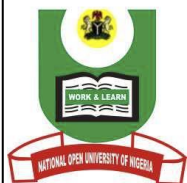


**COURSE
GUIDE**

**EGC 815
SEX AND FAMILY COUNSELLING**

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Introduction

EGC 815: Sex and Family Counselling is a one semester, two credit unit course. It is a course for Master's degree students offering Guidance and Counselling in the Faculty of Education. It is also suitable for any student seeking an understanding of the role of sex in marriage and how counselling could be used to help members of a family both young and old live in harmony with themselves and with one another. It is also useful for those who want to acquire knowledge and skills in handling children and adolescents and helping them overcome some problematic situations.

The Course

This course is made up of three modules; each module contains five units making it fifteen units in all. The units are, the concepts of sex and sexuality, human reproductive system, sexual health, sexual dysfunction, sex therapies, introduction to premarital counselling, issues to discuss in premarital counselling, premarital counselling strategies, the family and counselling, history and theoretical frameworks of family counselling, effective family counselling, family counselling strategies/therapies, the need for counselling children, preparing for counselling children, goals for counselling children, the counselling process, counselling children with special needs, adolescent counselling and strategies for counselling adolescents..

This Course Guide is a window into the course because it tells you briefly what the course is about, what course materials you will be using and how you can work your way through the materials. It suggests some general guidelines for the amount of time you should spend on each study unit of the course in order to complete it successfully. It also gives you some guidance on your tutor marked assignments (TMAs). Detailed information on TMAs is similarly made available. There are regular tutorial classes that are linked to the course. Though tutorial classes are not compulsory, but you are advised to attend these sessions.

What you will learn in this course

This course material on sex and family counselling will help you understand the meaning of sex and sexuality, the human reproductive system, and the role of sex in marriage. It also provides in-depth knowledge on the importance of premarital counselling and the skills required to counsel intending couples. It will take you through a process of acquiring knowledge and skills to help families overcome their difficulties and live in harmony. This course material also provides detailed account and mechanisms and strategies of counselling children and adolescents with various difficulties and needs. As you go through

the study material, you will learn important skills and acquire knowledge that can be applied in counselling intending couples, families and young people.

Course Aims

The aim of this course is to introduce students to the concept of sex and sexuality, the human reproductive system, sexual health and the role of sex in marriage. The course also aims to provide practical guide to counsellors-in-training on how to counsel intending couples, families, children and young people.

Course Objectives

In order to achieve the aims of this course, some overall objectives must be considered. In addition, each study unit also has specific objectives. The study unit objectives are always included at the beginning of a study unit. You should read them before you start working through the study unit. You may refer to the objectives as you go through each unit to check on your progress. You should always look at the study unit objectives after completing a study unit. In this way you can be sure that you have what was required of you by the study unit. Set out below are the wider objectives of the course as a whole. By meeting these objectives, you should have achieved the aims of the course. On successful completion of the course, you should be able to:

1. Differentiate between sex and sexuality.
2. Draw, label and explain the human reproductive system.
3. Discuss the human sexual cycle.
4. Enumerate the indices of sexual health and sexual abnormalities and diseases.
5. Describe some sexual therapies
6. Explain what premarital counselling entails.
7. Mention and explain some of the topics discussed during premarital counselling.
8. Master and explain premarital counselling strategies.
9. Explain the importance of family counselling.
10. Mention and discuss some family counselling strategies.
11. Explain the need for counselling children.
12. Explain the goals and strategies of counselling children and young people.
13. Discuss the various needs of children and how counselling can help.
14. Discuss the various strategies for counselling children and adolescents.

15. Explain the necessary preparations that counsellors need to make before counselling children.

Working through this Course

To complete this course, you are required to read the study units and recommended texts. Each study unit contains a self-assessment exercise and, at some points in the course, you are required to submit assignments for assessment purpose. At the end of this course is a final examination. Stated below are the components of the course and what you are expected to do.

Course Materials

The major components of this course are:

Course Guide

Study Units

Textbooks and other Reference Sources

Presentation Schedule

In addition, you must obtain the text materials. Please, contact your tutor if you have problems in obtaining the required materials.

Study Units

There are fifteen (15) study units in this course as follows:

Module 1

Unit 1	The Concepts of Sex and Sexuality
Unit 2	Human Reproductive System
Unit 3	Sexual Health
Unit 4	Sexual Dysfunction
Unit 5	Sex Therapies

Module 2

Unit 1	Introduction to Premarital Counselling
Unit 2	Issues to discuss in Premarital Counselling
Unit 3	Pre- Marital Counselling Strategies/Therapies
Unit 4	Family Counselling
Unit 5	Family Counselling Strategies/Therapies

Module 3

Unit 1	Counselling Children
Unit 2	The Counselling Process/Strategies/Therapies
Unit 3	Counselling Children with Special
Unit 4	Counselling Adolescents
Unit 5	The counselling Process/Strategies/Therapies

Assessment

There are two aspects of the assessment of this course; the tutor marked assignment and the written examination. The marks you obtain in these two areas will make up your final marks. The assignment is online and must be completed in accordance with the deadline stated in the presentation schedule and the Assignment file. The tutor marked assessment will count for 30% of your total score.

Tutor Marked Assignment (TMAs)

There are self-assessment exercises at the end of each unit of this course. They are for your practice. You do not need to submit them, The Tutor marked assignments that will be graded will be sent to your portals at a stipulated time. The best three of what you have submitted will be recorded. Each assignment counts for 10 marks but on the average when the assignments are put together, the assignments will count 30% towards your course mark. You will be able to complete your assignments from the information and materials contained in the academic calendar. However, it is important for you to demonstrate that you have a very broad and in-depth knowledge of the subject matter.

When each assignment is completed, you must send it online. Ensure that each assignment gets to your tutor on or before the deadline given in the Academic calendar. If, for any reason, you cannot complete your work on time, contact your tutor before the assignment date is due to discuss the date unless there are exceptional circumstances warranting such.

Final Examination and Grading

The final examination for EGC815, Sex and Family Counselling will be of two hours' duration and have a 70% of the total course grade. The examination will consist of questions which reflect the practice exercises and tutor-marked assignments you have previously encountered. You may find it useful to review your tutor-marked assignments and the comment(s) on them before the examination. The final examination covers information from all aspects of the course.

Course Marking Structure

The following table lays out how the actual course mark allocation is broken down.

Table 1: Course Marking Structure

Stages of Assessment	Percentage of Scores
Assessments	30%
Final Examination	70%
Total	100%

Presentation Schedule

The dates for submission of all assignments will be communicated to you. You will also be told the date of completing units and dates for examinations.

Course Overview

Each unit should be studied for one week and the assignments completed. So students should finish the course in 17 weeks.

How to get the most from this Course

You will be required to study the units on your own. But arrangements have been made for you to meet with your tutor for tutorials on regular basis in the study centre. Also, you can organize interactive sessions with your course mates. In distance learning, the study units replace the university lecturer. This is one of the great advantages of distance learning; you can read and work through specially designed study materials at your own pace, and at a time and place that suits you best. Therefore, it is reading the lecture instead of listening to the lecturer. In the same way, lecturer might give you some readings to do, the study units tell you when to read and the text materials or set books to read. You are provided exercises to do at appropriate points, just as a lecturer might give you an in-class exercise. Each of the study units follows common formats. The first item is an introduction to the subject matter of the unit and how a particular unit integrated with the other units and the course as a whole. Next to this, are set of learning objectives. These objectives let you know what you should be able to do by the time you have completed the unit. These learning objectives are meant to guide your study. The moment a unit is finished you must go back and check whether you have achieved the objectives or not. If this is made a habit, then you will significantly improve your chances of passing the course.

The main body of the unit guides you through the required reading from other sources. This will usually be either from your textbooks or books or from a reading section. The following is a practical strategy for working through the course. If you run into any trouble, telephone your tutor or visit the study centre. Remember that your tutor's job is to help you. When you need assistance, do not hesitate to call and ask your tutor to provide it.

1. **Read this Course Guide thoroughly, it is your first assignment.**
2. **Organize a Study Schedule.** Design a 'Course Overview' to guide you through the Course. Note the time you are expected to spend on each unit and how the assignments relate to the units. Important information, e.g. details of your tutorials and the date of the first day of the Semester is available from the study centre. You need to gather all the information into one place, such as your diary or a wall calendar.
3. **Once you have created your own study schedule, do everything to stay faithful to it.** The major reason why students fail is that they get behind with their course work. If you get into difficulties with your schedule, please, let your tutor know to provide help or assistance before it is too late.
4. **Turn on Unit 1, and read the introduction and the objectives for the unit.**
5. **Assemble the study materials.** You will need textbooks and other learning materials for the units you are studying at any point in time.
6. **Work through the unit.** As you work through the unit, you will know what sources to consult for further information.
7. **Before the relevant due dates (about 4 weeks before the due dates), check the Assignment File for your next required assignment.** Keep in mind that you will learn a lot by doing the assignments carefully. They have been designed to help you meet the objectives of the course and, therefore, will help you score a good grade in the examination. Submit all assignments not later than the due date.
8. **Review the objectives of each study unit to confirm that you have achieved them.** If you feel unsure about any of the objectives, review the study materials or consult your tutor.
9. **When you are confident that you have achieved a unit's objectives, you can start on the next unit.** Proceed unit by unit through the course and try to pace your study so that you keep yourself on schedule.
10. **When you have submitted an assignment to your tutor for marking, do not wait for its return before starting on the next unit.** Keep to your schedule. When the Assignment is returned,

pay particular attention to your tutor's comments, both on the tutor-market assignment form and also the written comments on the ordinary assignments.

11. **After completing the last unit, review the course and prepare yourself for the final examination.** Check that you have achieved the unit objectives (listed at the beginning of each unit) and the course objectives (listed in the Course Guide).

Tutors and Tutorials

There are 8 hours of tutorials and Instructional videos provided in support of this course. Information relating to the tutorials will be provided at the appropriate time. Your tutor will mark and pass comment(s) on your assignments, keep a close watch on your progress and report to the appropriate quarter, any difficulty you may encounter so that assistance can be provided to you during this course. You must take your tutor-marked assignments to the study centre well before the due date (at least two working days are required). They will be marked by your tutor and returned to you as soon as possible.

