

sExploration 2022



What *is* sex? Deconstructing social assumptions, challenging cultural beliefs and expanding personal perceptions.



What is sex ?

Deconstructing social assumptions, challenging cultural beliefs, and expanding personal perceptions.

sExploration 2022 pauses to contemplate the question, “What do we actually consider ‘sex’?” In the wake of a global pandemic, society has faced a series of redefinitions. Social interactions of all kinds, from workplace discourse to first dates and, yes, even sex, shifted in not only their modality, but their larger understanding by society. Time at home allowed people to explore their identities and personal narratives regarding sexual orientation, gender, and relationships. Space was created for sexual experimentation, an awareness of our fluctuating sexual drives and desires, and reflection on the purpose of sex altogether. Just as we were forced to create a new normal for ourselves living in a remote world, we also unconsciously adapted our definitions of sex.

sExploration

Sexual issues can be as difficult for clinicians to address as they are for clients to share. While it is easy for them to go unrecognized, they are present across the lifespan. The annual **sExploration** series are designed by PASD as catalysts for discussions on integrating sexuality issues into all levels of our work: assessment, consultation, research, clinical practice, and teaching.

SCHEDULE OVERVIEW

All presentations will be held from **12:00 – 12:50 pm** Central Time via Zoom.

This link will be used for all 2022 sExploration presentations:

<https://tcsedsystem-hipaa.zoom.us/j/97054266214?pwd=eW5aTnczdndPektCNkUxVm5td2FSUT09>

Theme	Date	Day	Topic
<i>What is Sex</i>	March 2nd	Wednesday	What is Sex? Word Cloud Discussion
	March 8th	Tuesday	KEYNOTE: What is Sex Therapy?
	March 9th	Wednesday	Sex in Psychology, really?
	March 10th	Thursday	Addressing Sex in South Asian Populations
<i>What is Sexual Identity</i>	March 14th	Monday	Gender Identities in ASD Populations
	March 16th	Wednesday	Panel Discussion on Sex & Faiths
	March 18th	Friday	Round Table on Heterosexual Identities Now
<i>What is Pleasure</i>	March 22nd	Tuesday	Poster Presentations
	March 24th	Thursday	Poster Presentations
	March 25th	Friday	KEYNOTE: Examining the Orgasm Gap
<i>What are Partnerships</i>	March 28th	Monday	Dating Apps and COVID
	March 29th	Tuesday	Poster Presentations
	March 30th	Wednesday	Film Discussion on Virtual Sex
	March 31st	Thursday	Poster Presentations
<i>What is Sexual Health</i>	April 4th	Monday	Is BDSM Sex?
	April 5th	Tuesday	Poster Presentations
	April 6th	Wednesday	KEYNOTE: New Research on Sex During COVID
	April 7th	Thursday	Poster Presentations
	April 8th	Friday	What is Sex? Word Cloud Discussion

KEYNOTE SPEAKERS

sExploration 2022 is thrilled to welcome friends of our program and nationally known figures in the study of human sexuality. **Dr. Maria Hanzlik** is a graduate of the Clinical PsyD program and past President of the Indiana Psychological Association. Dr. Hanzlik began pursuing her interests in sex therapy as a grad student and now plays multiple roles in the development and training of sex therapists nationally. **Dr. Laurie Mintz** is a Professor at the University of Florida where she teaches Human Sexuality to hundreds of undergraduates yearly. She has published over 55 academic works and is the author of two popular books on women’s sexual pleasure. **Dr. Justin Lehmiller** is a social psychologist and Research Fellow at The Kinsey Institute. He is also a prolific researcher who has published more than 50 academic works, including a textbook titled *The Psychology of Human Sexuality*.



PARTICIPATE!

Sex at The Chicago School of Professional Psychology: A Community Survey

This survey takes an informal peek into the sexual demographics of students and faculty at The Chicago School of Professional Psychology. The results of the anonymous questionnaire will then be converted into a physical display on the 5th floor of 325 N. Wells beginning Monday, March 21st. Please note that this is not a psychological study and survey participants are free to skip any questions or end their participation at any point.

