

**San Diego Psychological Association
Fall Conference
Saturday, October 26, 2019**

**INTEGRATING SEXUAL HEALTH INTO CLINICAL PRACTICE
COURSE DESCRIPTION AND SPEAKER BIOS**

Sexual Health Conversations: Practical Solutions for Talking about Sex with Every Client

**Douglas Braun-Harvey, MFT, CST, CST-S, The Harvey Institute*

This plenary speaks to mental health professionals motivated to build their confidence and willingness to initiate and facilitate sexual health conversations with their patients. Mr. Braun-Harvey will define sexual health and describe how it is inextricably linked with physical, emotional, relational and mental health. He will introduce six fundamental principles of sexual health, distilled from global sexual health definitions, that provide the language to co-construct psychotherapy sexual health conversations. Lively case examples and Doug's stories from training professionals in sexual health conversations around the world will prepare conference attendees to maximize their learning and participation in the full day training.

Douglas Braun-Harvey, MFT, CST, CST-S is a sexual health author, trainer and psychotherapist Douglas Braun-Harvey bridges sexual and mental health and facilitates organizational change.

In 2013 he co-founded *The Harvey Institute*, an international education, training, consulting and supervision service for improving health care through integration of sexual health. He teaches and trains nationally and internationally linking sexual health principles within individual, couples and group psychotherapy, drug and alcohol treatment, HIV prevention and treatment, child welfare, reproductive health and prevention of child maltreatment.



Since 1993 he has been developing and implementing a sexual health based treatment approach for men with out of control sexual behavior (OCSB). His most recent book *"Treating Out of Control Sexual Behavior: Rethinking Sex Addiction"* written with co-author Michael Vigorito was selected as the 2018 Health Professional Book Award from the Society for Sex Therapy and Research (SSTAR). Previous publications include *"Sexual Health in Recovery: Professional Counselor's Manual"* (2011) and *"Sexual Health in Drug and Alcohol Treatment: Group Facilitator's Manual"* (2009).

Mr. Braun-Harvey is Licensed Marriage and Family Therapist, Certified Group Psychotherapist and Certified Sex Therapist. He is honored, as alumni of the University of Minnesota, to join their Leadership Council for the Program in Human Sexuality in which he is a founding donor of the Doug Braun-Harvey Fellowship in Compulsive Sexual Behavior. He has been providing sexual health based individual and group therapy in his San Diego private practice since 1987.

Medical and Health Factors Affecting Sexuality - 2 AASECT CEs

*** Joan Sughrue, MEd, BSN, RN**

This workshop will cover the basics of how medical and health factors affect sexual function. Specific topics to be included are illness, disability, medications, mental health, conception, pregnancy, childbirth, pregnancy termination, contraception, fertility, sexually transmitted diseases, sexual trauma/ injury, safer sex practices, life transitions and aging. The American Association of Sexuality Educators, Counselors and Therapists (AASECT) requires training on the medical/health factors that affect sexual function. This presentation offers 2 AASECT credit hours in the core knowledge area (CKA) of item H and item ST4 under the sex therapy training requirement. Requirements for certification can be found on the AASECT website at www.aasect.org.

Joan Sughrue, MEd, BSN, RN has been an AASECT Certified Sex Therapist since 1983 and a



Diplomate of Sex Therapy since 2002. She became an approved provider for AASECT continuing education credits in June 2008. Joan worked in her late husband's ObGyn medical practice for over 30 years where they specialized in individual and couples sex therapy. Joan was on the adjunct faculty at the Medical University of SC, Graduate Nursing Program; The Citadel, Marriage and Family Program; and Trident Technical College School of Nursing (all in Charleston, SC). She served on the guest faculty at Morehouse School of Medicine in Atlanta, GA where she taught sexual anatomy and physiology to 4th year medical students in the human sexuality elective. Joan served on the AASECT Professional Education Committee for 14 years. She was a member of the Board of Directors as Chair of the Professional Education Steering Committee (PESC) in 2012-2014. Previously, she was Chair of the CE Approval Committee and the Awards Committee.