Do not hesitate to contact your tutor if you need help. Contact your tutor if you are encountering difficulties on any of the following:

- You do not understand any part of the study units or the assigned readings;
- You have difficulties with the exercises;
- You have a question or problem with the assignment,
- You have a question or problem with your tutor's comments on an assignment or with the grading of an assignment.

You should try your best to attend the tutorials. This is the only chance you have to meet your tutor face-to-face to ask questions which are answered instantly. You can raise any problem encountered in the course of your study with your tutors when you met face-to-face. To gain the maximum benefit from the course tutorials, prepare a question list before meeting your tutors face-to-face. You will learn a lot from participating in discussing actively.

I wish you success with the course and hope that you will find it both interesting and useful.

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MODULE 1 Sex and Sexuality

Unit 1	The Concepts of Sex and Sexuality
Unit 2	Human Reproductive System
Unit 3	Sexual Health,
Unit 4	Sexual Dysfunction
Unit 5	Sex Therapies

Unit 1 The Concepts of Sex and Sexuality**Unit Structure**

- 1.1 Introduction
- 1.2 Learning Outcomes
- 1.3 Main Contents
 - 1.3.1 Gender and Sex
 - 1.3.2 Sexuality
 - 1.3.3 Gender Differences in Mating and Sexual Behaviour
- 1.4 Sexual Orientation
- 1.5 Biological and psychological aspects of sexuality
- 1.6 Summary
- 1.7 References/Further readings/Web Sources
- 1.8 Possible Answers to Self-Assessment Exercises

**1.1 Introduction**

Have you ever wondered what men and women are like? What psychological characteristics distinguish men and women? Are women strong, caring and wise? Are they less aggressive and independent than men? A great anthropologist, Margaret Mead answered these questions about women and men by saying that the answers depend on their culture. She said that women and men behave the way they have been shaped by their culture. Not everyone shares this view, however, so this unit discusses the two topics that are often referred to by the same name-sex: (a) the gender of a person-male or female and (b) sexual behaviour. Much of who you are and what you do is related to your gender and sexuality. Your experiences as a young boy or girl, the expectations that you learned from society of what it means to be a woman or a man, and how you view the sexual aspects of yourself are central to your total being.

We will also discuss gender identity, gender roles, and sexual orientation. The ways in which we view our gender and our sexual orientation are a product of both biological and psychological factors.

These factors result in some differences between men and women in different cultures, but we will find that women and men are more similar in psychological terms than they are different.



1.2 Learning Outcomes

At the end of this unit, you will be able to:

- Define sex, sexuality and sexual orientation
- State the differences between male and female sexual behaviours
- Explain the biological and psychological aspects of sexuality



1.3 Main Content

1.3.1 Gender and Sex

Sex and sexuality have been discussed throughout history in philosophy, literature and the arts, but the scientific study of sex and gender is a relatively new field. The first scientific discussions of sexuality date back only to the early 1900s, and it was only in the 1940s that Kinsey conducted the first objective surveys of sexual behavior.

A person's sex is defined by his or her male or female genitals. Gender, in contrast is the psychological experiences of one's sex (Gentile, 1993). In most cases, a person's sex and gender are the same, but not always. It is possible for persons with male genitals to feel that their gender is female and vice versa.

It will help advance our discussion to distinguish between two important aspects of gender, gender identity and gender roles. Gender identity is the subjective experience of being a male or a female. As is true for all aspects of personal identity, gender identity is a part of our personalities and central component of our self concepts. Gender role on the other hand, refers to all of the behavior that communicate to others the degree to which we are "masculine" or "feminine" in the terms defined by our culture (Mone 1987, 1988). Thus, your gender role is the outward behavioral expression of your gender identity. Gender roles vary from culture to culture and provide a set of expectations of persons on the basis of their sex.

1.3.2 Sexuality

The term **sexuality** refers to the behaviors in which we engage to obtain sexual pleasure and to all of the feelings and beliefs that are interwoven

with sexual behavior. One aspect of our psychological selves that is very much a part of both our sexuality and our gender identity is sexual orientation, our tendency to prefer romantic and sexual partners of the same or different sex.

1.3.3 Gender Differences in Mating and Sexual Behaviour

Many studies conducted in many cultures indicate that women and men differ in ways related to sexual behavior and the selection of a mate (Bjorklund and Shackelford, 1999; Buss, 1995, 1999; Eagly and Wood, 1999). Men tend to prefer a mate who is younger and physically attractive but who has good housekeeping skills. On the average, they are sexually jealous and controlling of their partners but are more likely to feel comfortable with the idea of casual sex for themselves. Women, in contrast, tend to prefer mates who are somewhat older and who have good character.

1.4 Sexual Orientation

Close your eyes and imagine the perfect partner for you for a romantic and sexual relationship. The gender of the person that you imagine reveals a great deal about your sexual orientation. Persons who are sexually attracted to members of the opposite sex are termed heterosexual. In contrast, persons who are attracted to members of the same sex have a homosexual orientation. Most homosexual men use the term gay, whereas most homosexual women use the term lesbian. Other people are attracted to varying extents to both members of their same sex and members of the opposite sex. When this is the case, the sexual orientation is termed bisexual

Self-Assessment Exercises 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 6 minutes.

1. Explain the following terms: sex, sexuality and sexual orientation
2. Males and females differ in their sexual behaviours, Discuss

1.5 Biological and Psychological Aspects of Sexuality

Sexuality is a topic that is full of both interest and emotion for most people. It plays a pivotal role in many intimate relationships; is the subject of intense moral debates, and is plagued by misinformation more than perhaps any other natural aspects of human life. The emotional nature of sexuality may be evident to you now as you read this aspect. Are you approaching the topic of sexuality in the same dispassionate manner that you read about thirst or memory? In this section, we will

briefly discuss sexuality in scientific terms, and will contrast the sexual motive to other motives.

Images and themes of sexuality appear in art and literature reaching as far back as the earliest civilizations, but the scientific study of sexuality has only recently emerged. Two European physicians working at the turn of the twentieth century were at the forefront of early studies of sexuality. Richard Von Krafft Ebing (1840 -1902), a Viennese neurologist, extensively studied variations and derivations in human sexual behavior. However, Krafft-Ebing's view of sexuality was mostly negative and his work filled with misconception. For example, Krafft-Ebing believed that masturbation caused all sexual deviations and was at the root of sexual problems. Today we know that this basic premise of Krafft-Ebing's views of sexuality is false.

A second major figure in the study of human sexuality was Henry Havelock Ellis (1859-1939). An English physician, Ellis was the first to discuss extensively the role of social and cultural influences in shaping human sexual behavior and one of the first scholars to study homosexuality. He also stated for the first time that men and women experience similar sexual desires and that psychological problems such as anxiety and depression can influence physical sexual functioning.

Subsequent to the many published volumes of research by Krafft-Ebing and by Ellies in the early part of the century, there was surprisingly little scientific study of human sexuality for many years. In many ways, the scientific world was not yet prepared to discuss human sexuality objectively. A major turning point in the study of sexuality occurred, however, in the 1940s with the work of Alfred C. Kinsey (1894 - 1956). Kinsey became interested in human sexual behavior when he was made aware of the extremely limited amount of scientific information available on this topic. He conducted large surveys that allowed him to describe many aspects of human sexuality, including the broad range of sexual activities (Kinsey; Pomeroy and Martin, 1948; Kinsey, Pomeroy, Martin and Gebhard, 1953). His methods seem weak today, but he opened the door to better research that would follow.

Other modern pioneers in the study of sexual behavior include John Money of Johns Hopkins University. Money is best known for his studies in sexual development and his classic research of gender roles, a term that he first coined (Money, 1955). Also of great importance was the work of William Masters and Virginia Johnson. They conducted groundbreaking laboratory studies of volunteers who were observed during the sexual response cycle from the initial excitement to the moment of orgasm, while Masters and Johnson measured the physiological changes that accompany the sexual behavior. Masters and Johnson's two most important books, *Human Sexual Response* (1966)

and Human Sexual Inadequacy (1970), helped form the basis for our understanding of human sexual functioning and sexual problems and stood as the foundation for sex therapy.

Self-Assessment Exercises 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 4 minutes.

1. Differentiate between the biological and psychological aspects of sexuality



1.6 Summary

In this unit, we had a detailed look at the psychological aspects of being a male or female. We also looked at the development of the identity and behaviours associated with gender and at the similarities and differences between women and men. We also looked at the related topic of sexual orientation- the gender to whom a person is drawn romantically and sexually.



1.7 References/Further Readings/Web Sources

Eden, K.J., & Wylie, K. R. (2009). "Quality of Sexual Life and Menopause" *Women's Health*, 5(4), 385 -396.

Masters, W.H. & Johnson, V. E. (1970). *Human Sexual Inadequacy*. Boston: Little, Brown & Co.

1.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

1. Explain the following terms: sex, sexuality and sexual orientation

Sex has to do with defining a person by his or her male or female genitals

Sexuality refers to the behaviors in which we engage to obtain sexual pleasure and to all of the feelings and beliefs that are interwoven with sexual behavior.

Sexual Orientation means the gender of the person that you consider a perfect partner for you for a romantic and sexual relationship.

2. Males and females differ in their sexual behaviours, Discuss

Both biological and psychological factors result in some differences between men and women's sexual behaviours in different cultures, but basically, women and men are more similar in psychological terms than they are different. They also experience similar sexual desires.

Self-Assessment Exercises 2

Differentiate between the biological and psychological aspects of sexuality

The ways in which we view our gender and our sexual orientation are a product of both biological and psychological factors. These factors result in some differences between men and women in different cultures. Psychological problems such as anxiety and depression can also influence physical sexual functioning.

