of communication. Finally, as the co-editor of JCSSW, along with co-editor Sheldon Aaron, we are excited to draft an MOU to formalize the relationship between ACSSW and JCSSW.

As we reflect on the past year, I'm proud of our continued commitment to promoting sex positivity and pleasure as integral aspects of sexual wellness. Our focus on these vital elements has strengthened our organization's mission and enhanced our impact in the field of counseling sexology.

As of July 1, several leadership changes have taken effect:

- Laurie Bonjo has assumed the role of ACSSW president. Congratulations, Laurie!
- Jason Gorski has replaced Kyoko Robinson as our new student representative. Congratulations, Jason, and welcome to the organization!
- Amber Pope has been elected as president-elect of ACSSW. Congratulations Amber! With her past experience as chair of the Research and Scholarship Committee, we are excited to have her support Laurie.

We also bid farewell to Fran McClain, who is stepping down from the ACSSW Executive Committee. As a founder and most recent past-president, we recognize and celebrate Fran's invaluable contributions to establishing ACSSW, furthering its mission as president, and supporting the organization as past-president. Fran has also spearheaded our newsletter and currently manages our website. Her multifaceted involvement has been instrumental in shaping ACSSW's growth and outreach. Fran, thank you for your dedicated service – your voice on the EC and your ongoing contributions will be deeply missed.

As I transition to the role of past-president for the upcoming year, I want to express my heartfelt gratitude for your support during my tenure as president. I'm confident that the strong momentum we've built, particularly in advancing sex-positive approaches and emphasizing the importance of pleasure in sexual wellness, will continue under Laurie's leadership and subsequently under Amber's guidance.

Thank you all for your commitment to ACSSW. I look forward to our continued collaboration in advancing the field of counseling sexology and sexual wellness.

Wishing you a safe and enjoyable summer,

Shannon Shoemaker
Past-President, ACSSW

Thank You to Outgoing ACSSW President...



Shannon Shoemaker

*Ph.D., LCPC, (MD), MD Board Approved Supervisor, LMHC (MA), NCC
ACSSW President 2023 - 2024*

Dr. Shannon Shoemaker joined the ACSSW Executive Council in January 2019, becoming the organization's first secretary. As secretary she structured the early Executive Council meetings and maintained meeting records. As an early member of the Executive Council, she was a strong influence in the development and expansion of ACSSW. She maintained the secretary position until she was elected as President-Elect in 2023. In the summer of 2023, Dr. Shoemaker stepped up and filled the role of President earlier than expected and navigated some challenging times in the leadership of ACSSW. Over this past year Shannon has taken on many unexpected tasks, including editing the Journal of Counseling Sexology & Sexual Wellness and successfully ensuring the publication of an overdue issue.

Dr. Shoemaker's focus during her presidency was on sex positivity and pleasure advocacy. Additionally, she established the Strategic Planning Task Force, lead by Trustee, Marty Jencius. The ACSSW Board of Directors successfully voted on several issues under her presidency including, to adopt the Strategic Plan the task force developed, the Exemplary Practices, developed by the Research & Scholarship Committee was adopted, as well as to establish a formal relationship between ACSSW and JCSSW through an MOU.

We are grateful for the incredible work Shannon has done this past year as well as her commitment to ACSSW early on in the organization's developmental years.

Sexuality in Perimenopausal Black Women: A Socioculturally Attuned Approach

Philippa Chin, Ph.D., LPC, LMFT, NCC
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According to the North American Menopause Society (NAMS), perimenopause is the 4 to 8 year transitional phase when hormone levels decrease until menopause is reached. Perimenopause may start in the 30's, with the average starting age in the early 40's, with full menopause reached after 12 consecutive months of not menstruating. During this transitional phase, perimenopausal women experience anxiety, depression, insomnia, hot flashes, night sweats, heart palpitations, head and shoulder discomfort and memory issues (Caico, 2013; Maki & Jaff, 2022).

Sexuality in Perimenopause

Sexuality for the perimenopausal woman refers to sexual drive, sexual activity, and overall sexual health (Ezeribe, 2017). Many perimenopausal women report negative sexuality issues including vaginal dryness, pain during intercourse, loss of breast sensitivity and a low or non-existent libido (Caico, 2013; Cobia & Harper, 2005). In fact, the seminal Study of Women's Health Across the Nation (SWAN), a longitudinal multiracial and multiethnic study, that included Black, Hispanic, White, Chinese, and Japanese women, found that 30-40% of all the participants experienced vaginal dryness (Harlow et al., 2022). Additional research found women in perimenopause reported higher pain during intercourse, and they experience a decline in libido up to three times more than aging men, because of decreased estrogen (Avis et al., 2018; Gracia et al., 2004). Moreover, decreased or loss of libido was found to be connected to other perimenopausal or pre-perimenopausal symptoms such as depression, anxiety, stress, and prescription drugs (Cobia & Harper, 2005; Ezeribe, 2017).