Ethical Imperative to Examine Gender and Sexuality Biases

Janna Dickenson, Ph.D.

Gender and sexuality are fundamental aspects of psychology. Yet, discussing gender and sexuality can feel uncomfortable, challenge personal and professional values, and activate myriad emotional, sociocultural, and intellectual biases (e.g., Canning et al., 2019; Dickenson et al., 2018; Gower et al., 2018; y Muhs et al., 2012). Moreover, psychologists are reluctant to discuss gender and sexuality with clients (Miller et al., 2009) and psychological research often excludes diverse genders and sexualities that do not fit neatly into conventional categories in research, which contributes to clinicians being inadequately informed about sexual and gender diversity. For example, clinical psychologists make different decisions based on clients' gender and sexuality that result in clinical errors in their diagnostic assessments and treatment planning (Eubanks-Carter & Goldfried, 2006; Reddick et al., 2017). Research also indicates that psychologists also perpetuate microaggressions when working with LGBTQ clients (Spengler et al., 2016) and overtly stigmatize transgender and gender non-binary populations (Mizock & Lundquist, 2016). Although implicit bias may be less relevant for changing explicit forms of discrimination on an individual level, very small effects of implicit biases *across*

individuals result in substantial adverse consequences on a societal level (Payne & Vuletich, 2018).

This workshop illuminates the ways in which sexuality and gender are critical to the human experience and emphasizes the ethical responsibility of addressing gender and sexuality biases when engaging in discussions related to gender and sexuality. Various bodies of scholarly work on gender and sexuality will prompt participants to reevaluate conventional wisdom about gender, sex, and sexual orientation encountered in everyday media and social norms. Participants will learn ways in which they can change the social contexts to reduce the negative impact of implicit bias.

Janna Dickenson, PhD (she/her pronouns) is a clinical psychologist and a burgeoning expert in the field of sexuality. Her research in sexual health has been published in high impact peer-reviewed journals and has been featured in the media. She provides workshops, research presentations, and numerous courses nationally and internationally on various sexuality topics (e.g., gender and sexual orientation diversity, improving systematic gender and sexuality policies, sexual fluidity, sexual consent, sexual desire and arousal, and compulsive sexuality.) She is currently an Assistant Professor at California Institute of Integral Studies.



Transgender 101: An Introduction to Treatment and Evaluation of Transgender Clients

Christine Calix, PhD

This course is designed to give the clinician presented with evaluation and/or treatment of a transgender client to understand the client's existing clinical needs, to create a safe environment for exploration of gender identity and to be able to assist with making decisions regarding the transition process. Basic competence for providing care will be highlighted, along with some tips and general guidelines for understanding and providing competent care to this population. Some different modalities and treatment approaches to treating these clients will be demonstrated. How to perform a gender assessment, explore treatment options, and determine readiness for medical referrals, will be demonstrated. Finally, designing a treatment plan that also takes into account family, work, and social factors will be addressed. Unique challenges facing the transgender client in today's society will be described.

Missteps by the clinician can easily occur in evaluation/treatment with transgender clients. As research, clinical experience, and client feedback in this area have cumulated, "best practices" are being established, such as the World Professional Association for Transgender Health (WPATH) Standards of Care (2011) and the APA Practice Guidelines for Transgender Clients (2015). This course is designed to give the clinician presented with evaluation and/or treatment of a transgender client the preparation to understand the client's clinical needs, to create a safe environment for exploration of gender identity, and to be able to assist with making decisions regarding the transition process. How to perform a gender assessment, adapt the informed consent process, explore treatment options, and determine readiness for medical referrals, will be discussed. Designing an affirmative treatment plan, which also takes into account family, work, and social factors, will be addressed. Finally, unique challenges facing the transgender client in today's society will be described. Implications for training will be discussed.

