

NEWSLETTER

Spring 2020

Letter from the ACSSW President...

Greetings ACSSW members,

Thank you so much for becoming a member of the ever growing Association of Counseling Sexology & Sexual Wellness (ACSSW). As most of you know, ACSSW is applying for Organizational Affiliate with the American Counseling Association (ACA). In order to finalize the membership element of the application, ACA has asked us to collect both the ACA ID numbers and expiration dates of all affiliated ACA members. Please click on the link below to complete the membership registration survey. This is a time sensitive request but it will just take a minute of your day.

https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_bvJkeNO0P8UpAwt

Sincerely,

Angela Schubert, Ph.D., LPC, CCMHC

President, Association of Counseling Sexology & Sexual Wellness

<https://counselingsexology.com>

Editorial Board, Journal of Counseling Sexology & Sexual Wellness: Research, Practice, & Education

<https://digitalcommons.unf.edu/jcssw/>

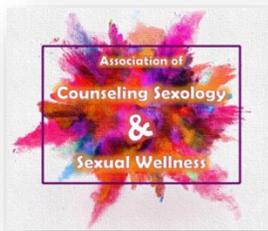
What is the Association of Counseling Sexology and Sexual Wellness (ACSSW)?

ACSSW was developed by a group of counselors and counselor educators focused on the promotion of research and training for all counselors in the area of sexuality and who view this as a core competency in the field of counseling.

Members of ACSSW recognize sexuality as a universal human experience which warrants a united perspective in the counseling field in valuing increasing competency and resources for all counselors.

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Executive Council

President:

Angela Schubert, PhD, LPC, CCMHC

Dr. Angela "Angie" Schubert is a counselor educator and clinical counseling director of online learning at Central Methodist University. She earned her doctorate in counseling education and supervision from University of Missouri St. Louis in 2015. Dr. Schubert is also a licensed professional counselor and supervisor in both Missouri and Colorado. She is currently going through the process of becoming an AASECT certified sex therapist and recently retired as Missouri State Chair for the American Association of Sexuality Educators, Counselors, and Therapists (AASECT). She held that position for six years.

Dr. Schubert's research interests focuses on intersectionality in relation to gender, age, and sexuality through a relational cultural theoretical lens. She continues to advocate for sex positive clinical training for mental health professionals across the fields.



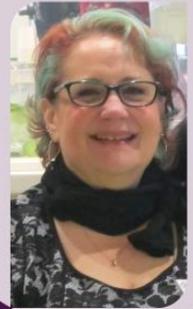
President-Elect:

Frances McClain, MA, LCPC, NCC

Ms. "Fran" McClain is a licensed clinical professional counselor and, since 2010, the Director of Clinical Training in the Counseling Psychology department at The Chicago School of Professional Psychology in Chicago, IL. She has worked as an adjunct associate professor since 2008. She and her wife have co-taught Human Sexuality for the last 4 years and presented their curriculum at the ACA conference in 2017.

Fran has worked over 25 years in mental health and was the Program Director of Clinical Services for a community mental health center on the North Shore for 10 years prior to joining staff at TCSPP. She is currently a PhD candidate in Counseling Education & Supervision and will be completing her dissertation spring 2020. She maintains a limited, pro bono, private practice.

Fran has presented at both state and national conferences and is on the board of editors for the *Journal of Counseling Sexology and Sexual Wellness*.



Founding Editor: *Journal of Counseling Sexology and Sexual Wellness: Research, Practice, and Education*

Robert J. Zeglin, PhD, NCC, LMHC

Dr. Zeglin's research interests are in the area of human sexuality and sexuality development. This includes sexual behavior, conceptualizations of sexuality, HIV/AIDS, STIs, LGBTQ+ health, and social policy surrounding sexuality. As a counseling educator, he also explores and advocates for the importance of human sexuality counseling competencies in the work of professional counselors in all settings. As of 2018, he was the Founding Editor of the *Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education* (ISSN: 2577-1299) and is the honorary Past-President of the Association for Counseling Sexology & Sexual Wellness. He also continues to see a small number of clients at the Jacksonville Center for Sexual Health.



Treasurer:

Melissa Vandenberg, MA, LPCI

Melissa is an LPCI and is working on her hours for full licensure. She attended The University of Texas of the Permian Basin (UTPB) for her undergraduate and Master degrees.

While in graduate school she was a graduate assistant and also assisted with helping student lead organizations, one of which promoted discussion around Title 9, which included sexual assault prevention and awareness.

Melissa completed her internship hours at Affinity Counseling Center and S.H.A.R.E. She was also nominated as the Outstanding Graduate Student for Counseling. After graduation she went on to work for a non-profit that assisted children in the foster system.