UNIT 2 Human Reproductive System

Unit Structure

- 2.1 Introduction
- 2.2 Learning Outcomes
- 2.3 Main Contents
 - 2.3.1 Sexual Anatomy and Functioning
 - 2.3.2 The Female Sexual Anatomy and Functioning
 - 2.3.3 The Male Sexual Anatomy and Functioning
- 2.4 The Sexual Response Cycle
 - 2.4.1 Excitement Phase
 - 2.4.2 Plateau Phase
 - 2.4.3 Orgasmic Phase
 - 2.4.4 Resolution Phase
- 2.5 Conclusion
- 2.6 Summary
- 2.7 References/Further readings/Web Sources
- 2.8 Possible Answers to Self-Assessment Exercises



2.1 Introduction

In this unit, we will look at the sexual anatomy of men and women and how they are designed for sexual intercourse and reproduction. We will also describe the sexual response cycles of men and women which is made up of four phases namely the excitement, the plateau, the orgasmic and the resolution phases.



2.2 Learning Outcomes

At the end of this unit, you should be able to:

- Draw and describe the human sexual anatomy
- Explain the functions of the sex organs
- Explain the sexual response cycle



2.3 Main content

2.3.1 Sexual Anatomy and Functioning

The major structures of the sexual anatomy of females and males are presented below.

2.3.2 The Female Sexual Anatomy and Functioning

The uterus is a pear shaped, muscular structure that carries the foetus during pregnancy. After conception, the fertilized egg implants itself in the wall of the uterus, where it grows and develops during gestation. Except during pregnancy, it is this inner lining of the uterus that is shed during the menstrual cycle approximately every 28 days.

The ovaries are the two structures that produce estrogen and other hormones and produce ova, or egg for reproduction. The fallopian tubes branch off from the top of the uterus, extending near, although not quite touching, the ovaries. The fallopian tubes form a passage in which ova are transported from the ovaries to the uterus. At the bottom of the uterus is the cervix, which is the neck of the uterus that is connected to the vagina. It is through the cervix that menstrual flow is discharged and through which the newborn is passed into the birth canal during delivery.

The female external genitals consist of a set of structures collectively referred to as the vulva, made up of the mons, labia majora, labia minora, and the clitoris. The mons, a fleshy mound of tissue that sits at the top of the vulva, is the upper area covered with public hair. The labia majora, or large lips of the vulva, are the outer vaginal lips that surround the inner lips, or labia minora. The two labia provide folds that cover the opening of the vagina and are a sensitive source of pleasure during sexual stimulation. The folds of the labia minora converge at the top of the vagina to form a hood for the clitoris, which is the structure at the upper part of the vagina that is most highly responsive to sexual stimulation. The labia and clitoris both play critical roles in female sexual response.

Figure 1: Major Structures of the Female Sexual Anatomy.

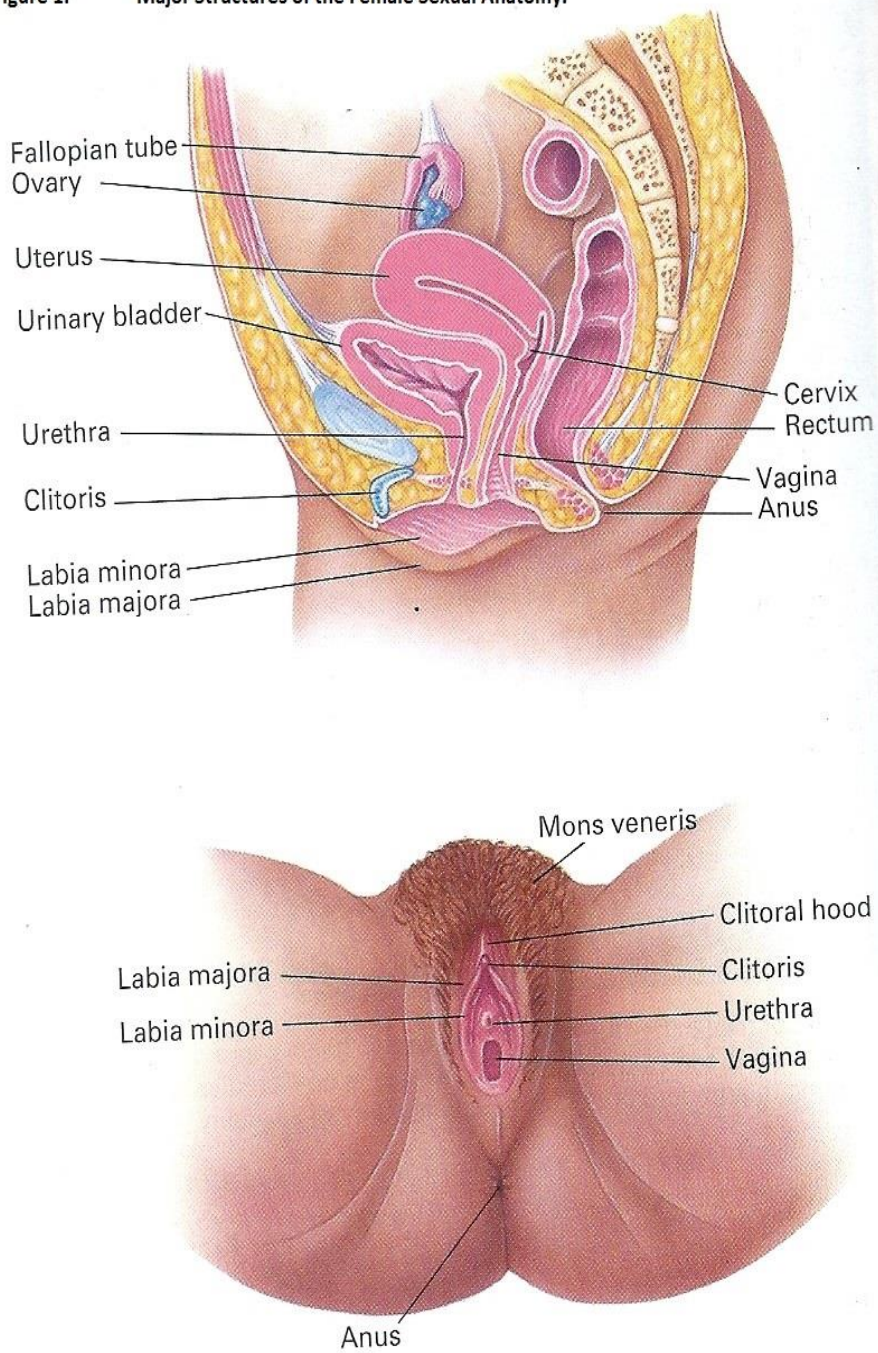
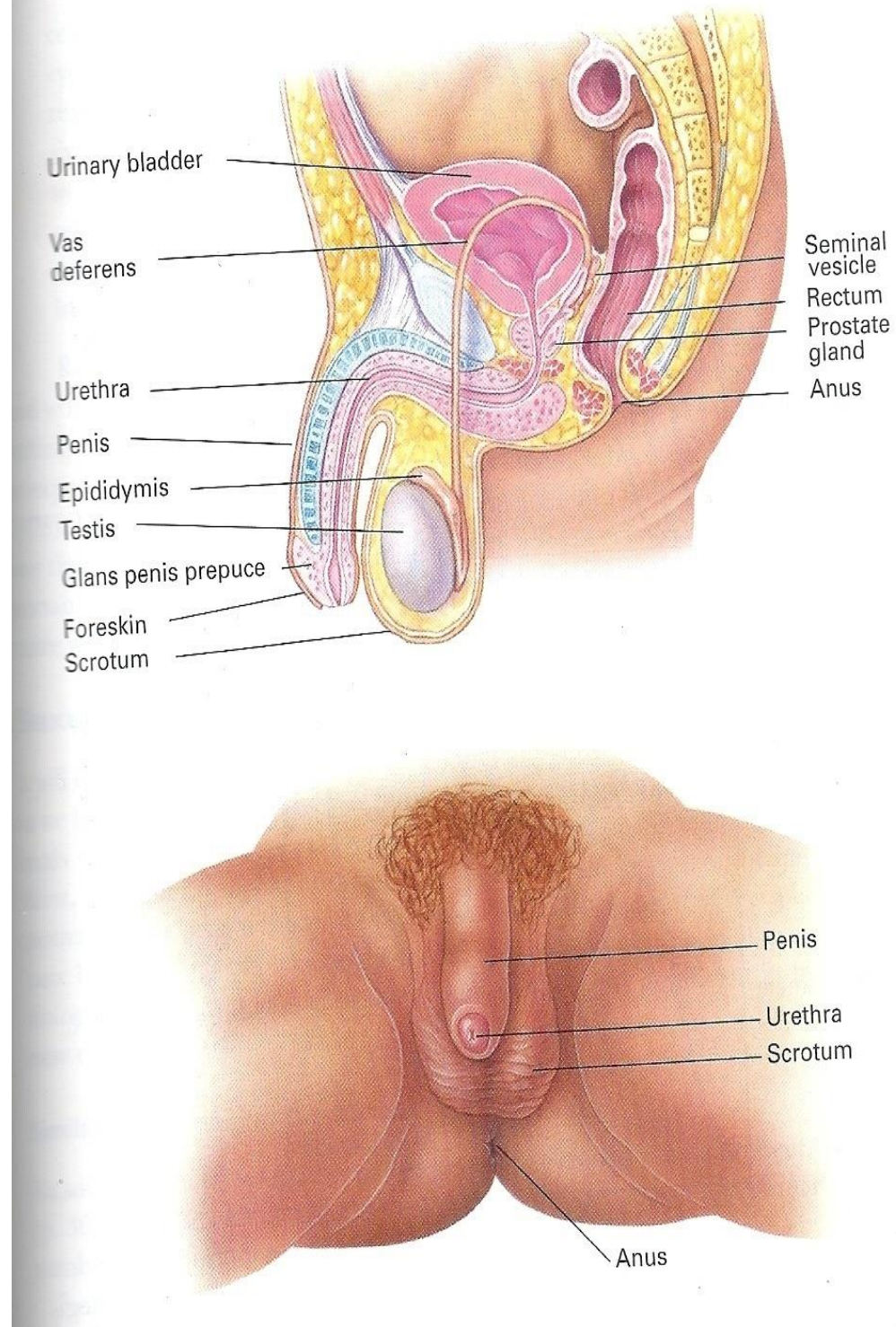


Figure 2: Major Structures of the Male Sexual Anatomy.