To participate, please visit the link or scan the QR code below by Friday, March 18th

<https://forms.office.com/r/KFbEuCg5eD>



POSTER FAIR

Posters will be on display from Monday, March 21st to Friday, April 1st in the 4th floor Mart reception area & 5th floor Wells hallway.

Students will present on their posters in scheduled hour blocks which will include a facilitated discussion and Q&A.

PRESENTATIONS

What is Sex: What do You Think? Session I

Wednesday, March 2nd

In attempting to answer the question, “What is Sex?”, we must begin by reflecting on our own assumptions and experiences of it. What do you think of when you think of sex? Are there any universal truths to sex? Session I of “What is Sex: What do You Think?” is the first of two opportunities to collaboratively debate our own definitions of sex and the presumptions that may exist within them. We will then follow up on these discussions in Session II, upon completion of the conference. How might our definitions change? Session II will be held on April 8th, post sExploration reflections. **Moderator:** Nadine Kademoglou is a first-year Clinical PsyD student.

KEYNOTE Sex Therapy 101: Just What *IS* Sex Therapy Anyway?

Tuesday, March 8th

Literature indicates mental health professionals across fields experience challenges around addressing sex in clinical settings. Although therapists who are generalists, and their patients alike, can benefit from increasing comfort and competence in addressing sexual concerns, it can sometimes be useful or necessary to refer clients to therapists who specialize in sexual concerns. This presentation will address what is an AASECT-Certified Sex Therapist, what issues sex therapists typically encounter, as well as assessment and treatment interventions sex therapists commonly use.

Maria Hanzlik, PsyD, HSPP is a licensed clinical psychologist, an AASECT-Certified Sex Therapist and Sex Therapy Supervisor, and a graduate of The Chicago School of Professional Psychology. She is the owner of Integrated Psychological Center of Indiana, a group private practice in Indianapolis, Indiana formed in 2015 where she trains practicum students, post-docs, and psychologists in sex and couples therapy and provides assessment and therapy services to individuals and couples. Dr. Hanzlik has written multiple articles for local and national psychological organizations on incorporating sexuality into various areas of psychological practice. She frequently provides continuing education workshops to pre-doctoral interns and psychologists across Indiana as well as nationally with the American Psychological Association. <https://integratedpsychologicalcenterofindiana.com/>

Sex in Psychology (really?)

Wednesday, March 9th

Join Drs. Goldman and Berkey as they explore how sex is, and isn't, integrated into our discipline. Data from a new survey of APA accredited programs and state licensure requirements will be discussed, reflecting on what it says about doctoral level training and practice. The integration of sex and sexuality in Emotional Focused Therapy practice will be shared as an example of how our work may be more inclusive. **Presenters: Rhonda Goldman, Ph.D.** has over 25 years of experience, teaching, training, supervising and conducting psychotherapy. Her primary therapy orientation is Emotion-Focused Therapy (EFT), having authored five books on the topic. She is a professor in the Clinical PsyD Program, and practices therapy primarily with adult individuals and couples. **Braden Berkey, Psy.D., CSE** is a licensed clinical psychologist and an AASECT Certified Sexuality Educator. Dr. Berkey is a professor in the Clinical PsyD Program, where he teaches courses on diversity, ethics, sexuality and gender.

South Asian Perspectives on Sex and What Culturally Informed Sex Ed Looks Like?

Thursday, March 10th

South Asians are one of the fastest-growing immigrant communities in North America. Due to the relative size of the population of South Asians, it is highly essential to develop a more informed understanding of their overall lived experiences. The presenters will provide a space to discuss about how people understand their sexuality, quality of sex education, and what cultural implications are relevant for their sexual health. Specific factors associated with gender-role socialization, relationships and intimacy, and living within collectivist, hierarchical, and patriarchal structures will be discussed. This discussion attempts to help the clinical community develop cultural sensitivity and competence.

