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Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education
Spring 2021, Vol. 3 No. 1, 1–29

Sex is Not a Four-Letter Word: Sexuality Counseling Training for School Counselors Wynn N. Dupkoski, Viki Kelchner, & Ashley Haley

1-13. Although sexuality counseling training is not a requirement for Council for Accreditation of Counseling and Related Educational Programs (CACREP) accredited Counselor Education programs or for licensure in most states as a professional counselor, there is increasing dialogue taking place among professional counselors regarding the need for additional training in this area. The current article highlights techniques for incorporating and enhancing sexuality counseling training in Counselor Education programs based on the eight CACREP core competencies. After a review of the relevance of sexuality counseling within each area, with attention given to implications for school counselors.

Deconstructing Sexual Shame: Implications for Clinical Counselors and Counselor Educators Stacey D.A. Litam & Megan Speciale

14-24. Although clients often seek treatment for sexuality-related concerns, counselors may lack the competence, comfort, and skills to adequately address these issues. Counselors may address these treatment barriers by developing a sex-affirming counseling framework. The following article outlines the importance of deconstructing sexual shame within clinical counseling settings and provides specific strategies to enhance the sexual empowerment of clients.

insight into the lived experiences of clients while also providing practical and useful exercises and resources that are valuable regardless of a clinician's depth of experience. The book is highly recommended for inclusion in counseling and sexual wellness education at the master's and doctoral level.

Book Review: *The Psychology of Human Sexuality*, 2nd ed., by Justin J. Lehmiller Angel Renee Kalafatis-Russell

27-29. Sex education is important both to individuals and to overall public health outcomes. In the United States, sex education curriculum is not guided by any federal standards, meaning materials and approaches vary widely. Drawing inspiration and evidence from countries with successful sexuality education standards, we know that comprehensive, evidence-based methods are the most effective for improving health outcomes across myriad domains. Materials that are guided by this standard of empirical basis should be identified and used in conjunction with other tools for providing responsible and effective sex education. This is a review of one such undergraduate textbook: *The Psychology of Human Sexuality* (Lehmiller, 2018). Lehmiller's (2018) textbook is not only guided by a rigorous commitment to empirical basis and medical accuracy, but features an understanding of the roles of psychological, social, and cultural issues in sexual development and behavior that other sexuality textbooks lack. Additionally, the intentional tone of sex-positivity and attempts at inclusivity present in this textbook set it apart from its counterparts. Benefits and shortcomings to this approach are discussed.

TEXTBOOK REVIEWS

Book Review: *What Every Mental Health Professional Needs to Know About Sex*, 2nd ed., by Stephanie Buehler Laura R. Haddock

25-26. The ability to understand and address sexuality issues is a critical skill set for all mental health professionals. This comprehensive review of the second edition of *What Every Mental Health Professional Needs to Know About Sex* includes an overview of the contents with emphasis on the strengths and weaknesses of the text. Written by Stephanie Buehler, a licensed psychologist and AASECT certified sex therapist and supervisor, the contents are educational, promote increased self-awareness for the reader, and facilitate

Submissions

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