Culled from the work of Benjamin B. Lahey. Pg 432-433.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 5 minutes.

1. Draw and label the male and female sexual anatomy

2.3.3 The Male Sexual Anatomy and Functioning

The male reproductive system consists of the testes (testicles) and a related system of tubes and glands. Like the ovaries, the testes produce both hormones and reproductive cells. The male reproductive cells are the sperm, which carry the father's genetic information for conception. The testes are suspended below the abdomen away from the heat of the body because sperm are only produced at a temperature slightly lower than the 98.6° temperature of the rest of the body. Extending from each testicle is the epididymis, which holds mature sperm cells after they have been produced in the testes and connects with the vas deferens. The vas deferens is the tube that carries sperm from the epididymis towards the outside of the body. The sperm cells are carried in a fluid called semen, which is produced by the prostate gland and seminal vesicle.

The external genitals of the male and female are structured to allow sexual intercourse. The external male genitals consist of the penis and scrotum. The penis is a tubular structure filled with three spongy tubes that fill with blood during sexual response. It is the filling of the penis with blood that causes it to become stiff and erect during sexual arousal. The scrotum is a loose skin structure that extends behind the penis and supports the testes. The scrotum responds to change in temperature, contracting when cold and relaxing when warm, to ensure that the testes remain at a temperature optimal for sperm production.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What are the functions of the male and female sex organs?

2.4 The Sexual Response Cycle

The response of humans to sexual stimuli involves a predictable biological response known as the sexual response cycle. Although there are substantial similarities between the sexual response cycles of women and men, there are some important differences. Masters and Johnson (1966) describe four stages of the sexual response cycle.

2.4.1 Excitement phase

Both women and men show an initial increase in physiological arousal, called the excitement phase. This may begin from visual stimulation, physical contact, odors, fantasies, and the like. Blood flows to the penis and the vagina, erection and lubrication occur, the nipples become erect, the heart beats faster, blood pressure rises, and the body become aroused in other ways.

2.4.2 Plateau phase

If the sexual stimulation is intense enough, sexual arousal builds quickly to the plateau phase, which is characterized by high levels of arousal that are sustained for periods ranging from seconds to many minutes. The degree of sexual pleasure is very high, but not yet at a maximum.

2.4.3 Orgasmic phase

With sufficient stimulation, and under the proper psychological circumstances, the individual usually progresses to the reflexive stage of orgasm. A peak of physical arousal and pleasure is reached. Breathing is rapid, blood pressure and heartbeat reach high levels, the skin flushes, and the individuals partially loses muscular control for a brief time and experiences involuntary spasms of many muscle groups. There is little variability in the orgasmic phase of men, but much more variation in the orgasms of women. Three common patterns of female orgasmic response have been distinguished (Masters and Johnson, 1966). Some women reach a single brief and intense orgasm, like that of men. Other women, depending on the circumstance, experience multiple intense orgasmic peaks. Other women experience a large number of smaller peaks of orgasm.

2.4.4 Resolution phase

Following orgasm, the body's level of physical arousal rapidly declines in the resolution phase. Within a few minutes, body returns to a condition much like its original state prior to the beginning of the response cycle, although heightened relaxation and tiredness are common. In males, the resolution phase is accompanied by a period of time when the male is unresponsive to further sexual stimulation, termed the refractory period. Although women briefly may be too sensitive to enjoy further sexual stimulation during the resolution phase, with individual preferences determining her interest in further stimulation, there is no refractory period in which women are physically incapable of resumed sexual arousal.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Describe the sexual response cycles of men and women.
2. How do they differ?



2.6 Summary

In this unit, we have looked at the sexual anatomy of men and women and how they are designed for sexual intercourse and reproduction. We also described the sexual response cycles of men and women. The anatomy of both male and females is constructed to provide the most efficient means of copulation and reproduction. Sexual functioning, referred to as the sexual response cycle, is similar for male and females, with the primary differences being that men have a refractory period that requires a regeneration of energy between response cycles and women do not have such a refractory period, increasing the potential for repeated orgasms. The differences between men and women in terms of sexual response, however, are far less than once believed.



2.7 References/Further Readings/Web Sources

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2.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

Draw and label the male and female sexual anatomy

See pages 23 & 24 of this course Material for the drawings.

Self-Assessment Exercise 2

What are the functions of the male and female sex organs?

The Female Sexual Anatomy and Functioning

The uterus is a pear shaped muscular structure that carries the fetus during pregnancy. The ovaries produce estrogen and other hormones and produce ova, or egg for reproduction. The fallopian tubes form a passage in which ova are transported from the ovaries to the uterus. The cervix is the opening at the end of the uterus through which menstrual flow is discharged and the newborn is passed into the birth canal during delivery.

The female external genitals consist of a set of structures collectively referred to as the vulva, made up of the mons, labia majora, labia minora, and the clitoris. The mons, a fleshy mound of tissue that sits at the top of the vulva, is the upper area covered with public hair. The labia majora, or large lips of the vulva, are the outer vaginal lips that surround the inner lips, or labia minora. The two labia provide folds that cover the opening of the vagina and are a sensitive source of pleasure during sexual stimulation. The folds of the labia minora converge at the top of the vagina to form a hood for the clitoris, which is the structure at the upper part of the vagina that is most highly responsive to sexual stimulation. The labia and clitoris both play critical roles in female sexual response.

The Male Sexual Anatomy and Functioning

The male reproductive system consists of the testes (testicles) and a related system of tubes and glands. The testes produce both hormones and reproductive cells. The male reproductive cells are the sperm, which carry the father's genetic information for conception. Extending from each testicle is the epididymis, which holds mature sperm cells after they have been produced in the testes and connects with the vas deferens. The vas deferens is the tube that carries sperm from the epididymis towards the outside of the body. The sperm cells are carried

in a fluid called semen, which is produced by the prostate gland and seminal vesicle.

The external male genitals consist of the penis and scrotum. The penis is a tubular structure filled with three spongy tubes that fill with blood during sexual response. The scrotum is a loose skin structure that extends behind the penis and supports the testes.

The external genitals of the male and female are structured to allow sexual intercourse.

Self-Assessment Exercise 3

1. Describe the sexual response cycles of men and women.
2. How do they differ?

The Sexual Response Cycle

The response of humans to sexual stimuli involves a predictable biological response known as the sexual response cycle. Masters and Johnson (1966) describe four stages of the sexual response cycle.

Excitement phase: Both women and men show an initial increase in physiological arousal, called the excitement phase. This may begin from visual stimulation, physical contact, odors, fantasies, and the like. Blood flows to the penis and the vagina, erection and lubrication occur, the nipples become erect, the heart beats faster, blood pressure rises, and the body becomes aroused in other ways.

Plateau phase: If the sexual stimulation is intense enough, sexual arousal builds quickly to the plateau phase, which is characterized by high levels of arousal that are sustained for periods ranging from seconds to many minutes.

Orgasmic phase: With sufficient stimulation, and under the proper psychological circumstances, the individual usually progresses to the reflexive stage of orgasm. A peak of physical arousal and pleasure is reached. Breathing is rapid, blood pressure and heartbeat reach high levels, the skin flushes, and the individuals partially loses muscular control for a brief time and experiences involuntary spasms of many muscle groups.

Resolution phase: Following orgasm, the body's level of physical arousal rapidly declines in the resolution phase. Within a few minutes, body returns to a condition much like its original state prior to the beginning of the response cycle.

2 How they differ

There are substantial similarities between the sexual response cycles of women and men, although there are some important differences. There is little variability in the orgasmic phase of men, but much more variation in the orgasms of women. Three common patterns of female orgasmic response have been distinguished (Masters and Johnson, 1966). Some women reach a single brief and intense orgasm, like that of men. Other women, depending on the circumstance, experience multiple intense orgasmic peaks. Other women experience a large number of smaller peaks of orgasm.

In males, the resolution phase is accompanied by a period of time when the male is unresponsive to further sexual stimulation, termed the refractory period. There is no refractory period in which women are physically incapable of resumed sexual arousal.

Unit 3 Sexual Health

Unit Structure

- 3.1 Introduction
- 3.2 Learning Outcomes
- 3.3 Main Contents
 - 3.3.1 Sexual Motivation
- 3.4 Similarity to other primary motives
- 3.5 Differences from other primary motives
- 3.6 Summary
- 3.7 References/Further readings/Web Sources
- 3.8 Possible Answers to Self-Assessment Exercises



3.1 Introduction

This unit will look at sexual motivation, a drive that is very essential to the survival of the species. We will also look at how the sexual drive is similar to other primary motives as well as how it differs from some others.



3.2 Learning Outcomes

By the end of this unit, you should be able to:

- Explain the term, sexual motivation
- State the similarities between the sexual drive and other primary motives
- Differentiate between the sexual motive and other primary motives.



3.3 Main Contents

3.3.1 Sexual Motivation

What is sexual Motivation? Sexual Motivation, also known as sex drive, is the impulse to gratify sexual needs, either through direct sexual activity or through apparently unrelated activities (sublimation). It will come as no surprise to you to learn that human beings have a sexual motive, much as we have motives for hunger or thirst. Without a sexual motive, humans and other animals that depend on sexual reproduction would soon be extinct. Whereas hunger, thirst, and other primary

motives are necessary for the survival of the individual, sexual motivation is a primary motive that is essential to the survival of the species.

The same basic biological mechanisms are involved in sexual motivation in all mammals, but the biological controls that govern sexual behavior are less significant in humans than in most other animals.

3.4 Similarity to Other Primary Motives

We will understand sexual motivation better if we compare it with other primary motives. The sexual motive resembles hunger, thirst, and other primary motives in a number of important respects.

3.4.1 Hypothalamic control

Like hunger and thirst, the sexual motive is controlled by the hypothalamus. One center in the hypothalamus and related brain structures activates motivation and sexual behavior. This system is the equivalent of the hypothalamic feeding and drinking systems. If the hypothalamus is surgically destroyed, sexual behavior will not be initiated even in the presence of sexually provocative stimuli.

A second system of the hypothalamus inhibits sexual behavior. If this inhibitory system is destroyed in laboratory animals, the animals become hypersexual, that is, they engage in unusual and unrestrained amounts of sexual behavior.

