

**INTEGRATING SEXUAL HEALTH INTO CLINICAL PRACTICE**  
**CONFERENCE AGENDA**

**7:15 am – 8:00 am Registration/Continental Breakfast**

**8:00 am – 9:30 am Keynote – Presidio Room**

**\*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.

**9:30 am – 9:45 am Break**

**9:45 am – 11:45 am Plenary – Presidio Room**

**\*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](http://www.aasect.org).

**11:45 am – 1:00 pm Lunch Break and Networking**

**1:00 pm – 2:00 pm Breakout Sessions – Choose One**

**Ethical Imperative to Examine Gender and Sexuality Biases**

*Janna Dickenson, Ph.D.*

**(Presidio Room)**

This workshop illuminates the ways in which sexuality and gender are critical to the human experience and emphasizes the ethical responsibility of addressing 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.

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

*Christine Calix, PhD*

**(Balboa Room)**

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.

**2:00 pm – 2:15 pm Break**

**2:15 pm – 3:15 pm Breakout Sessions – Choose One**

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

*Stacy T. Watnick, Ph.D.*

**(Presidio Room)**

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.

**Using Cultural Perspectives to Support Asian Transgender Youth**

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

**(Balboa Room)**

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.

**3:15 pm – 3:30 pm Break**

**3:30 pm – 4:30 pm Breakout Sessions – Choose One**

**\*Black Masculinity & Sexuality**

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

**(Presidio Room)**

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.

### **A Community Model to Supporting Youth with Sexual Behavior Problems**

*Dr. Wallace Wong, R. Psych, Veronique Nguy, M.Ed, and Kathleen Walsh, M.A  
(Balboa Room)*

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.

**4:30 pm – 5:00 pm Closing Plenary – Presidio Room**

**\*Closing Remarks - Douglas Braun-Harvey, MFT, CST, CST-S, The Harvey Institute**

**\*-denotes an invited address**