Presenters: **Herleena Verraich** completed her BSc. in Psychology: Brain and Cognition and Neuroscience from the University of Guelph, Ontario, Canada, and is currently a second-year student in the Clinical PsyD program. Her dissertation work focuses on the experiences of institutional betrayal and multigenerational trauma in the Punjabi/Sikh community and how these experiences inform identity development. **Isha Mahajan** is a fourth-year Clinical PsyD student. She earned her master's in Developmental Psychology at Columbia University, New York and has completed her master's in Clinical Psychology at TCSP. Isha is currently writing her dissertation on the lived experiences of South Asian mothers in the U.S. **Khyati Patel** is a fourth-year Clinical PsyD student. She completed her master's thesis in Sexual Education among South Asian Women in Canada. She is currently writing her dissertation on the lived experiences of South Asian parents who have children with Autism Spectrum Disorder (ASD) in the U.S.

What is Sex in ASD Populations

Monday, March 14th

For much of our history, sex and sexuality was denied and/or ignored for individuals with Autism. In line with this thought process, sexual education was often nonexistent for ASD populations and some individuals were subjected to involuntary sterilization. The truth is sex (and sexuality), like Autism, exists on a spectrum and must be considered as part of development for all. This presentation will provide an overview of important aspects of sex and sexuality for individuals with Autism. Current research will highlight clinical implications for professionals in the mental health field. Additional resources for clinicians will also be provided. **Presenter: Logan Wiseman** (they/them) completed their Master of Counseling degree at The Chicago School of Professional Psychology and is currently a third-year student in the Clinical Psy.D. Program where their dissertation study focuses on the intersection of non-binary/ gender-expansive identities and ASD.

PANEL DISCUSSION: Sex/Faith/Religion

Wednesday, March 16th

As we delve into our understandings and assumptions of sex, it is especially important to examine the intersection of sexuality with other identities. The influence of our spiritual and religious beliefs is particularly critical given that both sex and faith are topics often avoided in academic and professional settings for fear of offending another. This panel will bring these discussions to the forefront, questioning the ways in which our religious and spiritual beliefs may impact our personal preconceptions of sex and the sexuality of religious or spiritual "others." Panelists will share their understandings and experiences as members of Christian, Jewish, Muslim and Pagan communities. **PANELISTS: Todd Dubose, Ph.D.** is a professor in the Clinical PsyD Program and an ordained Christian minister. His clinical focus is on existential and spiritual crises, despair, nihilism, and meaninglessness as well as violence, trauma, and loss. **Amira Farrag** is a fourth-year student in the Clinical PsyD Program. Her dissertation topic focuses on understanding marital intimacy among Muslims Americans, and the role sexual health education plays in navigating these relationships. **Paul Larson, Ph.D, J.D.** is a Professor Emeritus at The Chicago School who studies a variety of religions. **Rabbi Maya Zinkow** received rabbinic ordination and a Masters in Jewish Women, Gender, and Sexuality Studies at the Jewish Theological Seminary as a Wexner Graduate Fellow. She currently serves as the Senior Jewish Educator at the Hillel of the University of California Berkeley.

ROUND TABLE: LGBT*S*? Exploring "Straightness" as an Alternative Sexuality

Friday, March 18th

This discussion-based session will take a collaborative look at heterosexuality through the lens that society views LGBTQ+ identities through. We will analyze the different cultural elements that make up "straightness" and take an in-depth look at the character traits we often associate with heterosexuality. Participants will leave this discussion with a new understanding of what it means to be "straight", and what elements contribute to that identity. **Moderator:** Daniel Warshawsky is a first-year Clinical PsyD student.

POSTER PRESENTATIONS: *Alternative Sexualities & Orientations*

Tuesday, March 22nd

Exploring the Function of Kink: Relationships, Healing, Spirituality & Identity Formation

Hana Simon, B.S.

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This poster will present the findings of a literature review exploring the function of kink in enhancing connection in relationships, providing an outlet for spirituality, and more. This will touch on how kink can be, for some, part of an identity formation that goes beyond the bedroom. This poster will also provide a history of the medical conception of kink and how that is shifting in our current academic and social climate. For some, kink may be a means of reclaiming power from a traumatic experience and for others it may be an outlet of religious or spiritual expression. Kink serves so many diverse functions for different people, and it is time that we allow ourselves to study it just as we would any other aspect of human sexuality.