These two centers act in balance to regulate sexual motivation. The hypothalamus also indirectly influences female sexuality through its control of the menstrual cycle. Women are significantly more likely to initiate sex with a male partner or to masturbate when levels of estrogen peak at the time of ovulation (Adams, Gold, and Burt, 1978).

This cycle of increased interest in sex may have evolved to increase the likelihood of fertilization of ova.

Understandably, women who take birth control pills, which regulate estrogen levels, do not show this monthly peaking of sexual interest.

3.4.2 Role of external stimuli

Like hunger, which can be stimulated by external stimuli, known as incentives, such as the sights and aromas of dessert stimulating the hunger of a well-fed person, sexual motivation is highly sensitive to external stimuli. The person who initially is not sexually aroused, whether male or female, will often be aroused by a seductive partner or romantic fantasies. Indeed, external stimuli play a very important role in arousing the sexual motive (Wilson, Kuehn and Beach, 1963).

One aspect of the role of external stimuli has been termed the Coolidge effect. Following intercourse, males of many animal species will have intercourse again with the same receptive female sometimes after the refractory period has elapsed. Bermant (1976), for example, found that a ram (male sheep) will have sex an average of five times with the same ewe (female sheep) before seeming to lose interest. However, if a different receptive ewe is introduced after each mating, the ram will mate more than three times as often before losing sexual interest, and it will reach orgasm much more quickly than with the same ewe. Apparently, variety is a powerful external factor in sexual motivation for many mammalian species.

3.4.3 Role of learning

We have already seen that learning can play a powerful role in shaping the primary motives. What, when, and how much we eat, for example, is greatly influenced by our learning experiences. Sexual motivation is influenced by learning, at least to the same degree and probably to an even greater extent. The enormous variety in the sexual behavior of the members of any society at any point in history strongly points to the role of learning in sexuality. Differences in sexuality between cultures also portray the influence of learning experiences on sexual motivation.

3.4.4 Role of emotion

Like the other primary motives, especially eating, sexual motivation is influenced to a great extent by our emotions. Because stress, anxiety, and depression are accompanied by increased sympathetic autonomic arousal, and because sexual arousal is mediated by parasympathetic arousal, which is in opposition to sympathetic activity, these emotions generally result in a decrease in sexual motivation. Because the balance between the sympathetic and parasympathetic systems is complicated, however, anxiety and depression sometimes result in an increase in sexual motivation. Just pointing to the obvious influence of strong negative emotions on our sexuality, however, does not begin to do justice to the intricate interplay of emotions and sexuality.

Far more than any other motive, sexual passion is powerfully linked to even the delicate nuances of romantic love and other subtle emotions.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain the term, sexual motivation
2. Sexual motivation is similar to other primary motives. Discuss

3.5 Differences from Other Primary Motives

Although sexual motivation is similar to the other primary motives in the many ways just mentioned, there are important differences as well (Houston, 1985):

3.5.1 Survival value

We must satisfy the primary motives of hunger, thirst, need for warmth, and so on to survive as individuals and, collectively, to survive as a species. Although satisfaction of the sexual motive is essential to the survival of the species, it is not necessary for individual survival.

3.5.2 Increases and decreases in arousal

We are motivated to decrease the physiological arousal created by hunger and other primary motives. However, humans are obviously motivated to both increase and decrease their sexual arousal. The intimate behaviors that we engage in to initiate the arousal phase of sexual response cycle (“foreplay”) obviously increase arousal. Yet the fact that people spend a lot of money each year on erotic videos and erotic telephone conversations, is strong testimony to our motive to increase sexual arousal and then to decrease it through sexual activity.

3.5.3 Role of deprivation

Motives such as hunger and thirst rather predictably rise and fall according to the length of time since they were last satisfied. A person who has just eaten a large meal will not be hungry, but a person who has been deprived of food for eight hours will be ravenous. To an extent, the same is true for sex. If you are used to regular sex life, the two weeks that your lover goes home to visit family may lead to a noticeable increase in sexual interest. But sexual motivation is far less linked to deprivation than the other primary motives. Except during the refractory period, humans are susceptible to sexually arousing stimuli and situations almost all the time. On the other hand, individuals without a sexual outlet report going long periods of time without the arousal of sexual longings. Indeed, it has often been observed that we don’t really need sex until we have it. The more often we are sexually aroused and satisfied the more sexual motivation we seem to have.

3.5.4 Decreases in energy

The other primary motives lead to behavior that increases the body’s store of energy and other bodily needs. In contrast, sexual behavior results in a marked decrease in energy.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. How does the sexual motive differ from other primary motives?

**3.6 Summary**

In this unit, we looked at sexual motivation and its similarities and differences to other primary motives. The sexual motive is similar to other primary motives, such as hunger, in that centers of the hypothalamus play an important role, external stimuli can stimulate the sexual motive, and the sexual motive can be influenced by learning experiences and emotions. The sexual motive is different from other primary motives, however, in that it is not necessary to the survival of the individual, it does not always lead to decreases in arousal, it is not influenced by deprivation in the same way, and it leads to a decrease rather than an increase in energy.

**3.7 References/Further Readings/Web Sources**

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3.8 Possible Answers to Self-Assessment Exercises

1. What do you understand by sexual motivation?

Sexual Motivation is the impulse to gratify sexual needs, either through direct sexual activity or through apparently unrelated activities (sublimation).

2. Sexual motivation is similar to other primary motives.

Discuss The sexual motive resembles other primary motives such as hunger and thirst, in a number of ways:

Hypothalamic control: Like hunger and thirst, the sexual motive is controlled by the hypothalamus. One center in the hypothalamus and related brain structures activates motivation and sexual behavior which is equivalent to the hypothalamic feeding and drinking systems.

Role of external stimuli: The person who initially is not sexually aroused, whether male or female, will often be aroused by a seductive partner or romantic fantasies just like hunger, can be stimulated by external stimuli, such as the sights and aromas of food.

Role of learning: Sexual motivation is influenced by learning. The enormous variety in the sexual behavior of the members of any society at any point in history strongly points to the role of learning in sexuality. Differences in sexuality between cultures also portray the influence of learning experiences on sexual motivation.

In the same way, what, when, and how much we eat is influenced by our learning experiences.

Role of emotion: Like the other primary motives, especially eating, sexual motivation is influenced to a great extent by our emotions. Because stress, anxiety, and depression are accompanied by increased sympathetic autonomic arousal, and because sexual arousal is mediated by parasympathetic arousal, which is in opposition to sympathetic activity, these emotions generally result in a decrease in sexual motivation.

3. How does the sexual motive differ from other primary motives?

Although sexual motivation is similar to the other primary motives in the many ways, there are important differences as well:

Survival value: We must satisfy the primary motives of hunger, thirst, need for warmth, and so on to survive as individuals and, collectively, to survive as a species. Although satisfaction of the sexual motive is

essential to the survival of the species, it is not necessary for individual survival.

Increases and decreases in arousal: We are motivated to decrease the physiological arousal created by hunger and other primary motives. However, humans are obviously motivated to both increase and decrease their sexual arousal.

Role of deprivation: Motives such as hunger and thirst rise and fall according to the length of time since they were last satisfied. A person who has just eaten a large meal will not be hungry, but a person who has been deprived of food for eight hours will be ravenous. But sexual motivation is far less linked to deprivation than the other primary motives. Except during the refractory period, humans are susceptible to sexually arousing stimuli and situations almost all the time. On the other hand, individuals without a sexual outlet report going long periods of time without the arousal of sexual longings. Indeed, it has often been observed that we don't really need sex until we have it. The more often we are sexually aroused and satisfied the more sexual motivation we seem to have.

Decreases in energy: The other primary motives lead to behavior that increases the body's store of energy and other bodily needs. In contrast, sexual behavior results in a marked decrease in energy.

Unit 4: Sexual Dysfunctions**Unit Structure**

- 4.1 Introduction
- 4.2 Learning Outcomes
- 4.3 Main Contents
 - 4.3.1 Atypical Sexual Behaviours
 - 4.3.2 Abnormal sexual behaviours
- 4.4 Sexual Dysfunctions
- 4.5 Health problems related to sexual anatomy
- 4.6 Summary
- 4.7 References/Further readings/Web Sources
- 4.8 Possible Answers to Self-Assessment Exercises

**4.1 Introduction**

Human beings differ widely in their sexual preferences and practice. In the sections that follow, we will look at the range of unusual, or atypical, sexual behavior. In the first section, atypical patterns of sexuality are described that are considered abnormal only if the individuals who engage in the sexual practices consider them abnormal for themselves. In the next sections, we will examine patterns of sexuality that are usually and always considered to be abnormal.

**4.2 Learning Outcomes**

By the end of this unit, you should be able to:

- Mention and describe various atypical and abnormal sexual behaviours in human beings.
- Mention and describe various sexual dysfunctions experienced by both men and women.
- Explain the various health problems that are related to sexual anatomy.



4.3 Main Contents

4.3.1 Atypical Sexual Behaviours

4.3.1 Transvestition and Transsexualism

These two superficially similar patterns of sexuality are often confused because they both involve dressing in the clothing of the other sex. But they have little else in common except that they are rarely harmful to anyone. **Transvestism** refers to the practice of dressing in the clothes of the other sex. **Transsexualism**, on the other hand, refers to a condition in which the individual feels trapped in a body of the wrong sex. For example, a person who is anatomically male feels that he is actually a woman who somehow was given the wrong body. In some instances, these individuals undergo hormone injections and plastic surgery to change their sex organs to those of the desired sex.

4.3.2 Fetishism

Fetishism refers to the fact that some individuals are primarily or exclusively aroused by specific physical objects or types of materials (such as leather or lace). In some cases, the fetish is only an exaggeration of normal interest in specific body parts. For example, some individuals are only or primarily aroused by breasts, buttocks, blue eyes and so on. But the term fetish is usually reserved for cases involving inanimate objects, such as panties, shoes, or stockings. A fetish is considered to be abnormal if it interferes with the sexual adjustment of the person or his or her partner. Often, the fetishist (who is usually a male) is aroused only by “used” articles and is sexually aroused by the act of stealing them from an unknowing woman. Because this can be frightening to the victim and is dangerous and illegal, fetishism is considered abnormal when practiced in this manner.