Sexuality and Black Perimenopause

The intersection of sexuality and perimenopause in Black women is highly underrepresented in the counseling literature. The majority of perimenopausal research has is focused on cisgender White women within adjacent fields of study (Cortés & Marginean, 2022). Existing research shows that Black women's perimenopausal symptoms start earlier than average, with the final menstruation occurring 8.5 months earlier than White women (Harlow et al., 2022). Black women report more vaginal dryness and decreased libido than White women (Freeman et al., 2001).

Furthermore, Black women report higher rates of hot flashes, night sweats, depression, stress, sleep disturbance, and preexisting diseases such as diabetes and cardiovascular disease; all of which contribute to negative sexual functioning (Blanken et al. 2022; Harlow et al., 2022). Perimenopausal Black women's sexuality is dismissed by the research, with the resulting negative outcomes in their treatment becoming another burden to carry. A study that included a significant number of Black women found they are less likely to have documented perimenopausal symptoms or receive prescriptions for vaginal estrogen (Blanken et al., 2022).

Qualitative studies found that perimenopausal Black women rarely communicate about their symptoms because of historical mistrust in the medical field, and a culture that believes silence is survival (Aririguzo et al., 2022). Rather, Black women rely on inner strength and prayer, and view perimenopause as a phase to suffer through (Aririguzo et al., 2022; Im et al., 2010). Scholars have therefore called for research that considers the Black experience, upholds the wish of the Black participants to get more community support, preventative education, and integrates cultural factors (Aririguzo et al., 2022; Blanken et al., 2022; Im et al., 2010).

Third Order Change

Even if Black women seek medical help, they are less likely to be identified as going through perimenopause and receive treatment (Blanken et al., 2022; Harlow et al. 2022). They therefore struggle with finding relief from the symptoms that affect their sexuality or the psychoeducation that would support healing. This has negative effects on the individual's sexual health, intimate relationships with partners, and family relations. Individual, couples, or family therapy are valid approaches to address these issues, however most traditional approaches will fail to address the underlying racial disparities, marginalization, and sociopolitical factors that affect Black perimenopausal sexuality. Nevertheless, a macro level clinical approach, with the goal of creating third order change, addresses these gaps.

Third order change invites one to take a critical look at the sociopolitical and dominant systems that affect an individual and make steps to invoke change (McDowell et al., 2019). First order change provides a solution to a problem (providing medication for vaginal dryness), second order looks at relationships (improving sexual communication between intimate partners), but third order change facilitates transformation (dismantling the unjust dominant systems affecting a Black women's sexuality) (Freire, 1970; Knudson-Martin et al. 2019). To accomplish this, a counselor must adopt third order thinking, which is a way of reasoning that accommodates a broad approach into the workings of the dominant system on the issues of the individual (McDowell et al., 2018). Counselors will use third order thinking skills to emancipate the Black perimenopausal woman from feeling pathologized, to recognizing the dominant external influences that have influenced their suffering. This can be achieved through socioculturally attuned therapy.

Socioculturally Attuned Therapy

Socioculturally attuned therapy was developed as a vessel for third order change within couples and family therapy (Knudson-Martin et al. 2019). Specifically, socioculturally attuned practice was developed to be "aware and responsive to the intersections of societal context, culture, and power in client experience and positioned to promote equity" (Knudson-Martin et al. 2019, p. 1). This helps perimenopausal Black women with sexuality issues by allowing the counselor to emotionally connect to the client's experience, while considering the sociopolitical and dominant systems that affect the individual (D'Aniello et al., 2016; Knudson-Martin et al., 2019; McDowell et al., 2018). The client is then able to make third order change through navigating existing social structures. (Knudson-Martin et al. 2019). There are six steps in the socioculturally attuned approach: attune to context and power, name injustice, value what is minimized, intervene in power dynamics, envision just alternatives, and transform to make the imagined reality (ANVIET).

Attune to Context and Power

Attunement looks for a connection between what the client is sharing and the sociocultural situation. The counselor asks themselves "how what they hear and see links to sociocultural processes" (Knudson-Martin et al. 2019, p. 5; Pandit et al., 2015). Questions may include "How does it feel to have your symptoms ignored by doctors?" or "Which of your preexisting conditions were considered to influence your libido?" The counselor uses these questions to reveal how systems are connected to the clinical issues.