What is Family? A Look at Polyamory

Jaison Thomas, B.S.

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Polyamory is a relationship style that allows people to pursue intimacy with more than one individual. It can be practiced in a diverse variety of ways. This poster will explore how polyamorous individuals structure their intimate relationships and families, elaborating on the accompanying opportunities and challenges.

Heterosexual Attitudes Towards Bisexuality

Daniel Warshawsky, B.A.

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As the number of adults in America who identify as LGBTQ+ rises, more and more individuals are identifying on the bisexuality spectrum with more than 56% of LGBTQ+ adults currently identifying as Bisexual. As this number grows in a majority straight world, heterosexual attitudes towards bisexual individuals may be changing. This poster aims to review the current literature on heterosexual attitudes towards bisexual individuals in the United States and compares and contrasts the differences between the perceptions of Bisexual men and Bisexual women.

POSTER PRESENTATIONS: *Explorations of Pleasure & Pain*

Tuesday, March 24th

Pleasure, Power, and Intimacy: Allure of Heterosexual Anal Intercourse (HSAI) Among Women

Nicole Sharf, B.S.

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Heterosexual women across the world are increasingly expanding their sexual repertoire, experimenting with both old and new strategies of taking control of their sexual pleasure. With a long history of being considered taboo and stigmatized as a key route of HIV transmission, anal intercourse is remarkably on the rise among heterosexual women. But what is the allure of heterosexual anal sex in women? This poster presentation will explore what the literature has found regarding the motives of heterosexual anal sex among women, particularly looking at the constructs of pleasure, power, and increased partner intimacy, as well as discuss implications and future directions for practitioners.

Sex and Breathlessness: How rapid, shallow breathing contradicts the nature of the female orgasm

Hannah Rahman, B.S.

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Pornography, social media, and mainstream representations of heterosexual sex often leads both men and women to carry misconceptions surrounding the path toward the female orgasm. Oftentimes, female pleasure is represented through loud, shallow, rapid breathing, however, this form of breath is often contradictory to female orgasmic pleasure and self-empowerment. Breathing deeply during sex triggers our parasympathetic nervous system, which increases relaxation, decreases tension and stress and increases arousal. Addressing the misconceptions surrounding breathlessness during sex can empower women to take agency over their own sexual experiences and break down female stereotypes that lead to performative sex.

Issues of Sexuality in Wheelchair Users

Allison Levin, MA Clinical Psychology

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This presentation will explore sexuality of wheelchair users. I will be focusing on issues/psychological aspects of sexuality as well as interventions for quadriplegic and paraplegic populations.

Sex and Migraines

Matus Kvietok B.S, B.A

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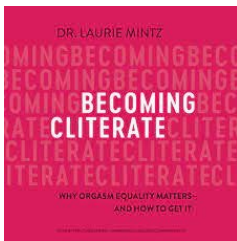
Migraines affect a vast number of people, and there's the old joke about uninterested wife's using migraines as an excuse to get out of having sex with their husbands. But to what degree do migraines affect the sexual functioning of both male and female partners? In this presentation we will explore the effects of migraines on sexual well-being, performance and intimacy, as well the positive and negative effects that sex might have on migraines.

KEYNOTE **Becoming Cliterate: Closing the Orgasm Gap**

Friday, March 25th

In this entertaining and engaging keynote, Dr. Laurie Mintz uses startling statistics and poignant real-life stories to expose the gendered orgasm gap--the fact that during heterosexual sexual encounters, people who identify as men are having way more orgasms than people who identify as women. Dr. Mintz also reveals the causes for this gap and provides solutions to close the gap, both culturally and in individual bedrooms. In this presentation, Dr. Mintz also draws clear connections between pleasure equality and sexual consent. She also explains how feeling entitled to pleasure in the bedroom can help women feel more confident in other areas of their life, or in other words, how empowerment in the bedroom leads to confidence in the boardroom and beyond. You will leave this presentation more sexually knowledgeable and confident, and inspired to be part of the new sexual revolution for pleasure equality.