4.3.3 Sexual Sadism and Masochism

Sexual sadism is the practice of receiving sexual pleasure from inflicting pain on others. **Sexual masochism** is the condition in which receiving pain is sexually exciting. Sometimes verbal abuse or “degradation” is substituted for physical pain. Many individuals who practice sadism and masochism, do so with a consenting partner who also enjoys the practice, and they do not inflict pain that is severe or medically dangerous- for example, mild spankings, pinching, and so on. In such cases, Sadism and Masochism may be considered normal if care is taken to avoid accidental harm and one’s partner is truly willing.

4.3.4 Voyeurism and Exhibitionism

Voyeurism is the practice of obtaining sexual pleasure by watching others undressing or engaging in sexual activities. Voyeurs generally find this exciting only when the person they are watching is unaware of their presence and when there is an element of danger involved. Because they often frighten the person they are watching, and because the activity is illegal, voyeurism is considered to be abnormal. The voyeur is generally a heterosexual male who has trouble establishing a normal sexual relationship. Some voyeurs commit rape and other serious crimes, but most are not physically dangerous.

Individuals who practice **exhibitionism** obtain sexual pleasure from exposing their genitals to others. Almost all exhibitionists are heterosexual males who typically are married but who are shy and have inhibited sex lives. Exhibitionists generally want to shock their victims but rarely are dangerous in other ways (Tollison and Adams, 1979). Because such behavior is illegal and frightening, however, exhibition is considered abnormal.

4.4 Abnormal Sexual Behaviors

Several other forms of deviant sexual behavior are clearly abnormal because they involve actual, threatened, or implied force to the victim. These acts include rape, sexual abuse of children, incest, and sexual harassment.

4.4.1 Rape

In rape, an individual forces another person to engage in a sexual act. In the vast majority of cases, the rapist is a male and the victim is a female. In almost every instance of rape, women were forced by men or by two or more persons. When women are raped, it is almost always by someone they know well (22 percent). Someone they are in love with (46 percent), or their husband (9 percent). In the much less common instance of men being forced into sex, they are forced by women two thirds of the time.

The aftermath of rape is traumatic. Rape victims almost invariably feel that their entire life has been altered due to their assault (Nadelson, 1990). Many victims of rape experience mental anguish, often referred to as rape trauma syndrome, characterized by intense feelings of anxiety and depression as well as disturbances in sleep, relationship and daily functioning (Calboun and Atkeson, 1989, Thornhill and Thornhill, 1990).

4.4.2 Sexual Abuse of Children

Many children are sexually assaulted and exploited. In a large survey by Kohn, (1987), 27 percent of women and 16 percent of men reported being sexually violated during childhood. There are a variety of types of child sexual abuse. When the sexual contact is perpetrated by a family member, the sexual abuse is termed **incest**. When there is force or threat of force used, the sexual assault is **child rape**. When there is no clear threat of force, the sexual abuse of children is referred to as **child molestation**. Even child molestation is considered to be a form of forced sexual behavior because the child cannot consent in any meaningful way to the sexual behavior.

Many of the effects of child sexual abuse are believed to be long term. Indeed, the aftermath of child sexual abuse may be similar to that of adult sexual assault, in that children tend to be traumatized and suffer traumatic reactions (Finkelhor, 1990). Children are likely to act out sexually in response to sexual victimization, experience a sense of personal betrayal by the person who violated them, feel that they are powerless and lack control, and feel stigmatized because they were assaulted (Finkelhor and Browne, 1985).

Adults who engage in **pedophilia** experience sexual pleasure primarily through sexual contact with children. They usually first gain the trust and acceptance of their victims before engaging in sexual behavior.

4.4.3 Sexual Harassment

Unwanted sexual advances; request for sexual favors, unwanted touching of the legs, breasts or buttocks; sexually suggested comments; and any other forms of coercive sexual behaviors by others constitute **sexual harassment**. Sexual harassment also includes the leering looks and inane remarks that men often foist on women on the street, which have made nearly every woman uncomfortable (angry, frightened, disgusted) at one time or another. Although it is less common, men are also the victims of sexual harassment in colleges and in the workplace.

Every victim of sexual harassment suffers in the sense of becoming less comfortable and relaxed at school or work. In some cases, however, sexual harassment can provoke serious levels of anxiety and depression.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Describe 3 atypical and 3 abnormal sexual behaviours in human

beings.

4.5 Sexual Dysfunctions

Several types of problems can interfere with successful and pleasurable sexual intercourse. These problems are quite common and considered abnormal only when they are prolonged. Even when prolonged, however, they do not mean that the individual has psychological problems. Sexual problems can and usually do occur in perfectly normal individuals (Munjack and Staples, 1977).

Sexual dysfunctions are disturbances in any phase of the sexual response cycle. Different dysfunctions may have several different potential causes, both physical and psychological in origin. The most common physical causes of sexual dysfunction are drug or alcohol abuse, side effects of some medication and some forms of illness. It is important, therefore, that all persons with problems with sexual functioning first be evaluated by a physician who specializes in the sexual reproduction system, such as a gynecologist or urologist (Diokno and Hollander, 1991). Fortunately, solutions are available for sexual difficulties caused by medical problems. Many sexual dysfunctions are caused by psychological factors, and they are classified according to the phases of sexual response within which they occur; sexual desire, sexual arousal and orgasm.

4.5.1 Dysfunctions of sexual desire

Among the most common sexual dysfunctions are those involving interest and desire in sexual relations (LoPiccolo and Friedman, 1988). It is important not to confuse sexual desire with sexual frequency, because a person can have frequent sexual encounters to please his or her partner but have very little desire for these sexual interactions. In contrast, a person may have strong sexual desire but not engage in sex for a number of reasons. It is also important to note that everybody has a different natural level of sexual interest. A person is said to have a disorder of sexual desire only if he or she lacks almost all desire for sexual contact and is troubled by the lack of desire. Two specific types of dysfunctions involve sexual desire. First, **inhibited sexual desire** occurs when a person has sexual desire very infrequently or not at all. The second desire problem is called **sexual aversion disorder** and is characterized by a nearly complete fearful avoidance of sexual contact with others (American Psychiatric Association, 1994).

Both men and women experience disorders of sexual desire. There are numerous possible causes of these problems, including extreme anxiety about sexual intimacy or having had a sexually traumatic experience. In

other cases, the person may not have a general lack of desire but may lack interest in his or her sexual partner because of problems in that relationship (Beck, 1995; Kaplan, 1983; LoPiccolo and Friedman, 1988).

Therapists who work with sexual desire problems first examine the person's overall relationship with his or her partner. If there are few relationship problems, therapy for sexual desire problems tends to focus on the anxiety that the person may experience in relation to sexual intimacy. Anxieties may block desires for sexual contact and interfere with sexual interest. Sexual inhibitions may result from experiences and characteristics of the person. These issues are examined in the context of sex therapy, where persons evaluate their anxieties and employ strategies to reduce them. Often therapy will involve both members of a couple to address specific aspects of their sexual interactions (Rosen and Leiblum, 1995).

4.5.2 Dysfunctions of Sexual Arousal

Sexual arousal disorders occur when there is a lack of sufficient sexual arousal including erection of the penis for the male and lubrication of the vagina for the female- during the excitement phase of sexual response. Note, however, that a person is said to have a disorder of sexual arousal only if this failure to respond occurs consistently, occurs even with adequate levels of sexual stimulations, and interferes with sexual pleasure or causes discomfort. Thus, in sexual arousal dysfunction, an interruption of the physical processes occurs in the excitement phase of sexual response namely, blood flow to the genital region and muscle tension. Women may develop **female sexual arousal disorder** (previously referred to as frigidity), which is characterized by a lack of vaginal lubrication and a minimal subjective experience of sexual excitement (American Psychiatric Association, 1994). Disruptions that occur during female sexual arousal disorder are specifically associated with the physical experiences of sexual excitement. Because most women experience transient forms of these difficulties when circumstances do not lend themselves to sexual arousal on occasion, the lack of arousal must be persistent under even favorable circumstances to be considered a sexual dysfunction.

Other less common female dysfunction is **vaginismus** and **dyspareunia**.

Vaginismus: refers to involuntary contractions of the walls of the vagina that make it too narrow to allow the penis to enter for sexual intercourse. In dyspareunia, the woman experiences pain during intercourse. Often, but not always, these conditions are accompanied by organic dysfunction and anxiety associated with sex. Like the male

dysfunctions, the female dysfunction can usually be eliminated with professional help.

Similar to sexual arousal disorder in women, **male sexual disorders** directly reflect the physiological process of sexual excitement in the male sexual response cycle. In men, the most common sexual arousal disorder is **erectile dysfunction** (previously called “Impotence”). Specifically, despite high levels of sexual stimulation, there is insufficient arousal to result in the penis gaining an erection suitable for sexual penetration. As is the case for women, to be considered a sexual dysfunction, these difficulties must be persistent even under ideal circumstances and must be accompanied by a lack of sexual pleasure.

There are many potential causes of dysfunction of sexual arousal, most of which represent a complex interaction between physical and psychological processes (LoPiccolo, 1985). Anxiety, fear, distraction, fatigue, relationship problems, depression, and substance abuse can all cause sexual arousal disorders. Even just worrying about having an erection can sometimes lead to prolonged erectile failure. Sex therapy, therefore, usually addresses these issues in counselling. However, specific sex therapy techniques can be used to reduce sexual anxieties and increase subjective experiences of sexual sensation. For example, a couple may be instructed on how to pay maximum attention to their senses during sexual contact to increase their pleasure experience (Masters and Johnson, 1970).

4.5.3 Orgasm Dysfunctions

Orgasm dysfunctions involve the disruption of the climax phase of the sexual response cycle. Thus, although the person has a sufficient level of desire and arousal, the sexual response cycle does not progress to orgasm. In women, sexual dysfunctions of orgasm are referred to as inhibited female orgasm. This is defined as a persistent absence or prolonged delay of orgasm, despite sufficient sexual stimulation and arousal (American Psychiatric Association, 1994). Notice the important phrase at the end of this definition, “despite sufficient sexual stimulation and arousal”. The term inhibited female orgasm should not be used if the sex partners do not fully understand what constitute adequate stimulation for the women or if the partner is not caring enough to provide sufficient stimulation. In addition, because women experience many different normal patterns of sexual response and orgasm, the delay or absence of orgasm must be dissatisfying to the woman before it is thought to be a sexual dysfunction.