Name Injustice

Socioculturally attuned counselors "call out or name what is unfair or unjust" (Knudson-Martin et al. 2019, p. 5). The counselor is direct and clear. Questions may include "Do you think you would have received medication if you were White?" or "Do you keep your vaginal pain a secret to keep your make partner satisfied?". Naming what is unfair may be even more straightforward: "It is wrong that healthcare has ignored you". Such questions and statements validate the client's issues.

Value What is Minimized

The socioculturally attuned counselor highlights what the dominant culture minimizes (McDowell et al., 2018). Third order change is transformational, and valuing what is usually minimized allows the client to see further how the dominant system oppress some, while privileging others (Freire, 1970). Discussion prompts include "Why do you think that Black women suffering in perimenopause receive less medical research?" or "I wonder why there are less affordable options for hormonal therapy for hard working women?".

Intervene in Power Dynamics

The socioculturally attuned counselor intentionally uses strategies that "disrupt societal power inequities" (Knudson-Martin et al. 2019, p. 7). The counselor encourages thought around change, although the client does not have to feel impelled towards action. Questions such as "How can you find a medical professional that is trained in perimenopausal sexuality?" or "How can you minimize the strong Black woman trope and communicate that you are suffering?". This step supports the client in becoming a change agent.

Envision Just Alternatives

The counselor helps the client "envision alternatives to systems that marginalize them and perpetuate inequalities" (Knudson-Martin et al. 2019, p. 8). Like narrative therapy, the client visualizes a more positive alternative to the present that is not overshadowed by an oppressive system. Discussion prompts include "The idea of the hypersexual Black woman is still an existing stereotype. How do you envision society treating you differently if that didn't exist?"

Transform to Make the Imagined a Reality

The client is now able to make the positive alternative envisioned in the prior step a reality (Knudson-Martin et al. 2019). The counselor must be intentional and supportive, by creating actionable steps that consciously disrupt the existing oppressive systems. This may look like the client creating an online support group, advocating for less disparities in Black women's care, or creating a list of Black medical and mental health professionals who are trained in supporting those with perimenopausal sexual issues.

Conclusion

By incorporating third order change through socioculturally attuned therapy, counselors help unearth the oppression that marginalizes the mental and sexual anguish that perimenopausal Black women experience. The process allows for the Black female to be vulnerable, recognize the dismissal of their issues, but also facilitate a reimagined alternative into a new positive reality.

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Introducing the Kink and Flourishing Study: Help Our Community-Based, Volunteer Study Find its Folks!

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For sexuality professionals, this article may not be their first exposure to kink or BDSM. Since the publication of the Fifty Shades books' problematic representation of kink play, mainstream awareness about kink has grown (Khan, 2018; Weiss, 2006). This development hasn't decreased the stigmatization of kink, which remains pervasive, well documented, and, unfortunately, still often perpetrated by mental and physical health providers (Beebe et al., 2021; Fuss et al., 2018; Glyde, 2015; Herbitter et al., 2021; Hillier, 2018; Hoff & Sprott, 2009; Kolmes et al., 2006; Kolmes & Witherspoon, 2012; Lawrence & Love-Crowell, 2008; Moser, 2016, 2018; Sprott & Randall, 2017; Sprott et al., 2021; Weinberg, 2006). Based upon the minority stress theory (Meyer, 2003), these pathologizing and stigmatizing provider norms are believed to significantly contribute to the health disparities, such as higher incidents of suicidality and delays in seeking treatment, observed in kink populations (Sprott & Randall, 2017; Sprott et al., 2021; Quinn et al., 2014; Waldera et al., 2016). Thus, as both highly stigmatized and increasingly recognized, kink has been noted to occupy a place of mainstream ambivalence (Sunden, 2023), which is commonly seen in parallel othered populations like gender diverse individuals (Steinbock, 2018).

Kink is an umbrella term encompassing a diversity of atypical fantasies, behaviors, and interests that may or may not involve erotic and sexual components (Moser & Kleinplatz, 2006; Simula, 2019). Kink is increasingly being used as a replacement for the prior, more constraining umbrella term for bondage, discipline, domination, submission, sadism, and masochism (BDSM). Though framed as atypical, kink interests appear common with 45–60% of the adult population fantasizing and 20–46.8% engaging in kink behaviors, depending on geographic region being studied (Brown et al., 2020; Herbenick et al., 2017; Holvoet et al., 2017; Joyal et al., 2015; Joyal & Carpentier, 2017; Jozifkova, 2018; Lehmilller, 2018; Richters et al., 2008; Turner-Moore & Waterman, 2022). The range of interests and behaviors includes intense sensations (including but not limited to pain), interpersonal power dynamics and differences, specific sensory stimuli including particular body parts or inanimate objects (fetish), role-play for arousal, exploration or playful excitement, and activities that may induce heightened or altered states of consciousness.