ACSSW's New Secretary: Shannon Kakkar



Dr. Kakkar is a licensed mental health counselor (LMHC) and a certified School Adjustment Counselor in Massachusetts. She is also a Nationally Certified Counselor (NCC). Dr. Kakkar earned her BS in Psychology and M.Ed. in Counselor Education at Bridgewater State College. She earned a doctorate in Counselor Education and Supervision from The Pennsylvania State University. She has ten years of clinical experience in school systems, community counseling services, and working with adults, adolescents, and families with severe mental health disorders. She was previously an assistant professor at The Chicago School of Professional Psychology and is currently an assistant professor at Hood College. Previously Dr. Kakkar has presented at local, national, and international counseling conferences. Dr. Kakkar is a member of the American Counseling Association and currently serves as the president of the Maryland Association of Marriage and Family Counselors.



Trustees

Trustee: Patricia Arredondo, Ed.D



Dr. Arredondo, is an academic entrepreneur, having a successful career both in higher education administration and the business sector and as a tenured full professor. She was a higher education leader with Arizona State University and the University of Wisconsin-Milwaukee, and served as President of the Chicago campus for The Chicago School of Professional Psychology. She holds Fellow status with both the American Psychological Association (APA) and the American Counseling Association (ACA). She was named a "Living Legend" by the ACA for her extensive contributions to Multicultural Counseling. Patricia received an Honorary Degree from the University of San Diego (1998), the Career Research Award from the Society for the Psychological Study of Ethnic Minority Issues (2016), and the Social Justice Action Award from Teachers College, Columbia University (2016). In 2018, APA named her a Changemaker: Top 25 Women of Color Psychologists and she was also awarded the Anthony Marsella Social Justice Award from the Psychologists for Social Responsibility.

Trustee: Mark Pope, Ed.D



Dr. Mark Pope is Thomas Jefferson Professor and Curators' Distinguished Professor Emeritus at the University of Missouri - St. Louis. He has held the highest positions in professional counseling and psychology in the U.S. In 2014, Dr. Pope was named a Living Legend of Counseling by the American Counseling Association. In 2018, Dr. Pope was the inaugural recipient of the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Mark Pope Social Justice and Advocacy Award. This award was named in his honor "for his lifetime of work in leadership, scholarship, and advocacy for the LGBTQ+ community for justice, visibility, and acceptance." In 2004, Dr. Pope was selected for the OUT 100 as "one of the major contributors to lesbian and gay culture in the U.S."

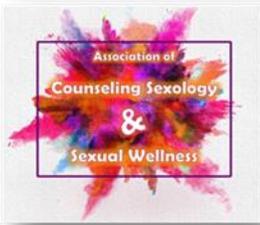
Dr. Pope is an Elder of the Saint Francis River Band of Cherokees. He also served as the Director of Psychological Services for the American Indian AIDS Institute and the Native American AIDS Project in San Francisco.

Trustee: Joy Whitman, Ph.D



Dr. Joy S. Whitman has been a counselor educator for more than 20 years, holding positions as associate professor at Purdue University Calumet and associate professor at DePaul University. At DePaul University she also served as the associate chair and chair of the department of counseling and special education. Prior to joining the faculty at Counseling@Northwestern, she was core faculty in the counselor education and supervision program at Walden University. Whitman earned her doctorate in counseling psychology from West Virginia University and her master's degree in counseling and human relations from Villanova University.

She was president of the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling from 2005 to 2006; the governing council representative for the division from 2009 to 2015; and a member of the ACA ethics committee from 2003 to 2006. She was ACA delegate for the 20/20: A Vision for the Future of Counseling Task Force from 2005 to 2009 and most recently a member of the LGBT Adult Lifespan Development: Targeted Task Group for ACA. She served as a member of the supervision initiative for the Association for Counselor Education and Supervision Task Force from 2014 to 2016. Additionally, Whitman serves as an editorial board member for the Journal of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling and served on the editorial board for Adultspan Journal, the journal for the Association for Adult Development and Aging.