Inhibited orgasm has many potential causes, including performance anxiety, relationship difficulties, fear of abandonment and depression. Like other sexual dysfunctions, inhibited orgasm may be the result of sexually traumatic experiences. On the other hand, failure to achieve

orgasm is commonly the result of a lack of adequate clitoral stimulation (Goldsmith, 1988). Many of the sex therapy techniques used to reduce fears and anxieties discussed earlier may be used to treat female inhibited orgasm. In addition, inhibited orgasm may be caused by specific aspects of a relationship or situation that can become the focus of counseling.

In men, the most common orgasm dysfunction involves ejaculating as a result of minimal levels of sexual stimulation, usually just after or even before penetration occurs. When this problem persists over time and becomes distressful, it is considered a sexual dysfunction referred to as **premature ejaculation** (American Psychiatric Association, 1994). There are many causes of premature ejaculation, including inexperience, performance anxiety, fear, and unfortunate learning experiences early in one's sexual history (Annon, 1984). A variety of potential treatments for premature ejaculation can lengthen the period of time before ejaculation occurs. One method, called the squeeze technique, requires either the man or his partner to apply a comfortable but firm squeeze to the penis (either just below its head or at its base) to stop the impending orgasm. The pressure from the squeeze causes a delay of ejaculation when applied several times before ejaculation occurs. With repeated use, it can be an effective treatment for premature ejaculation, as the need for squeezing diminishes over time (Masters and Johnson, 1970).

Some men, in contrast, have an orgasm dysfunction known as **retarded ejaculation**. In this case, the man is rarely able to have an orgasm in spite of adequate sexual stimulation or is able to reach orgasm only after very long periods of stimulation (American Psychiatric Association, 1994).

All sexual dysfunctions share several things in common. First, because they involve sexual behavior, it is often difficult and embarrassing to seek help or discuss the problem. Society sometimes places unrealistic and demanding expectations on the sexual performance of women and men. Second, people with sexual problems may believe that they are psychologically abnormal.

Often, the first place to seek help for a sex problem is a medical doctor who can evaluate the person for possible physical problems related to the sexual difficulty. A physician can also refer persons with sexual dysfunctions to a psychologist who specializes in sex therapy if needed.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Describe various sexual dysfunctions experienced by both men

and women.

4.5.4 Health Problems Related to Sexual Anatomy

Several health problems related to female and male sexual anatomy requires our attention. These include forms of cancer and sexually transmitted diseases, including AIDS. Although these are medical problems, they have a psychological component- namely the behavior that we engage in that increase or decrease our risks and opportunity for early detection.

Cancers of Sexual Anatomy

It is important for women to have regular gynecological examinations to check for possible cancers of the cervix, uterus, and ovaries. Any unusual changes in the menstrual cycle or atypical discharges should be reported to a physician. In addition, it is important for women to perform breast self-examinations each month. Breast self-examination should be performed at the end of each menstrual period, when the breasts are least likely to be swollen or tender (in older women who have experienced menopause, self –examinations should be done on a monthly basis). Women should carefully feel and look for any changes in sizes, shape, or color of the breast and nipples. Signs of breast cancer include puckering of the skin, dimples, lumps, bumps, soreness, or any unusual nipple discharge or bleeding. Any such indications should be reported immediately to a physician. Although many such bumps and changes are not dangerous, it requires a medical professional to determine this. Early detection of breast cancer offers the best hope for fighting this serious health threat. In addition to performing monthly breast self-examinations, it is also important for women to have their breasts examined by a physician after the age of 20. Further, women should also ask their doctors when they should receive a mammogram, a low dose X ray that is particularly accurate at detecting cancers before they can be felt in a self-examination.

There are also health problems related to male sexual anatomy. Men, particularly over 40, should have regular examinations by a physician, that include checks for abnormalities of the prostate that may indicate prostate cancer. It is important for men to learn how to perform a self-examination of their testicle to detect early signs of testicular cancer. This is particularly crucial between the ages of 16 and 35, when testicular cancers are most common. The examination should be performed once a month. After showering, when the scrotum is likely to be relaxed and the testicles are loosely suspended, men should roll each testicle gently between their thumb and forefinger, feeling carefully for any lumps, bumps, or unusual tenderness. Testicles are smooth when they are healthy, so bumps or indentations are possible signs of cancerous growth. It is, however, normal to feel the epididymis, which may seem like a bump, along the back of each testicle. Not all bumps are caners, but it requires a medical professional to distinguish

dangerous bumps from harmless ones. If detected early, testicular cancer has a very high rate of cure. However, when undetected, testicular cancer is among the most deadly forms of cancer.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain the various health problems that are related to sexual anatomy.

4.5.5 Sexually Transmitted Diseases

Diseases that are caused by microorganisms spread through sexual contact were once called venereal diseases but today are referred to as **sexually transmitted diseases (STDs)**. Throughout the ages, countless occurrences of STD epidemics have ravaged people across continents. Some are easily treated and cured if detected early in their course; others are incurable and may eventually lead to death. When untreated and unattended, all STDs can cause chronic illness and infertility, and they pose serious threats to pregnant women and their offspring's. All STDs are serious health problems that require immediate medical attention. The likelihood of contracting any sexually transmitted diseases increases sharply with the number of different sex partners a person has and with the frequency of unsafe sex (Michael and other, 1994). In this section, we will discuss the most common types of STDs.

Syphilis. This is caused by a spiral, corkscrew -shaped bacterium called a spirochete. Syphilis progresses through a series of stages of infection. The first stage is referred to as primary syphilis, which may last two weeks to a month after infection. Early symptoms of syphilis infection usually include the appearance of a painless sore in the area where the spirochete entered the body, most often the penis or vaginal area. This sore is called a chancre and may at first appear to be a pimple, but usually it will become open and appear infected. The chancre goes away, but the person still has syphilis, which then enters its secondary stage. Secondary syphilis is characterized by bumpy skin rashes that develop over various areas of the body (including the palms and soles) and that are accompanied by several common symptoms of illness, including fever, headache, nausea, swollen glands, sore throat, loss of hair, and loss of appetite. During the primary and secondary stages, syphilis can be cured in most cases with antibiotics. But if untreated, syphilis eventually develops into its tertiary stage, which includes numerous serious health complications. The spirochetes may infect the tissues of the heart, brain, spinal cord, joints, and a number of other organ systems and eventually can cause death.

Gonorrhea. Like syphilis, gonorrhea is a bacterial infection. However, the course of gonorrhea infection is quite different from syphilis. In men, gonorrhea's earliest symptoms involve the discharge of pus from the penis and painful burning and itching during urination. These symptoms usually occur within the first weeks of infection. In women, the early symptoms of gonorrhea infection usually involve a yellow-green vaginal discharge. Women may also experience vaginal itching when infected with gonorrhea, but many infected women do not detect the infection early in its course. In men and women, untreated gonorrhea can result in numerous serious health threats, including progression of the infection to the bladder, kidneys, hearts, and brain. Fortunately, when detected, gonorrhea is usually cured easily with antibiotics. However, in recent years, strains of gonorrhea and syphilis that are very difficult to treat with antibiotics have become common. (Aral and Holmes, 1991).

Chlamydia. Chlamydia is caused by a small organism that invades several different types of cells in the body and uses them to multiply itself. The symptoms of Chlamydia are usually vague and difficult to define. Often, there are no immediate signs of infection, with infection becoming apparent after a long period of time. Men may experience burning sensations during urinations and may have a pus discharge from the penis. Chlamydia may also move into the testes and cause infertility. In women, the symptoms may include burning and itching of the vagina and burning sensations during urination. Untreated infections in women may progress to the fallopian tubes, causing infertility, and may develop into pelvic inflammatory disease, resulting in fever and serious illness. If detected, chlamydia is treated with antibiotics and is usually curable. However, Chlamydia may be recurrent.

Pubic lice. This STD, commonly called "crabs", is caused by very small parasitic organisms that can barely be seen that bite into the skin and feed on blood, causing skin itching. Pubic lice are treated with a variety of medicated shampoos and other applications.

Genital Herpes. Caused by the herpes simplex virus (type 2), genital herpes is treatable, but not curable. Similar to herpes simplex type 1, which causes cold sores, the symptoms of genital herpes are principally small, painful lesions that appear in the genital area. These lesions appear to be like small blisters that open and become wet. When present, herpes lesions are highly contagious and allow for the transmission of the virus to others who come in contact with them. It is also important for the infected person to avoid touching the herpes lesions or to wash thoroughly after doing so. Exposure of the herpes virus to the eyes can be particularly dangerous, potentially causing damage to the cornea. After the initial outbreak, the lesions will eventually go away. However,

in most cases, the lesions reoccur over a period of time because the virus lays dormant in the body. Although herpes cannot be cured, it can be treated with antiviral medication that slows its development and can help reduce the occurrence of further outbreaks. Herpes as is true for all STDs, requires the attention of health care professional for proper treatment.

Genital warts. Caused by the human papilloma virus, genital warts usually appear months after infection. The warts vary in colour, size and texture and may appear on the penis, vulva, or anal area or inside the urethra. Genital warts are not usually painful and are not considered dangerous themselves, although they are related to the development of other serious conditions, such as cervical cancer. The treatment of genital warts involves their removal through freezing, surgical removal, or other methods.