The potential for kink to be beneficial to the well-being of kink-involved populations has been documented by a body of anecdotal, qualitative, and case study reports from kink community and academic literatures (Ansara, 2019; Barker et al., 2007a; Barker et al., 2007b; D'Adamo, 2022; Hammers, 2019; Ortmann & Sprott, 2012; Rubinsky et al., 2023; Schotanus, 2021; Sprott, 2020; Sprott, 2023; Ten Brinks et al., 2021; Weiss, 2011). This body of research includes reports of kink practitioners experiencing healing through their kink activities and relationships (Cascalheira et al., 2021; Schiff, 2023; Thomas, 2020; Westrum, 2016). While not the only motivation for engaging with kink, many kink practitioners in the above-cited studies have found that kink has helped them heal from past traumatic events and contributed to their well-being. Many accounts of healing through kink employ trauma play, which is kinky play that therapist. During the sessions, the therapist is constantly assessing and adjusting the therapeutic session to remain attuned to the client's emotional state to guide the client toward integration of a new experience through metaprocessing, which in AEDP is defined as "noticing and experiencing the process of change as it occurs" (Clarke, 2023). Using relational somatic attunement, and holding the client in dyadic regulation, the therapist provides opportunities for growth and transformation. Both a trusting therapist-client relationship and the awakening of a client's adaptive action tendencies and natural drive for healing are paramount in this model; AEDP has been demonstrated to improve well-being, self-compassion, and self-esteem in both therapists and their clients (Iwakabe et al., 2020).

Follow-up studies have demonstrated AEDP's lasting positive effects on clients experiencing depression, emotion dysregulation, negative thoughts, experiential avoidance, and interpersonal problems (Iwakabe et al., 2022). In both clinical AEDP sessions and kink scenes, building trust in the dyadic relationship is foundational to facilitating experiences within the session/scene. Both AEDP and kink activities appear to involve a similar three-part framework of upfront negotiation and setting expectations, emotional attunement during the session/scene, and after-session/scene metaprocessing/aftercare/debriefing that create transformational healing. We plan to explore these potential parallels by conducting our study and writing about this in follow-up journal articles.

The goal of the study is to bolster the efforts of the other wonderful helpers, advocates, teachers, students, researchers, and others that are working to decrease the stigma toward kink involvement. In addition, the study team hopes to increase provider awareness about the potential benefits of kink to promote flourishing and healing in kink populations. Because kink appears to have unique risks and benefits, everyone needs to understand it better!

Statistical power requires the TASHRA research team needs to get a sample of at least 600 respondents to ensure that the results are valid. Attracting this robust sample of kinky folks is the initial challenge for this TASHRA study. Another challenge this research team faces is attracting a racially/ethnically diverse sample. Many published studies over-sample convenience populations that respond to online surveys, in particular white, upper middle class, educated populations in the US. Some of this is due to historical harms done to minority populations by social scientists. This TASHRA research team hope to build trust with communities that are often under-represented by social science research, such as intersectional minority individuals.

As a team of volunteers with an unfunded study, the researchers need your help to make this study a success. To be eligible to participate in the study, an individual must be the following:

- The age of the majority in their legal jurisdiction (usually this is 18 years old, but higher),*
- Be Involved with kink behaviors,*
- Have English proficiency,*
- Answer a series of bot detection questions correctly.*

The TASHRA research team has designed several graphics, memes, and flyers that they would be happy to share with anyone who is interested in more information. Please consider helping TASHRA spread awareness of the survey among more diverse and intersectional populations. If interested in more information, please email flourishingkink@proton.me or check out our study's website <https://www.tashra.org/the-kink-flourishing-study/>.

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ACSSW 2024 Election Results

President-Elect



Dr. Amber Pope, PhD, LPC, LMHC, CCTP

Dr. Amber L. Pope is an Assistant Professor in the School Psychology and Counselor Education Department at William & Mary. She is a Licensed Professional Counselor in Virginia, a Licensed Mental Health Counselor in Florida, and an approved supervisor for LPC and LMFT licensure in both states. Dr. Pope specializes in the areas of relationship and family counseling, sexuality concerns, gender and sexuality development, LGBTQ+ affirming counseling, and culturally responsive counselor preparation.

Dr. Pope stays involved in professional development and leadership as an active member of the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) and the Association of Counseling Sexology & Sexual Wellness (ACSSW). For the past two years, she served as the chair of the ACSSW Research and Scholarship committee, leading the development of the upcoming Exemplary Practices for Counseling Sexology and Sexual Wellness. She currently serves as an editorial board member of the Journal of LGBTQ Issues in Counseling and the Journal of Counseling Sexology & Sexual Wellness. Dr. Pope has published 20+ journal articles and two books in the areas of LGBTQ+ affirming counseling, LGBTQ+ intimate relationships, mental health counselor training, and clinical supervision.