Laurie Mintz, Ph.D. is a Professor at the University of Florida where she teaches Human Sexuality to hundreds of undergraduates yearly. She has published over 55 academic works. She is the author of two popular press books--both with published studies demonstrating their effectiveness: *Becoming Cliterate: Why Orgasm Equality Matters and How to Get It* and *A Tired Woman's Guide to Passionate Sex*. Dr. Mintz has a private practice, working with clients on general and sexual issues. She is a Fellow of the American Psychological Association. www.drlauriemintz.com



FREE BOOKS!

The first 17 individuals to both RSVP and attend the event will receive a free eBook copy of *Becoming Cliterate*. To RSVP email Nikki Sharf at nsharf@ego.thechicagoschool.edu.

Just a Swipe Away: Navigating the Motivations Behind Downloading and Using Mobile Dating Applications During a Global Pandemic

Monday, March 28th

The purpose of this study is to understand the motivations behind downloading or reopening a mobile dating application during a pandemic. Additionally, this study explores the personal experiences of heterosexual cisgender women mobile dating application users during a pandemic. <https://bklinsky.wixsite.com/research/research-study>

Presenter: Blake Klinsky, M.A. is a fourth-year student in the Clinical PsyD program. She will complete her predoctoral internship with the National Psychology Training Consortium Great Lakes next year. **Moderator: Niti Vora** is a first-year Clinical PsyD student.

POSTER PRESENTATIONS: Sex & Abuse

Tuesday, March 29th

Sexual Abuse: The Different Ways it Impacts Sexual Desire

Srutika Bakshi, MA

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Sexual desire is driven by many different motives. It varies from person to person. Some maybe fueled by need to be closer to their partner, while others may divulge in sexual activities for the euphoric state of body and mind. It is important to keep in mind that sexual desires are also impacted by other factors, such as culture and religion. One important factor to acknowledge is the experience that individuals have had with sexual encounters. These experiences can have a long-lasting impact on their sexual desires. One such experience is of sexual abuse. The poster being presented here will explore how sexual abuse, from being touched inappropriately to penetration, impacts individuals' sexual desires. Moreover, it will consider any differences in sexual desires of sexually abused individuals based on their gender identity.

Clinical Treatment of Depersonalization and Derealization During Partnered Sex for Individuals with Histories of Sexual Abuse

Rebecca Goldstein

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Dissociation is a pattern of unwanted intrusions into awareness and behavior, loss of continuity in subjective experience, and/or inability to access information or to control mental functions and impact multiple areas of psychological functioning (American Psychiatric Association, 2013). It is often associated with a variety of traumatic experiences, including sexual assault and rape (American Psychiatric Association, 2013; Ginzburg et al., 2006; Bird et al., 2014). Positive symptoms of dissociation include depersonalization and derealization. Both persistent and recurrent, depersonalization is a feeling detached from one's mental and physical self (American Psychiatric Association, 2013) and derealization is the experience that the objective world is distant is distorted (American Psychiatric Association, 2013). Partnered sexual activity can trigger dissociative responses (Bird et al., 2014; Schwartz, 2002), and many individuals seek therapy to cope. This poster explores the etiology of dissociative symptoms as they are generated by sexual trauma, the impact of partnered sexual activity on dissociative symptoms, and empirically grounded treatment modalities across varied intervention orientations.

Treating Sex Offenders

Samantha (Sam) Stelford

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Many people are enraged and disgusted when approached about the topic of sex offenders, especially when discussing treatment of them. This view and stigmas are often carried by many mental health professionals as well. This poster addresses the basic tools and treatment for sex offenders in the hopes of educating and destigmatizing this population as well as, to provide psychologists with the basic information to treat sex offenders and/or the information on who to refer this population out to.

FILM DISCUSSION: What is Sex in an Age of Virtual Reality?

