

Mini-Course: SEXUALITY

CE Hours: 1

***Reading:
Pp. 119-126,
110-115***

Learning Goals:

1. Honest reflection about the complex issues around sexual current, for both therapist and client.
2. To clearly state the kind of harm sexual intimacy can cause clients.
3. To develop and name strategies for dealing with sexual feelings coming from a client toward a helping professional.

Self-Study Practices:

1. Recall a personal experience, or an experience you have heard of, that involves inappropriate sexual intimacy in a professional role relationship.
 - What are the facts of what happened?
 - What was the harm to the client?
 - Who was responsible?
 - What do you imagine caused this event?
 - How was it handled?
 - What was the impact on the practitioner?
 - What can be learned here?
 - How could this situation be handled better?

Assessment Questions:

1. Sexual intimacy with a client is one of the top three ethical violations brought to Grievance Boards. List 5 ways that sexual intimacy in a power differential relationship can be harmful?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
2. Name 3 things to keep in mind when coping with sexual feelings FOR a client.
 - 1.
 - 2.
 - 3.
3. Name 3 things to keep in mind when managing sexual feelings FROM a client.
 - 1.

- 2.
- 3.
4. Choose and respond to one of the following questions.
 - What are right and wrong uses of sexual current?
 - Can sexual current itself be separated out from therapeutic love and intimacy? Or is it just to be “managed,” understood and accepted?
 - Should the experience of sexual current in a session always be named?
 - How do you know when a client is misunderstanding your intention?
 - What is the range of control over your sexual feelings that you personally and realistically have?
 - How can you effectively and appropriately use this control?

Feedback

1. Please rate in terms of value: 1 (lowest) 5 (highest)
 - professional _____
 - personal _____
 - reading _____
 - self-study _____
 - questions _____
2. Please rate from 1 (lowest).....5 (highest)
 - What was the degree of ease, if needed, in communicating with me _____
 - What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) _____
 - Was there adequate support for the content questions _____
 - Were the unit objectives supported by the home study materials _____
 - Were assignments carried out in a private and secure manner _____
 - Did the content lend itself to a home study format _____
3. How many hours/minutes did the following pieces take you?
 - reading _____
 - self-study _____
 - questions _____
4. Anything else you'd like to say?
5. Your Helping Profession _____
6. Organization Requiring CEUs _____