ACSSW Graduate Rep



Jason Gorski, NCSP, LPC

Jason Gorski is a nationally certified school psychologist and a licensed professional counselor in the state of Connecticut. His clinical practice focuses on members of the LGBTGEQIAP2S+ community and the neuroqueer community. Mr. Gorski is a doctoral candidate at Southern Connecticut State University in his final year of study. He has presented locally, regionally, and nationally on issues related to sex and sexuality, neurodivergence, and working with gender expansive and transgender youth. Mr. Gorski's dissertation research focuses on the intersection of gender expansive/transgender identity and neurodivergence. Mr. Gorski brings a strong background in assessment, developmental psychology, advocacy, and sex-positivity to his work as a counselor and as a counselor educator. Mr. Gorski's style is warm, friendly, and he loves having fun while deconstructing paradigms that serve to oppress our students and our clients.

2024 Webinars

SEX POSITIVE, NEURO-AFFIRMING COUNSELING

Friday, July 19, 2024

8:00AM-10:00AM PDT / 10:00AM-12:00PM CST / 11:00AM-1:00PM EST

Presented by **Robyn Flores, LMFT, LPC, NCC, ACS**



This webinar is offered at \$10 to ACSSW Members.

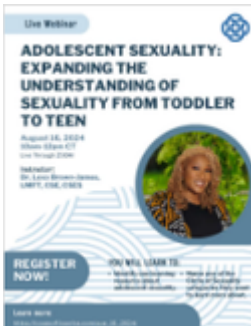
This program has been approved for APA, CA BBS, IL IDFP, NBCC, and AASECT.

The registration for this program can be found here:

<https://tcspofficeofce.com/product/sex-positive-neuro-affirming-counseling/>

Copy and Paste link to access registration

This program, when attended in its entirety, offers 2.0 CEUs for Psychologists, 2.0 IL CEUs for Counselors and Social Workers, 2.0 BBS California CEUs for LPCCs, LPSWs, and LMFTs, or 2.0 AASECT CEUs for Sexuality Educators, Counselors, and Therapists.



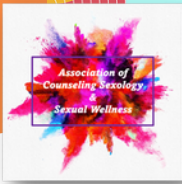
Adolescent Sexuality: Expanding the Understanding of Sexuality...

Presented by Dr. Lexx Brown-James, LMFT, CSE, CSES Friday, August 16, 20...

 The Chicago School / \$50.00

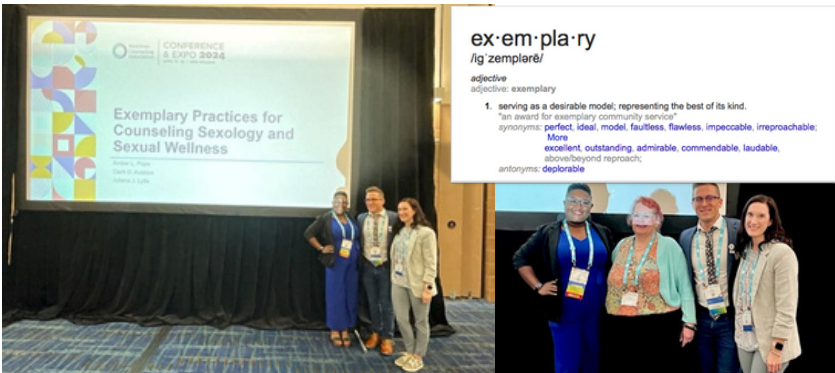
ACA CONFERENCE & EXPO 2024

APRIL 11—13 | NEW ORLEANS



MEET'N GREET

On Thursday, April 11th, Frances McClain, Co-Founder and Past-President of ACSSW led a group discussion with ACSSW members at the Meet N'Greet at the ACA Conference in New Orleans. Dr. McClain answered questions related to updates on ACSSW application to become a division in ACA, procedures to join committees, developing an ACSSW sexuality certificate, as well as recommendations for improved communication with membership. The group also reviewed current social justice issues nationally that members were concerned about and would like to see ACSSW take a more active role in advocacy and education related to the marginalized communities being targeted.