Wednesday, March 30th

Virtual Reality technology brings a new frontier to human sexuality, ushering in an era of unprecedented freedoms and strange new risks. As with any new technology, human choices will decide its overall impact. In this session, we will begin by watching the episode "Striking Vipers" from the acclaimed sci-fi anthology series *Black Mirror*. In this episode, two old friends re-connect over a new virtual reality video game before things quickly take an unexpected turn. We will then discuss the future of virtual reality sex, how this technology may be used and clinical issues it may create.

Moderator: Jaison Thomas is a first-year Clinical PsyD student.

POSTER PRESENTATIONS: Digital World & Trauma

Thursday, March 31st

"Let's Meet Up After the Pandemic" – Exploration of Dating During a Global Pandemic

Taylor Brust, M.A.

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In the past century there has been a notable change in dating, with "hookup" culture becoming more prevalent. With this shift in dating, the use of social media and dating apps have begun to rise and further perpetuate an acceptance for brief uncommitted sexual encounters. However, in March of 2020, the world entered an unprecedented time by experiencing a global pandemic. With an inability to have physical intimacy, an increased use of technology, and quarantining, dating culture experienced another significant shift. Thus, this presentation will explore the impact of COVID-19 on dating culture regarding "hookup" culture, social media, and connection.

Taking a Swipe at Love, or Sex, or Something During a Pandemic

Niti Vora, B.S.

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The COVID-19 pandemic has altered everyone's lives in one way or another; therefore, it is no surprise that the pandemic has changed dating exponentially. The pandemic has affected the primary ways young people are meeting and what they strive for. Online dating has blown up and become much more socially acceptable, as has swiping for casual sex or swiping for love. I will be exploring how the pandemic has changed dating and whether more people are looking for casual sex or serious relationships since the start of the COVID-19 pandemic started in 2020.

How Much is Too Much? Porn Addiction in a Digital World

Caroline Rutherford, B.A.

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In the wake of a digital world and the aftermath of a global pandemic, society has been able to benefit from a 21st-century Sexual Revolution of sorts. Cybersex, self-sex, and sexual exploration in a virtual atmosphere have promoted sexual empowerment, but there might be an underlying dark side to our digital reliance. What is porn addiction and why is it on the rise? Is there such a thing as "too much sex?" Accessibility, affordability, and anonymity (the three A's) have made pornography more available than ever before, and with great sexual power, comes great sexual responsibility.

Trauma and Hypersexuality: Underlying Distress and Treatment Implications

Claire Krizman, M.A.

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We often think about the ways in which trauma deters someone from having sex, but the opposite is also true. This poster analyzes the connection between trauma and hypersexual behavior. Sex can become an attempt at coping for people who experience depression, post-traumatic stress, and attachment issues. It can be a way of regulating emotions and self-soothing, along with being an attempt to take back control over their bodies. When treating a patient with distressing or dangerous hypersexual behavior, addressing the underlying mental health issues and treating the hypersexual behavior as a symptom rather than its own disorder may be beneficial.

ROUNDTABLE DISCUSSION: *Is BDSM Sex? How Does It Promote Health?*

Monday, April 4

BDSM (Bondage/Discipline/Dominant/Submissive/Slave/Master) ranges from an uncharted, mysterious, and perhaps frightening other world for some, to an enriching lifestyle, community and even identity for others. This gathering will contemplate BDSM and alternative sexualities beyond sets of sexual behaviors. Participants are welcome to bring their questions and perspectives to the discussion. **DISCUSSANT: Braden Berkey, Psy.D., CSE** is a licensed clinical psychologist and an AASECT Certified Sexuality Educator. He is a director of the Multiplicity of the Erotic Conference, and an author of the Clinical Practice Guidelines for Working with People with Kink Interests (www.kinkguidelines.com).

POSTER PRESENTATIONS: *Sex & Mental Health*

Tuesday, April 5th

Sexual Dysfunction in Eating Disordered Individuals

Kimberly Thu Nguyen, M.A.

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In the Diagnostic and Statistical Manual of Mental Disorders, bulimia nervosa, binge eating disorder, and anorexia nervosa all fall under the category of eating disorders (American Psychiatric Association, 2013). There are multiple physiological, emotional, and behavioral effects with women who present with eating disordered behavior, which can negatively impact a women's sexual functioning. It is important to highlight the relation between eating disorders and sexual functioning, as the symptoms of eating disorders may further impair an individual's experience with sexual pleasure, relations, and overall functioning in well-being.