Dr. Christine Calix has had extensive experience with treatment and evaluation of the transgender population which has included treatment and evaluation of these clients in several clinical settings, including the military, correctional, and private practice settings. She has been a practicing clinical psychologist in San Diego for 39 years, since obtaining her doctorate in psychology from the California School of Professional Psychology (CSPP) in 1980. She has worked as a clinical psychologist in the US Navy; the County of San Diego Mental Health, Forensic Division; California Department of Corrections; and for the last 17 years, with Psychiatric Centers at San Diego. She has taught at the University of California School of Medicine, San Diego State University, Alliant University, and National University. She has done numerous workshops on gender identity, the treatment and evaluation of transgender and gender nonconforming individuals, and the transitioning process in transgender clients. Dr. Calix transitioned in 2019.



Alternative Sexualities: Rethinking “Normal” In Contemporary Sexual and Relationship Culture

**Stacy T. Watnick, Ph.D.*

Please join us for a discussion-based workshop designed to address the challenges of clinical work in the rapidly changing climate of sexual exploration, including recognizing our own biases and assumptions about “normal” sexual and relationship behavior. Dr. Watnick will share her multi-axial framework for understanding a diverse range of sexualities and relationship experiences. The discussion will familiarize attendees with the language, labels and cultures of alternative sexual behavior and communities. We will address issues relevant to contemporary sexual and relationship culture, sex and “play.” online communities, dating apps, BDSM/Kink/Fetish/Lifestyle/Swing/Polyamory/Ethical Non-Monogamy, dating apps, sexting and technology in relationships, sexual and relationship behavior across generational cohorts will be explored, along with the culture of geography, and other issues as identified by participants. Recent research in the field of GSRD (Gender, Sexuality and Relationship Diversity) will round out the experience, and ethical considerations will be included in the discussion. A “safe(r) space” model is employed to facilitate respectful dialogue and encourage disclosure of sensitive content.



Dr. Stacy Watnick is a licensed clinical psychologist with a diverse range of expertise and experience. She has been working in the field for over 20 years at a variety of agencies, community centers and in private practice, including roles as supervisor, Health Services Coordinator and Director of Clinical Services. She has Masters, Pre- and Post-Doctoral intern supervision experience, has been a Probation Certified Domestic Violence Facilitator and Supervisor, and conducted domestic violence evaluations for the United States Coast Guard. Her dissertation research focused on predicting risky sexual behavior among young adult women. She has been a GSRD (Gender, Sexuality and Relationship Diversity) and queer community advocate in her personal and professional life since

1989.

In her practice, Dr. Watnick provides assessment, consultation and treatment to individuals, couples and other relationship dynamics. She has particular expertise with anxiety and depression, substance abuse, relationships, parenting, trauma, relationship violence, divorce, identity issues, GSRD communities, HIV/AIDS related issues and sexual health.

Dr. Watnick has extensive experience with public speaking and presentations, both locally and nationally. She regularly presents at workshops and conferences within her specialty fields, has been a guest on television programs such as KUSI's Inside San Diego and a consultant to NBC 7/39 news programming. She has shared this dynamic workshop with staff and interns of both San Diego State University's Counseling and Psychological Services and The Center. She consults regularly with practitioners developing coursework for CEs and clinicians in her fields of expertise. She is currently on the advisory board of Kink Knowledgeable, evaluating educational material for the Kink Knowledgeable portal, a professional training site providing continuing education on alternative sexuality, kink and fetish culture for mental health practitioners.

Using Cultural Perspectives to Support Asian Transgender Youth

Dr. Wallace Wong, R. Psych, Veronique Nguy, M.Ed, and Kathleen Walsh, M.A

This presentation will provide knowledge and information to support health care providers who are working with Asian Transgender individuals and their families. While many children of ethnic minority parents learn to adapt to their new host culture and maintain their native cultures at home, the balance of juggling two cultures can be challenging and conflicts between parents and their children can occur along this process. Consequently, Asian transgender youth may avoid seeking services as they may choose to hide and be 'secretive' about their gender identity in fear of stigmatization and causing conflict at home.

A Community Model to Supporting Youth with Sexual Behavior Problems

Dr. Wallace Wong, R. Psych, Veronique Nguy, M.Ed, and Kathleen Walsh, M.A

This presentation will share a community program model that offers treatment and intervention for youth with problem sexual behaviors. The Adolescent Sexual Health Program (ASH) is offered publicly through a community based mental health centre. The program is designed for youth aged 12-14 years, and older adolescents with developmental delays, and offers CBT based intervention individualized for the client's needs. Through an interactive case presentation, attendees will learn about the process and procedures of establishing and running this program. In addition, presenters will discuss the strengths and weaknesses of this approach, including this model's ability to offer consultation and support to rural communities.