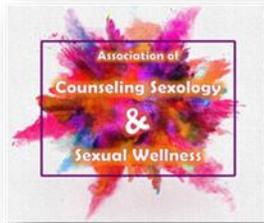


2019 Year in Review

- Building organizational membership was a central focus for the year. ACSSW launched its website and Facebook page, providing online forums of engagement for new and existing members.
- ACSSW had a presence at both the American Counseling Association (ACA) and Association for Counselor Education and Supervision (ACES) conferences. Enthusiasm spilled out of the meeting room at the ACSSW annual meeting, where board members presented on opportunities for engagement (Some other detail?)
- ACSSW expanded its membership to over 250 counselors in 2019. This brings us over halfway to our goal of becoming an official Division of ACA. New members can sign up on the ACSSW website.
- The inaugural publication of the Journal of Counseling Sexology and Sexual Wellness: Research, Practice, and Education (JCSSW) was released in Spring 2019. The journal focuses on all domains of sexuality and counseling sexology including sexual identity, pleasure, gender issues, sexual health, theories of sexology, and sexual exploitation issues relevant to counselors, counseling educators, and counseling supervisors. Issues will be published in the Spring and Fall each year.
- In April, ACSSW President Dr. Angela Schubert launched a new podcast “Let’s Get Uncomfortable”. Angela and Dr. Karena Heyward interview mental health professionals and sex educators on topics like “Consensual Non-Monogamy” and “Surviving Sexual Abuse”. Currently, seven episodes are available on Apple Podcasts.



<https://www.counselingsexology.com/>



Goals for 2020 & Beyond

- ACSSW will apply to the ACA governing council to become an Organizational Affiliate of ACA. The status will grant new reach for our mission of enhancing sexuality competence and sex positivity in the counseling profession. Organizational affiliation will allow ACSSW to begin the process of becoming a division of ACA.
- We plan to expand membership to 500+ in the coming year. The Annual Meeting at the ACA Conference in San Diego, CA in April will serve as another opportunity to expand the membership of ACSSW and spread awareness across the network.

ACSSW COMMITTEE REPORT

By Melissa Vandenburg

The Promotion & Membership Committee is responsible for building ACSSW membership, membership dues, social media and website content, and the promotion of ACSSW in the counseling field and larger mental health profession.

A simple way you can support ACSSW is by following our social media pages:

- Facebook: Association of Counseling Sexology and Sexual Wellness/@ACSSW2019
- Instagram: Counseling Sexology

If you are looking for in depth information on ACSSW, it's leadership, committees, or are wanting to become a member please visit our website: www.counselingsexology.com

ACSSW has four committees that you are welcome to join:

- Education & Training – Angela Schubert, Chair
- Research & Scholarship – Robert Zeglin, Chair
- Social Justice & Advocacy – Frances McClain, Chair
- Promotion & Membership – Melissa Vandenburg, Chair

If you didn't join a committee originally you can still join just send us an email at acssw@counselingsexology.com.

Lastly, ACSSW currently has 390 members and is still growing! ACSSW is international with members as far away as Australia and Mexico. We want to thank you for your continuous support and to encourage you to follow us on social media to keep updated on what we have going on for you.

ACSSW Survey Update

by Shannon Kakkar

The Association for Counseling Sexology and Sexual Wellness sent out a descriptive survey to counseling professionals using both CES-NET and ACA Connect Sexuality Interest Network to gauge the knowledge, skills, and self-efficacy about sexuality and sexual wellness in the counseling field. Nineteen questions were created by one member of the board utilizing current textbooks and research regarding sexuality training, and were reviewed and approved by the remaining members of the board. The survey was sent out two times to get as many responses as possible, and currently has 178 responses although it is still open to collect more. Out of the 178 respondents, 38% had their license for 0-5 years, 21% had it for 6-10 years, 17% had it for 15+ years, and 9% had it for 10-15 years. 10% were currently at the graduate counseling level and 5% were currently in a counseling program.

When examining training components, 83% did not have a required course on human sexuality in their counseling program, and 71% did not even have an elective course on human sexuality in their program; of those that had an elective course only 24% of them took that elective. Occasionally a human sexuality component is included in a marriage, couples, and family counseling course, but 51% of respondents said it was not and 29% said they weren't sure if it was or not. With a lack of training came a lack of understanding models of sexuality counseling and the assumptions and interventions of the model, with 57% of respondents saying they did not have a model to work from and 17% saying they weren't sure if they did or not.