Sexuality and Obsessive-Compulsive Disorder

Joshua Norris B.A.

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Obsessive-compulsive disorder (OCD) is characterized by ego dystonic obsessions and subsequent compulsions to reduce the anxiety from the obsession. However, there is one dimension of OCD that is categorized by "pure obsessions," meaning, there is not a compulsion associated with the obsession. One way this manifests is through "taboo" or "unacceptable" thoughts that the individual obsesses over unwantedly. This often involves obsessions about sex. Typically, for these individuals, sex is seen as impure or sinful. For others, it may be the type of sexual activity that they see as sinful (pedophilia, incest, etc.).

Regardless of the exact sexual nature of these obsessions, these thoughts induce a significant amount of guilt and distress that can lead to emotional dysfunction. This is an understudied dimension of OCD, and spreading awareness may lead to more attention and research.

Increase in Depression and Anxiety During COVID – And the Impact on Sex

Sarah Gilberg, M.A.

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Since the start of the COVID-19 pandemic in 2020, rates of depression and anxiety have drastically increased. Affective disorders may impact one's libido, either increasing or decreasing interest in sex. This poster explores how the pandemic depression and anxiety have impacted sex lives.

KEYNOTE Examining the Evolution of Sexual and Romantic Relationships During the Pandemic

Wednesday, April 6th

The widespread social restrictions put in place during the COVID-19 pandemic and fears of viral transmission significantly disrupted people's sexual routines and the overall quality of their sex lives (Lehmiller, Garcia, Gesselman, & Mark, 2020). However, as the pandemic has worn on and as vaccines for COVID-19 have become widely available, the impacts have changed. The goal of this presentation is to explore the evolution of sexual and romantic relationships during the pandemic drawing upon Kinsey Institute research conducted over the last two years, with particular emphasis on a demographically representative survey of 2,200 American adults conducted over the summer of 2021. Results point to an overall rise in sexual experimentation and kink, decreased interest in casual sex and multi-partner activities, and improved relationship quality and sexual communication for partners who stayed together. Vaccinated Americans appear to be approaching sex more cautiously than those who are unvaccinated in terms of the intentions to practice safer sex in the future. Vaccination status has also become a screening tool for sexual and romantic partners for many Americans, but especially those who identify as LGBTQ. Overall, the findings reveal that Americans' sexual and romantic lives have continued to evolve throughout the pandemic and remain changed from pre-pandemic levels in many ways.

Justin Lehmiller, PhD is a social psychologist and Research Fellow at The Kinsey Institute. He runs the *Sex and Psychology* blog and podcast and is author of the popular book *Tell Me What You Want: The Science of Sexual Desire and How It Can Help You Improve Your Sex Life*. Dr. Lehmiller is an award-winning educator, having been honored three times with the Certificate of Teaching Excellence from Harvard University, where he taught for several years. He is also a prolific researcher who has published more than 50 academic works, including a textbook titled *The Psychology of Human Sexuality* that is used in college classrooms around the world. www.sexandpsychology.com

POSTER PRESENTATIONS: Development & Sex

Thursday, April 7th

Correlates of Sexual and Psychosocial Development in Puberty

Aaron Buzek, M.A.

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This presentation will examine and synthesize current academic understanding of sexual development throughout puberty and how these changes impact psychosocial factors, mental health, and the identity of teenagers.

What is Consent without Social Cues: A review of sexuality and sex education among individuals diagnosed with autism spectrum disorder

Nadine Kademoglou, B.A.

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This literature review aims at answering the question, what is sexual consent without the neurotypical understanding of social cues, particularly for individuals with autism spectrum disorder (ASD)? Is it impossible, or potentially just different? There are high frequencies of sexual behaviors among adolescents with ASD, which are comparable to those of their typically developing peers. Due to neurotypical assumptions of asexuality among ASD populations, however, research on neurodivergent sexuality and sexual development is limited. As we deconstruct our understandings of sex, sexual identity, and the ways in which we communicate and enact our sexual behaviors, I urge us to reconsider the goals of socio-sexuality education, including discussions of consent and appropriateness, and possible avenues towards divergent ideas of sexual health.

