

# Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education

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*Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education*  
Spring 2019, Vol. 1 No. 1, 1-68

## **Letter from the Editors** **Robert J. Zeglin & Jason Patton**

**1-2.** This issue is the inaugural issue of the *Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education (JCSSW)*, the official journal of the Association of Counseling Sexology & Sexual Wellness. We are very excited about this new resource in the counseling field that is dedicated to advancing the research related to human sexuality and sexual wellness, especially as it concerns the work of counselors and other helping professionals. This letter from the editors is designed to welcome readers to the journal, share a bit of the history of the journal, and to thank the many people and organizations that made *JCSSW* happen.

## **"It's Happiness and Relief and Release": Exploring Masturbation Among Bisexual and Queer Women** **Carolyn Meiller & Candice N. Hargons**

**3-13.** Researchers have argued that masturbation contributes to sexual health, yet historically, masturbation has been stigmatized (Coleman, 2003). Only a handful of qualitative studies have investigated masturbation (e.g., Fahs & Frank, 2014), and none of these studies have specifically examined queer women's masturbation. In the current study, ten bisexual and queer women (age 19-48; 4 Black, 6 White) were interviewed about their masturbation. Using thematic analysis (Braun & Clarke, 2006), six themes were identified: a) reasons for masturbating, b) politics of pornography, c) use of sex toys, d) feelings after masturbation, e) promoting masturbation, and f) silence around masturbation. Implications for sexual health and counseling are discussed.

## **Counseling the Kink Community: What Clinicians Need to Know** **Stephanie M. Yates & Anita A. Neuer-Colburn**

**14-22.** Recent media portrayals of Kink are prevalent, but not always culturally accurate and can perpetuate a stigma that impacts the therapeutic environment when working with Kink-oriented individuals. Misunderstanding the culture can increase prejudice, misdiagnosis, and maltreatment of Kink-oriented clients. The authors provide readers with an introductory primer on language used within the Kink culture, avoiding the pathology of cultural and personal preferences, and myths associated with Kink community practices. Implications for best practices are offered.

## **Consensual Qualitative Research of LGB Persons' Counseling Experiences Addressing Religious/Spiritual Foci** **Kristopher M. Goodrich & Melissa Luke**

**23-35.** This article reports a Consensual Qualitative Research (CQR) analysis of the experiences of 12 participants who identified as LGB and received counseling that addressed religious/spiritual foci. Participants identified two primary and intersecting themes including an increased sense of agency and locus of control, as well as increased cognitive flexibility. Additional subthemes included manifestation of agency and locus of control intrapersonally, interpersonally, and globally. Subthemes of cognitive flexibility were also identified intrapersonally, interpersonally, and globally. Implications are discussed for counseling, counselor education, and future research.

## **A Population at Risk: Counseling Sexual Minorities with a Serious Mental Illness** **Anthony Zazzarino & Corinne W. Bridges**

**36-47.** Sexual minorities are at a greater risk for experiencing a serious mental illness (SMI) compared to heterosexuals, and sexual minorities suffering from a SMI experience stigma and discrimination that leads to a greater need for counseling services. Current research does not address the needs of sexual minorities with a SMI and how to prepare counselors to work with this population, as most sexual minorities with a SMI find that counseling services do not meet their unique needs. The purpose of this transcendental phenomenological study, grounded in a Husserlian philosophical and minority stress model conceptual framework, was to explore the experiences and perceptions of counselors who provide counseling services to sexual minorities with a SMI. Data were collected from six participants using semistructured interviews and followed a thematic data analysis process, ensuring thematic saturation. The results of this study highlighted many themes regarding the unique needs of sexual minorities with a SMI such as multiple minority stressors, negative counseling experiences, and the impact of family, as well as counselors' perceptions regarding the lack of preparation in graduate school to work with sexual minorities with a SMI. Study findings may improve counselors' understanding of the needs of sexual minorities with a SMI so they may provide more effective counseling services. This study also highlights the importance of training counselors to work with

this population and may support the efforts of counselor educators.

**LGBTQ\* Responsive Sand Tray: Creative  
Arts and Counseling**  
Melissa Luke & Harvey C. Peters

**48-59.** This article builds upon a heuristic framework for sand tray in supervision, multicultural focus areas, and the supervisory roles of teacher, consultant, and counselor to propose a framework for LGBTQ\* responsive sand tray. This proposed framework provides supervisors with a creative arts-based structure to assist both counselors-in-training and practitioner supervisees in working with LGBTQ\* persons, in a way that is culturally responsive and affirming of their LGBTQ\* identity. This article provides a group supervision case example and discussion to highlight the enactment and process of utilizing the proposed creative-arts framework.

**Too Taboo?: Preliminary Explorations of Counselor  
Experiences of Client Sexuality**  
Molly R. Wilson

**60-68.** For many years, researchers and clinicians have discussed the weakness in the counseling profession surrounding education and training specific to sexuality. Previous research has largely focused on quantitative approaches to explore why client sexuality is a source of discomfort for counselors. This study sought to explore the qualitative experience of two counselors to begin filling in the gaps left by similar quantitative research. Through narrative interviews, themes related to avoidance of and motivators for discussing sexuality with clients were identified. Results from this research can help influence counselors in practice, counselor educators and future areas of sexuality counseling research.

**Submissions**

If you are interested in submitting your work to *JCSSW* for consideration for publication, you can locate our submission requirements at <https://digitalcommons.unf.edu/jcssw/styleguide.html>. The *JCSSW* editorial team is committed to ensuring an efficient review process and aims to communicate all initial decisions within 90 days of submission. Please also feel free to contact [Robert J. Zeglin](#) (Editor) or "[Jayce](#)" [Patton](#) (Associate Editor) with any questions.