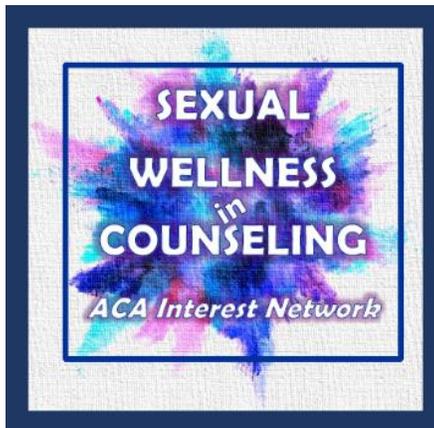
Despite this, on a Likert Scale from 1-5, 1 being not confident at all and 5 being extremely confident, 34% of respondents said they felt "confident" (provided 4's for their answer) and 19% said they were "extremely confident" (provided 5's) in addressing sexual education in counseling. The answers were similar in level of confidence addressing values clarification around sexuality in counseling with most respondents answering "confident" (42%) and "extremely confident" (23%). Confidence levels in exploring sexual attitudes and beliefs were even higher with most people selecting "confident" (41%) or "extremely confident" (38%); this may reflect the work ALGBTIC has done and a higher acceptance of sexual orientation in the nation with equality of marriage rights playing a more significant role in the culture and social norms. Similarly, confidence in exploring sexual identity in counseling were high at 40% for "confident" and 35% for "extremely confident". Confidence in addressing gender-role development was also high with 33% answering "confident" and 34% answering "extremely confident". Confidence in exploring themes around self-image and sexuality in counseling were also high with "confident" (40%) and "extremely confident" (33%) coming in the highest. Relationship issues in counseling seem to represent the highest confidence level with 53% saying they are "extremely confident" addressing these issues and 34% saying they are "confident". When it comes to addressing sexual dysfunction, sexual trauma, and sexual distress, the numbers change slightly. Addressing sexual dysfunction seems to be the least confident with 30% responding in the middle with "not confident or unconfident" (providing 3's); 24% saying "confident" and only 16% saying "extremely confident". Sexual trauma is a little higher with 32% of respondents saying "confident" and 28% saying "extremely confident" in addressing it in counseling. Addressing sexual distress was similar with 32% saying they feel "confident" and 24% saying "extremely confident".

When asked where the respondents would get further training or education in sexual issues, overwhelmingly people said they would look for specific trainings or CE's that would address sexuality. Professional organizations, especially ASSET (17), ACA (8) and ACSSW (8) were mentioned as well as ALGBTIC or the LGBTQ community more generally (4). A couple of people said they would look to their specific state websites, and a few other respondents provided specific websites and other resources such as Addo Recovery, a website for addressing sexual addiction. This highlights the real need counselors have for more training and materials on addressing sexuality in the profession. Thirteen people out of the full 178 also provided additional thoughts or experiences they wanted to share, which included the interest in getting more training, and the need for this to be a regular part of the curriculum.

The fact that the majority of our respondents were newly licensed in the last 5 years says a lot about the fact that sexuality training is not currently happening with counselors. Many did not have either a required course or an elective course on human sexuality, and if they had an elective course only a quarter of the respondents took the course. Around 80% of the respondents said either a sexuality component was not included in their MFT course, or that they weren't sure if it was or not, suggesting they did not get needed material on human sexuality. Around 75% of counselors either don't have a model for addressing sexuality with 30%-40% of the respondents hovering around "confident" in addressing various topics of sexuality. This is a concern as sexuality is a part of the human experience which cannot be ignored, especially in a counseling environment, and represents a call to action for counselors to address this at the systemic level to provide the necessary education and training to help counselors be prepared in session.

The purpose of the survey was to gather information on the experiences in the knowledge, skills, and self-efficacy about sexuality and sexual wellness in the counseling field. As the executive board proceeds in the application to become an affiliate association of ACA, with the long term goal of become a division of ACA, the data gathered in this survey provides support for the need in the field for additional education and training related to sexuality for counselors and counselor educators alike.





ACSSW in Partnership with

Ms. Walker received her M.A. in clinical mental health and counseling from Argosy University in 2019. She is currently a sex therapist at GlobeCoRe Psychological & Global Consulting Services in Atlanta, GA.

Over the past 15 years, she has been an active volunteer for several non-profit organizations as well as local school communities.

Cheryl strongly believes that sexuality is a crucial component of mental wellness and the absence of an authentic and educated exploration of sexual values and sexual behaviors creates a degradation of the human spirit.

I am a member of Chi Sigma Iota and a proud mother of four daughters. She can be located on www.realsextherapytalk.com or reached at cheryldwalker@comcast.net.



**SWIC Administrator:
Cheryl Walker**

Sexual Wellness in Counseling



This interest network provides an opportunity to establish a professional network for accessing a wealth of resources related to providing sexuality counseling interventions to diverse populations, as well as encouraging research and training in sexual wellness.

"SWIC is comprised of a group of individuals who value the richness and complexity of human sexuality. Intentional efforts are made to advocate for sexuality education and training of professionals and students through a multi-dimensional approach. Sexual wellness elucidates the salience of sexual freedoms, rights, and expression while honoring the holistic exploration of the human existence. SWIC advances this sentiment by providing support and guidance to professionals and students that recognize the imperative nature of sexual wellness."

Cheryl Walker

SWIC 2020 Outlook for SWIC

By Cheryl Walker

- *An increase in interest/members by 10%.
- *Increase our online engagement through social media.
- *Transition leadership roles to interested members of SWIC.
- *Post at least 6 blogs on the ACA website.
- *Ensure that our mission and goals are effectively communicated.
- *Disseminate a myriad of conferences, classes, workshops, and literature for educators, students, and professionals.