The Intersection of ADHD and Sexual Dysfunction

Alex Patterson, M.A.

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This poster will explore how ADHD contributes to sexual dysfunction. This includes types of sexual dysfunction, intersections with commonly prescribed medication, and an attempt to define an etiology for why individuals with ADHD may experience sexual dysfunction.

Stigma of Sexual Health and Activity in Older Adults

Erika Williams, MA

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Stigma of sexual health and activity has been pervasive across the lifespan. However, stigma in this area is particularly pervasive in older adults. With the increasing population of older adults, there is an increasing need for research and understanding of sexual health. Myths and false assumptions have negative effects for the sexual health of older adults. These include lack of STI diagnosing and the avoidance of discussing sexual health due to the assumption that older adults are not interested in sex. The purpose of the poster will be to provide an overall summary of current research of stigma and sexual health of older adults, challenge myths, and create goals for future research and treatment of sexual health with older adults.

What is Sex: What do You Think? Session II

Friday, April 8th

Now that we have heard from a variety of sExperts and explored topics relating to sexual identities, pleasure, sexual health, modes of sexual interaction, and more, how have our definitions of sex changed? Were there any surprises along the way? Session II of “*What of Sex: What do You Think?*” will allow us to reflect on what we have learned throughout the month of sExploration and how these discussions may have potentially challenged our preconceptions of sex broadly and even ourselves as sexual beings. **Moderator:** Nadine Kademoglou is a first-year Clinical PsyD student.

FURTHER READING

Sex Therapy for the 21st Century: Five Emerging Directions

APA Monitor 2019

<https://www.apa.org/monitor/2019/02/cover-ce-corner>

Sex and Covid-19: Frequently Asked Questions

National Coalition of STD Directors and NASTAD

<https://npin.cdc.gov/publication/sex-and-covid-19-frequently-asked-questions>

Intimacy, Sex, and COVID-19

Huma Farid, MD

<https://www.health.harvard.edu/blog/intimacy-sex-and-covid-19-2020041519550>

Making Kink COVID-19 Safe

David Ley, Ph.D.

<https://www.psychologytoday.com/us/blog/women-who-stray/202006/making-kink-covid-19-safe>

What is Virtual Sex? – Striking Vipers, Black Mirror S: 5, Ep: 1, Netflix

The Conversation Article, “Cybersex, Erotic Tech and Virtual Intimacy Are On the Rise During Covid-19”

<https://theconversation.com/cybersex-erotic-tech-and-virtual-intimacy-are-on-the-rise-during-covid-19-141769>

Gender and Sexuality in Autism, Explained

Spectrum News, September 2020

<https://www.spectrumnews.org/news/gender-and-sexuality-in-autism-explained/>

Introducing a Multidisciplinary Framework of Positive Sexuality

Williams, Thomas, Prior and Walters

Journal of Positive Sexuality 2015

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Sex Positivity and Counseling Psychology: An Introduction to the Major Contribution

Burnes, Singh and Witherspoon

The Counseling Psychologist 2017

<https://www.apa.org/education/ce/sex-positivity.pdf>

RESOURCES

American Association of Sexuality Educators, Counselors and Therapists www.aasect.org

Center on Halsted www.centeronhalsted.org

Community-Academic Consortium for Research on Alternative Sexualities www.caasresearch.org

The Alternative Sexualities Health Research Alliance www.tashra.org

Howard Brown Health www.howardbrown.org

The Kinsey Institute www.kinseyinstitute.org

National Coalition for Sexual Freedom www.ncfs.org



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Projects Advancing Sexual Diversity applies the practice of psychology to further the understanding and acceptance of diverse sexual and gender identities, practices and cultures. Utilizing innovative research and interventions, PASD also strives to create sustainable change in conditions impacting the welfare of sexual and gender minority individuals, families and communities.

www.ProjectsAdvancingSexualDiversity.org