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*Journal of Counseling Sexology & Sexual Wellness: Research, Practice, and Education*  
Fall 2021, Vol. 3 No. 2, 30–93

## **Benefits of Sexting among Long-term Monogamous Romantic Partners**

**Jia Jian Tin, Victoria Williams, & Samuel Montano**

**30-38.** The team sought to investigate if sexting would predict an increase in sexual satisfaction among emerging adults (18-29 years old) in a long-term committed relationship (12 months or more). We also investigated if sexting could potentially have other benefits. A sample of 272 individuals completed the survey including a demographic questionnaire and a ten-question self-constructed scale measuring sexting behavior, sexual satisfaction, and higher agreement on certain sexual facts. Results indicate sexting predicted an increase in Sexual Satisfaction scores and Sexual Facts scores. These findings support past studies that indicate sexting between couples in a committed relationship was linked to improvement in sexual satisfaction. In addition, our results demonstrated sexting may have additional benefits beyond improving romantic relationships.

## **Mapping Sex Therapy Across the United States: An Exploratory Study**

**Frances L. McClain & Dylan M. Amlin**

**39-49.** The primary purpose of this study was to determine what someone who was interested in obtaining a provider for sex therapy would find if they simply searched for sex therapy using the Google search engine. The goal was to ascertain how someone might access providers in each state, what types of information someone seeking treatment for sexuality issues might find on provider websites, who is providing the services, what types of services are being provided, and whose services might appeal to given the content of the website. Once all of the data was compiled, the resulting data would include a listing of sex therapist providers in all 50 states. The researchers engaged in an online search for all 50 states and a target of a maximum of 10 providers were compiled from each state, however 28 states did not have the minimum of 10 providers. There were 1,007 clinicians identified in total. Of the identified clinicians, there were an almost equal number of social workers, marriage and family therapists, and licensed counselors. Of the sites identified, there were 264 private practices, 100 group practices, 6 clinics, 1 entirely telehealth practice, 2 training institutes, and 1 other. Only providers who had websites were included in the study. The study has implications for both educators and providers on several levels, including access to sex ther-

apy, professional competence and expertise in sexually related issues, questions related to sexual addiction, utilization of websites and technology, expansion of sex therapy to be more inclusive of sexual minorities and kink communities.

## **Sexuality and Disability in Rehabilitation Counseling Curricula: Rehabilitation Counselor Educators' Attitudes, Comfort, and Knowledge**

**Sharesa H. McCray, Tyra T. Whittaker, Jeff Wolfgang, Tammy Webb, & Glacial Ethridge**

**50-57. Purpose:** To examine the attitudes, knowledge, and comfort levels of rehabilitation counselor educators towards sexuality and disability, and to determine if significant differences exist within variables. **Method:** Data was collected from a sample of rehabilitation counselor educators (N=27) via an internet-based survey. The Knowledge, Comfort, Approach and Attitudes towards Sexuality Scale (KCAASS) and demographic questionnaire was disseminated to collect data. A MANOVA was conducted to examine if there was a relationship among the variables of attitudes, knowledge, comfort, age, gender, and ethnicity. **Results:** Results indicate educators having high comfort levels and positive attitudes towards sexuality and disability. The mean for knowledge was low, indicating a lower level of knowledge of sexuality and disability. Results indicate that there was no variance among the means of the categorical variables. The only variation that existed within the categorical variables was the gender of the participant. **Conclusion:** Further research is warranted to examine the specific needs of educators, students, and graduate programs, as well as exploring differences based upon institutional settings. Future qualitative research in sexuality and disability may also generate testimonials and theories from the perspective of students and educators in expressing their needs. The inclusion of human sexuality within various academic levels of rehabilitation education is warranted to increase competence of both students and educators.

## **Motivations, Expectations, Ideal Outcomes, and Satisfaction in Friends With Benefits Relationships Among Rural Youth**

**Amber Letcher, Jasmin Carmona, Kristine Ramsay-Seaner, & Meagan Scott Hoffman**

**58-69.** Characterized by repeated sexual contact with a known partner without the expectation of commitment,

friends with benefits relationships (FWBRs) are increasing among youth. Yet, less is known about the motivations for, or satisfaction in, FWBRs especially among youth from rural areas. Youth from rural communities reported on their experiences in FWBRs. Findings indicated that youths' major motivation for FWBRs was sexual satisfaction, although gender differences emerged. Sexual motivation was associated with relationship satisfaction. The majority of youth wanted to maintain their friendship following the FWBR, and most described the experience as satisfying. Implications and future directions are discussed.

### **Understanding Education in Sexuality Counseling from the Lens of Trainees: A Critical Examination and Call for Increased Attention and Training**

**Kelly Emelianchik-Key, Adriana Labarta, & Taylor Irvine**

**70-81.** Although sexuality counseling is an essential component in counselor education training, research demonstrates that counselors lack competence and willingness to explore sexuality issues with clients. Counselors must be ready to address sexuality issues to provide comprehensive and culturally competent care. Sexuality counseling education needs further exploration to inform future training and educational standards. This qualitative study uses thematic analysis to examine 524 reflective journals of counselors-in-training (CIT) engaged in a sexuality counseling course to inform future education, training, and clinical practice standards in this area. This study revealed themes reflecting common ways CIT matured personally and professionally through sexuality counseling education and identified critical factors and barriers that enhanced and hindered learning outcomes.

### **The Gender Freedom Model: A Framework for Helping Transgender, Non-Binary, and Gender Questioning Clients Transition With More Ease**

**Rae McDaniel & Laurel Meng**

**82-93.** Transgender/non-binary experiences and identities are often represented in academic literature through narratives of distress and are often pathologized through a medical lens. This holds implications for the field of psychotherapy, as interventions aimed to support transgender/non-binary individuals often focus solely on risk mitigation. This article presents a therapeutic framework that rests on three pillars—Play, Pleasure, and Possibility—as the focal points for reimagining work with transgender/non-binary clients. This model aims to help this population explore gender transition with more ease through building practical skills, cultivating personal and collective pride, and centering pleasure equity.

#### **Submissions**

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