Research & Scholarship Committee
Presenters: Juliana Lytle, Clark Ausloos,
Amber Pope, Committee Chair

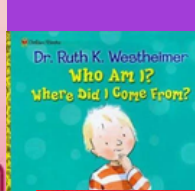
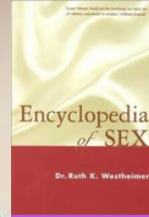
Juliana Lytle, Frances McClain, Clark
Ausloos, Amber Pope

On Friday, April 12th, in a packed room, Dr. Patricia Arredondo, ACSSW Trustee, and Dr. Frances McClain, ACSSW Co-Founder and Past-President, introduced the ACSSW education session in which members of the Research & Scholarship Committee, lead by Amber Pope, Committee Chair, introduced the Exemplary Practices for Counseling Sexology and Sexual Wellness. The Exemplary Practices have now been endorsed by the ACSSW Board of Directors and provide guidelines for clinicians to empower and affirm sexual health for clients and the wider community.

HONORING A SEX EXPERT PIONEER...

by Frances McClain,
ACSSW Newsletter Editor

ask
dr. Ruth



In July we lost a true pioneer in the field of sexuality. Dr. Ruth Westheimer, 96 years old, was internationally acclaimed for her non-judgmental, and candid method for talking about sex. She was also a staunch supporter of LGBTQ+ and abortion rights which meant she was often targeted by conservative groups, as far back as the Reagan era. During a period when AIDS was most prevalent and many chose to turn away from the gay community, Dr. Ruth was a profound supporter and pushed for a cure.

Dr. Ruth was born to Orthodox Jewish parents who sent her to Switzerland to avoid the dangers of Nazism. She never saw her parents again and believe they were killed in the camps. Dr. Ruth earned a Doctorate of Education from Columbia University's Teacher's College. Afterward, her work at Planned Parenthood in Harlem teaching women sex education was what led her to focus on the area of sexuality.

One of the things that made her special was her frank, unapologetic approach to discussing sex without using euphemisms. Dr. Ruth's fame rose initially from her radio show, "Sexually Speaking" but she hosted several tv shows and wrote many best-selling books as well.

Dr. Ruth's impact has spanned generations and started discussions about sexuality in open forums in ways that had never been done before. Part of her appeal was because she seemed the least likely person to lead the charge of sex education. Small in stature, she looked like many of our grandmothers. I loved listening to her and appreciated the fun and joyful way she talked about sex. It gave so many of us permission to think differently about our own desires and sexuality. She will be missed...

Acknowledging Juneteenth

By Katrina Ramirez, LPC

ACSSW Assistant Editor & ACSSW BIPOC Committee Member

Juneteenth, or Freedom Day, is a day that commemorates the freedom of slaves during the last days of the civil war in Texas (NMAAHC, 2024). In 2021, President Biden made Juneteenth a recognized holiday (Schaeffer, 2022). June 19th is now a paid holiday in up to 27 states. Many who celebrate Juneteenth engage in community events or gatherings, typically with food, dancing, and music. This holiday can be a day in which all engage in rest and reflection.



Freedom is often what we, as humans, fight for. We want to make our own decisions, engage in our wants/needs, and explore. Without freedom, ourselves, culture(s), and our history can slowly disappear. Although many Black/African American folks were freed from slavery in 1865, this population still faces discrimination, prejudice, and violence to this day. In 2021, there was a poll done by Pew Research Center that stated 46% of Americans believe Black folks experience a lot of discrimination in society today (Daniller, 2021).

A study published by the Statista Research Department (2024) reflected the total amount of murder victims by race of what was submitted to the FBI for 2022. This supported that more than 50% of murder victims were black. According to The Center for Sexual Assault Survivors (2024), 45.1% of black women and 40.1% of black men have a lived experience of physical/sexual violence via a partner.

We often can forget the intersectionality between race/ethnicity and human sexuality. The experience of our ancestors can still impact us and our experiences today. Many Black folks experience a hypersexuality, lack of care for pregnancy or any sexual health, and under representation in data around human sexuality as a whole (NPR, 2007). As counselors, it is important to acknowledge these imbalances and advocate, educate, support, and listen to these clients when they come to us seeking help. Juneteenth is a day about freedom; let's create an open space for folks who are still not free from their history and give them the healing they deserve.

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**WE ARE NOW ACCEPTING MANUSCRIPT
SUBMISSIONS FOR THE
ACSSW FALL 2024 NEWSLETTER.**

**THE DEADLINE FOR SUBMISSIONS IS
October 15, 2024**



Submissions must be no more than 1500 words, grounded in peer-reviewed research/content, and may not have been previously published, nor be forthcoming in an archival journal or book (print or electronic). The ACSSW newsletter is not a peer reviewed journal, but we do have editors who review the submissions for grammatical errors and ensure the article is in keeping with ACSSW principles and guidelines. We will publish articles that promote sexual wellness, research studies, and conceptual articles. The ACSSW newsletter editorial team requires that all authors follow the most current ACA Code of Ethics and Standards of Practice. All manuscripts must conform to standards detailed in the most recent edition of the APA Publication Manual. The newsletter supports the use of gender-neutral pronouns, including the singular “they.” Manuscripts should be concise, yet with enough detail to provide clarity.