Dr. Wallace Wong (PsyD, R.Psych) is a registered psychologist in both California and British Columbia. He has been working with the LGBTQ population since 1996. While he continued to work with the LGBTQ population, he has also worked specifically with children and youth who present with different sexual health issues for over 20 years. He currently works for the Ministry of Children and Family Development as a clinical psychologist, supporting the



Adolescent and Sexual Health Program (ASH) and Gender Health Program (GHP). He also has a private practice where he sees children and youth with different gender health and/or sexual health issues. Dr. Wong has been conducting research on topics of transgender children and youth for a number of years; his research has also been published in different professional journals. He is also an author of two transgender related children books called, When Kathy is Keith, and It's So Gay and It's Okay.

Veronique Nguy is a doctoral student from the School Psychology Program at the University of



British Columbia (UBC). Veronique worked as an Applied Behavior Analysis (ABA) therapist before completing her Master's degree in School Psychology at UBC. Veronique has been working in schools as a School Psychologist in British Columbia (BC) since 2012. Over the years, she has also worked in university clinics, hospital settings and private clinics in different roles and capacities. As a multilingual practitioner, Veronique's research focuses on understanding multicultural assessment practices of psychologists in BC. She has recently completed her specialty practicum training with Dr. Wallace Wong at the Ministry of Children and Family

Development, where she provided clinical services to children and youth referred through the Child and Youth Mental Health Clinic (CYMH), Adolescent Sexual Health Program (ACSH) and Gender Health Program (GHP).

Kathleen Walsh is a doctoral student at the University of British Columbia (UBC) in School and Applied Child Psychology. While completing her studies, Kathleen works part time as a certified School Psychologist in the greater Vancouver area. She is currently completing a practicum under the supervision of Dr. Wallace Wong through Child and Youth Mental Health (CYMH) as a clinician in the Adolescent Sexual Health Program (ASH) and Gender Health Program (GHP). Prior to completing her masters in School Psychology through UBC, Kathleen worked as an Applied Behavioural Analysis (ABA) therapist. Kathleen's primary research interests include self-concept development in at-risk youth, supportive school environments for minority populations, and teacher resiliency.



Black Masculinity & Sexuality

**Yamonte Cooper, Ed.D., LPCC, NCC, CST*

This course is an overview of Black masculinity and sexuality and the evolving field of Black Masculinity Studies including their historical construction. Topics include colonization of Black masculinity; Black male vulnerability; and the range of theoretical and methodological approaches that scholars have developed to conceptualize Black masculinity and sexuality, including a critical evaluation of frameworks used to describe them. Dr. Tommy Curry's framework of the Man-Not will be centered in the discourse. The course includes discussions of current topics, controversies, and recent advances in the emerging field of Black Masculinity Studies. Throughout the course, a primary objective will be to consider how our knowledge and

understanding of the psychological experiences of Black men can be used to promote psychological health and wellness.

Dr. Yamonte Cooper is a Professor of Counseling at El Camino College, adjunct Assistant Professor of School Counseling at USC, adjunct Professor of Clinical Psychology at Antioch University, Licensed Professional Clinical Counselor (LPCC), National Certified Counselor (NCC), ICEEFT Certified Emotionally Focused Therapist (EFT), Certified Gottman Therapist, and AASECT Certified Sex Therapist (CST). He specializes in working with couples, trauma, sexual dysfunctions, gender & sexual identity, depression & anxiety, bipolar disorder, personality issues, grief, and other mental health problems.



He is the author of the upcoming book *The Impacts of Racism and Trauma on African-American Men* (Routledge). Further, as a Fulbright scholar, Dr. Cooper exchanged best practices in career counseling and development in Germany and has exchanged best practices with higher education institutions in Botswana.

***-denotes an invited address**