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Human sexuality is a topic that concerns every person, and sex-related issues are likely to appear in the counseling room. While some counselors will be prepared for these moments, others may not. They may not know what to say or do if clients present sex-related concerns, or they may feel nervous, resistant or uneasy with the conversation. To overcome this, it's important that we examine why sex is difficult to talk about with clients and better prepare and train counselors on sexuality to minimize discomfort and increase competence. Finding adequate sex education training can be challenging. Human sexuality courses are often not required in programs accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). In the CACREP standards, sex and human sexuality are only cited under marriage and family therapy, clinical rehabilitation counseling, and rehabilitation counseling entry-level specialty areas. The clinical mental health counseling specialty area, which is the largest accredited area according to CACREP's most recent annual report, does not mention sexuality at all. It's not surprising then that many counselors who are knowledgeable about this topic are self-taught through personal research or by actively seeking training opportunities and resources. However, there appears to be a shift in perspective regarding sexual wellness in the counseling profession. In the forthcoming 2024 CACREP standards, the lifespan development core standard does include sexual development and sexuality concerning overall wellness, demonstrating progress in advocacy efforts by many in the field for future counselors-in-training. Learning more about human sexuality will be a benefit to all counselors, regardless of specialty. Sexuality is a part of who we are, and it's important that we have the knowledge and skills to help clients understand and navigate their sexual wellness. Sexuality is not just about the physical act of sex; it's a complex interplay of biological, psychological, social, and cultural factors. It's a part of who we are, and it's important that we have the knowledge and skills to help clients understand and navigate their sexual wellness. Sexuality is not just about the physical act of sex; it's a complex interplay of biological, psychological, social, and cultural factors. It's a part of who we are, and it's important that we have the knowledge and skills to help clients understand and navigate their sexual wellness. Sexuality is not just about the physical act of sex; it's a complex interplay of biological, psychological, social, and cultural factors. It's a part of who we are, and it's important that we have the knowledge and skills to help clients understand and navigate their sexual wellness.