Send submissions to Frances McClain at
fmccclair@thechicagoschool.edu

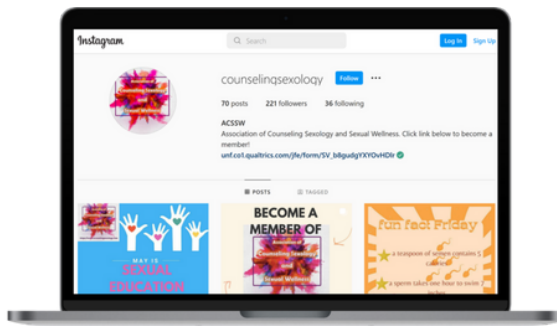
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Sexuality Resources

<https://www.zurinstitute.com/resources/human-sexuality-resources/>

Human Sexuality

- [American Association of Sex Educators, Counselors, and Therapists](#) – AASECT members common interest is in promoting understanding of human sexuality and healthy sexual behavior.
- [American Sexual Health Association](#) – ASHA programs include: the ASHA Research Fund, HPV Cervical Cancer Prevention Resource Center, Cervical Cancer Prevention Project, ISALSA! (STDs, Adolescents and Latinos: Sexual Health Awareness), Herpes Resource Center, ASH-Net (Adolescent Sexual Health and the Internet), Herpes Foundation, and Viral Hepatitis Education and Training.
- [American Society of Reproductive Medicine](#) – ASRM is an organization devoted to advancing knowledge and expertise in infertility, reproductive medicine and biology.
- [Association of Reproductive Health Professionals](#) – AHRP is a multidisciplinary association of professionals who provide reproductive health services or education, conduct reproductive health research, or influence reproductive health policy.
- [Foundation for the Scientific Study of Sexuality](#) – FSSS' mission is to promote funding for conducting scholarly, scientific research related activities to further the understanding of all aspects of sexuality.
- [The Alan Guttmacher Institute](#) is focused on sexual and reproductive health research, policy analysis and public education.
- [The International Society for the Study of Women's Sexual Health](#) is an academic and scientific organization that provides opportunities for communication among scholars, researchers and practitioners about women's sexual function and experiences, and supports high standards of ethics and professionalism in research, education and clinical practice of women's sexuality.
- [Kinsey Institute](#) – The Institute's mission is to promote interdisciplinary research and scholarship in the fields of human sexuality, gender, and reproduction.
- [Sexuality Information and Education Council of the US](#) – SIECUS develops, collects, and disseminates information, and promotes comprehensive education about sexuality.
- [The Society for the Advancement of Sexual Health](#) provides information about sex addiction for lay persons as well as clinicians.
- [The Society for Sex Therapy and Research](#) is composed of a range of professionals who have clinical or research interests in human sexuality. SSTAR aims to facilitate communications among clinicians who treat problems of sexual identity, sexual function, and reproductive life.

Gender Identity

- [The World Professional Association for Transgender Health](#) – The Association is devoted to the understanding and treatment of gender identity disorders, and provides opportunities for scientific interchange among professionals through its biennial conferences and publications.
- [International Foundation for Gender Education](#) – IFGE is an advocate and educational organization for promoting the self-definition and free expression of individual gender identity.
- [Intersex Society of North America](#) – The ISNA's "Medical Treatment of Intersexuality" page includes recommendations for treatment of intersexed children.

Sexual/Affectional Orientation

- [American Academy of Family Physicians' Gay, Lesbian, Bisexual and Transgender Information](#) – This page contains links to sexual orientation sites for physicians and their patients.
- [Association for Gay, Lesbian and Bisexual Issues in Counseling](#) – The mission of the Association for Gay, Lesbian, and Bisexual Issues in Counseling is to educate mental health service providers about issues confronting gay, lesbian, bisexual and transgender (GLBT) individuals.
- [Association of Gay and Lesbian Psychiatrists](#) – The AGLP provides networking and support for lesbian, gay, bisexual and transgendered psychiatrists, and education and advocacy on GLBT mental health issues.
- [Gay and Lesbian Medical Association](#) – GLMA members include lesbian, gay, bisexual and transgendered physicians, medical students, and other health care professionals, as well as patients throughout North America.
- [National Association of Lesbian and Gay Addiction Professionals](#) – The Association is dedicated to the prevention and treatment of alcoholism, substance abuse, and other addictions in GLBT communities.
- [National Gay and Lesbian Task Force 2000 Census and Same-Sex Households](#) – The Census 2000 reporting statistics released by the US Census Bureau have continued to show an increase in the number of reported same-sex partner households across the United States.
- [Society for the Psychological Study of Lesbian, Gay and Bisexual Issues, Division 44, American Psychological Association](#) – Division 44's goals include: advancing the contribution of psychological research in understanding lesbian, gay, and bisexual issues; promoting the education of psychologists in matters of lesbian, gay, and bisexual concerns; and informing psychologists and the general public of relevant research, educational, and service activities. The site includes a newsletter, Guidelines for Psychotherapy with Lesbian, Gay, and Bisexual Clients, and a list of member's publications.
- [It Gets Better](#) – TAKE THE PLEDGE: Everyone deserves to be respected for who they are. I pledge to spread this message to my friends, family and neighbors. I'll speak up against hate and intolerance whenever I see it, at school and at work.

Sexual Abuse

- Association for the Treatment of Sexual Abusers – ATSA was founded to foster research, further professional education and provide for the advancement of professional standards and practices in the field of sex offender evaluation and treatment.
- Child Welfare Information Gateway – Child Sexual Abuse: Intervention and Treatment Issues – This manual is intended to address the needs of professionals who encounter child sexual abuse in the course of their work.

Sexual and Reproductive Health

- CDC's Reproductive Health Information Source – Resources cover: assisted reproductive technology reports; unintended pregnancy; women's reproductive health; men's reproductive health; surveillance and research; racial and ethnic minorities; scientific and technical assistance.
- Consortium for Improvement in Erectile Function – CIEF is a membership organization comprised of multidisciplinary healthcare practitioners who share an interest in developing and participating in a variety of educational and interactive programs designed to enhance the clinical outcomes of erectile dysfunction therapy.
- The National Vulvodynia Association (NVA) is a nonprofit organization created in 1994 to improve the lives of individuals affected by vulvodynia, a spectrum of chronic vulvar pain .

Sexually Transmitted Diseases (STDs)

- AIDSInfo – Links to regional training centers; cultural and gender resources; management of HIV complications; maternal-child transmission; information for exposure to HIV and how to prevent it; and treatment consultation.
- American Foundation for AIDS Research – AmfAR's mission is to prevent HIV infection and the disease and death associated with it and to protect the human rights of all people threatened by the epidemic of HIV/AIDS. amfAR has active programs in basic and clinical research, public and professional education, public policy, prevention science, and global initiatives.
- Center for AIDS Prevention Studies – CAPS conducts interdisciplinary research on methods to prevent HIV infection and its consequences. The site includes a list of current research projects, links to model prevention programs, intervention curricula, and survey instruments.
- HIV/AIDS Bureau – Health Resources and Services Administration – oversees the CARE Act, which funds primary care and support services for individuals living with HIV who lack health insurance and financial resources for their care.
- HIV InSite – Medical Issues includes information on epidemiology, diagnosis, management, transmission and prevention, treatment resources, antiretroviral management, interactions database treatment guidelines, treatment access & advocacy, patient fact sheets, conference abstracts and summaries, and links to medical newsletters for clinicians.

- NIH – Division of Acquired Immunodeficiency Syndrome – “Research Resources and Programs” cover AIDS-related data sets; a database for anti-HIV compounds; an HIV / OI therapeutics database; an HIV sequence database; an HIV molecular immunology database; the NIAID/NCI inter-institute program for development of AIDS-related therapeutics; the NIH AIDS research and reference reagent program; a resource guide for the development of AIDS therapies; and links to reagent programs and repositories. Click on “Resources for Patients, Physicians, and Investigators”
- STD Prevention – Centers for Disease Control provides national leadership through research, policy development, and support of services to prevent sexually transmitted diseases and their complications. The site contains information on funding, program guidelines, research, surveillance, statistics and treatment guidelines.

Journals

- Archives of Sexual Behavior
- Canadian Journal of Human Sexuality
- Contemporary Sexuality
- Culture, Health & Sexuality
- Gender & History
- Gender and Development
- Gender and Society
- Gender Issues
- Gender, Work, and Organization
- Journal of Black Sexuality and Relationships
- Journal of Counseling Sexology & Sexual Wellness
- Journal of Gay & Lesbian Psychotherapy
- Journal of Gay & Lesbian Social Services
- Journal of Homosexuality
- Journal of Sex and Marital Therapy
- Journal of Sex Education & Therapy
- Journal of Sex Research
- Journal of Women’s Health & Gender-Based Medicine
- Perspectives on Sexual and Reproductive Health
- Psychology, Evolution & Gender
- Sexual Addiction & Compulsivity
- Sexual Science
- Sexuality & Culture
- Sexuality and Disability
- Sexually Transmitted Infections
- Studies in Gender and Sexuality
- Theology & Sexuality

Other electronic Journals

- Electronic Journal of Human Sexuality