Acquired Immunodeficiency Syndrome (AIDS). This disease is caused by the human immunodeficiency virus (HIV). Acquired immune deficiency syndrome (AIDS) is a fatal STD. HIV is transmitted through blood, semen, and vaginal fluids. Sexually, HIV is primarily transmitted from person to person through vaginal or anal intercourse and oral sex. HIV destroys specific blood cells, called T-Helper cells, which are responsible for the body's immune response to infectious agents. When infected with HIV, a person does not become ill for a long period of time, usually years. However, the person can infect others during the years prior to becoming ill. In time, the number of T-Helper cells diminishes, leaving the body vulnerable to a wide range of potential infections. Usually, 7 to 10 years after infection, a person may become ill with one of many infections, such as pneumonia, cancer, or other ailment, and may not be able to recover from it. After the person experiences one of several specific infectious diseases or when a specific number of T-Helper cells have been depleted, the person is diagnosed with AIDS. It is not possible to tell if someone is infected with HIV by looking at him or her. The only definitive test for HIV is a blood test.

The most recently available statistics show that there is a staggering, worldwide pandemic of HIV infection. A total of 40 million people have contracted HIV around the world. The highest rates of infection are in African nations south of the Sahara deserts, Asia, and South America and the Caribbean. To date, more than 15 million people have died of AIDS worldwide, with most deaths being in sub-Saharan Africa, where the pandemic first began. (Lahey, 2003).

AIDS Facts and AIDS Prevention. Sadly, we have known how to prevent AIDS for many years, but far too many people have ignored the

realities of AIDS for themselves and have not taken preventive steps. AIDS can be prevented when people understand how HIV is transmitted and take sensible steps to avoid acquiring it.

What is your own level of risk for contracting AIDS? Overall, men are more likely than women to become infected with HIV. The most common routes of infection are different for women and men. Women are most likely to be infected with AIDS by having heterosexual sex (vaginal, oral, or anal) with an infected man or by sharing a needle with an infected person when injecting drugs. There have been very few cases of HIV infection from homosexual sex among women, but it can happen. In contrast, men are most frequently infected with HIV through sex (oral or anal) with another man or by sharing needles. Both women and men have been infected from blood transfusions and tissue transplants, but better screening methods have reduced this risk.

It is possible to lower your risk of infection to essentially zero by abstaining from sex or by having an exclusive sexual relationship with someone who is also free of HIV. All other types of sexual activity carry some level of risk of HIV infection but the consistent use of condoms substantially lowers risk of HIV infection.

Self-Assessment Exercise 4

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Sexual behavior is considered to be abnormal if it is
 - a. Atypical
 - b. Strange or bizarre
 - c. Harmful
 - d. Infrequent

2. A person who obtains sexual pleasure from dressing in clothing of the other sex is said to be
 - a. A transvestite
 - b. A transsexual
 - c. A Transylvanian
 - d. All of the above

3. A person who obtains sexual pleasure by watching others undressing or engaging in sexual activities is said to be
 - a. An exhibitionist
 - b. A pedophile
 - b. A masochist
 - d. A voyeur

4. Most persons who commit child molestation are
 - a. Homosexual females
 - b. Heterosexual females
 - c. Homosexual males
 - d. Heterosexual males

1. Have you ever experienced, engaged in, or witnessed sexual harassment? What do you think can be done to reduce the frequency of this problem?
2. Some people believe that those who practice transvestism are not psychologically healthy. What do you think?

Conclusion

Atypical patterns of sexual behavior that involve no harm to the individual or others are considered to be normal, even though they are unusual and perceived as immoral by some members of society. Other forms of deviant sexual behavior are considered abnormal if they result in harm to anyone.

A number of sexual dysfunctions interfere with pleasurable and successful sexual intercourse. Problems in sexual desire, sexual arousal, and orgasm occur in both men and women. When the cause of sexual dysfunction is not physical, the problem commonly stems from lack of information, anxiety, or relationship difficulties. For this reason, sex therapists specialize in addressing psychological issues that can lead to sexual difficulties. For both females and males, there are important health issues related to sexual anatomy, including breast, cervical, and testicular cancer, all of which can be effectively treated if detected early.



4.6 Summary

Here is a recap of all we discussed in this unit. The transvestite obtains sexual pleasure from dressing in clothing of the other sex. Transsexualism is the condition in which individuals consider themselves to be trapped within bodies of the other sex. Unless the individual is troubled by the condition, transvestism and transsexualism are generally not harmful to anyone. Fetishism-obtaining sexual pleasure from specific objects- need not be harmful but can be if the objects are stolen or the preference causes trouble in some other way. Sadism-sexual arousal from inflicting pain may be harmless if practiced in a mild way with a completely willing partner but is generally considered abnormal because of the pain and medical risk involved. Masochism-sexual arousal from receiving pain is generally considered abnormal for the same reason. Voyeurism is the practice of obtaining sexual pleasure by peeping at nude or sexually involved individuals. Exhibitionism is the practice of obtaining sexual excitement by exposing one's genitals to an unwilling person. Because of the frightening nature and illegality of these activities, both exhibitionism and voyeurism are considered

abnormal. Forced sexual behavior -including rape, sexual abuse of children, incest, ad sexual harassment-are always considered abnormal because of the inherent psychological and physical harm that may occur. Sexual behavior also increases the risk of a variety of diseases. These include diseases caused by bacteria such as syphilis and gonorrhea, pubic lice, or viruses such as genital herpes and genital warts, which may be treated for symptoms but are not curable. The most deadly sexually transmitted disease is HIV infection, the virus that causes AIDS.



4.7 References/Further Readings/Web Sources

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4.8 Possible Answers to Self-Assessment Exercises

1. Describe 3 atypical and 3 abnormal sexual behaviours in human beings.

Atypical sexual behaviours include: **Transvestism** which refers to the practice of dressing in the clothes of the other sex. **Transsexualism** which refers to a condition in which the individual feels trapped in a body of the wrong sex. For example, a person who is anatomically male feels that he is actually a woman who somehow was given the wrong body. **Fetishism** which refers to some individuals being aroused by specific physical objects or types of materials (such as leather or lace). **Sexual sadism** which is the practice of receiving sexual pleasure from inflicting pain on others. **Sexual masochism** is the condition in which receiving pain is sexually exciting. **Voyeurism** is the practice of obtaining sexual pleasure by watching others undressing or engaging in sexual activities. Individuals who practice **exhibitionism** obtain sexual pleasure from exposing their genitals to others.

Abnormal sexual behaviours include:

Rape, where an individual forces another person to engage in a sexual act. **Sexual Abuse of Children**, where children are sexually assaulted and exploited. Varieties of child sexual abuse include: **incest** where the sexual contact is perpetrated by a family member, **child rape** where force or threat of force is used. Where there is no clear threat of force, the sexual abuse of children is referred to as **child molestation**. Even child molestation is considered to be a form of forced sexual behavior because the child cannot consent in any meaningful way to the sexual behaviour. **Pedophilia** refers to where adults experience sexual pleasure primarily through sexual contact with children. **Sexual Harassment** refers to unwanted sexual advances; request for sexual favors, unwanted touching of the legs, breasts or buttocks; sexually suggested comments; and any other forms of coercive sexual behaviours by others. It also includes the leering looks and inane remarks that men often foist on women on the street, which makes women uncomfortable (angry, frightened, disgusted).

2. Describe various sexual dysfunctions experienced by both men and women.

Sexual dysfunctions experienced by both men and women include:

Dysfunctions of sexual desire: A person is said to have a disorder of sexual desire if he or she lacks almost all desire for sexual contact and is troubled by the lack of desire. Two types of dysfunctions of sexual desire are, **inhibited sexual desire** occurs when a person has sexual desire very infrequently or not at all, and **sexual aversion disorder** which is characterized by a nearly complete fearful avoidance of sexual contact with others. Both men and women experience disorders of sexual desire.

Dysfunctions of Sexual Arousal: Sexual arousal disorders occur when there is a lack of sufficient sexual arousal including erection of the penis for the male and lubrication of the vagina for the female- during the excitement phase of sexual response. **Female sexual arousal disorder** (frigidity), is characterized by a lack of vaginal lubrication and a minimal subjective experience of sexual excitement. Other less common female dysfunction are **vaginismus** and **dyspareunia**. Vaginismus refers to involuntary contractions of the walls of the vagina that make it too narrow to allow the penis to enter for sexual intercourse. In dyspareunia, the woman experiences pain during intercourse.

Male sexual disorders directly reflect the physiological process of sexual excitement in the male sexual response cycle. In men, the most common sexual arousal disorder is **erectile dysfunction** (previously called "Impotence") where despite high levels of sexual stimulation, there is insufficient arousal to result in the penis gaining an erection suitable for sexual penetration.

Orgasm Dysfunctions: Orgasm dysfunctions involve the disruption of the climax phase of the sexual response cycle. In women, sexual dysfunctions of orgasm are referred to as inhibited female orgasm. This is defined as a persistent absence or prolonged delay of orgasm, despite sufficient sexual stimulation and arousal.

In men, the most common orgasm dysfunction is called **premature ejaculation** which involves ejaculating as a result of minimal levels of sexual stimulation, usually just after or even before penetration occurs. When this problem persists over time and becomes distressful, it is considered a sexual dysfunction.

Some men, also have an orgasm dysfunction known as **retarded ejaculation**. In this case, the man is rarely able to have an orgasm in spite of adequate sexual stimulation or is able to reach orgasm only after very long periods of stimulation.

3. Explain the various health problems that are related to sexual anatomy.

Health problems related to sexual anatomy include:

Cancers of Sexual Anatomy

In women, these include cancers of the cervix, uterus, and ovaries. Any unusual changes in the menstrual cycle or atypical discharges should be reported to a physician. In addition, it is important for women to perform breast self-examinations each month. Signs of breast cancer include puckering of the skin, dimples, lumps, bumps, soreness, or any unusual nipple discharge or bleeding. Any such indications should be reported immediately to a physician.

Health problems related to male sexual anatomy include prostate cancer. It is important for men to learn how to perform a self-examination of their testicle to detect early signs of testicular cancer. If detected early, testicular cancer has a very high rate of cure. However, when undetected, testicular cancer is among the most deadly forms of cancer.

4. 1.C 2.A 3.D 4.D

Unit 5 Sex Therapies

Unit Structure

- 5.1 Introduction
- 5.2 Learning Outcomes
- 5.3 Main Contents
 - 5.3.1 What is Sex Therapy
 - 5.3.2 Types of Sex Therapy
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- 5.4 Benefits of sex therapy
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- 5.8 Possible Answers to Self-Assessment Exercises



5.1 Introduction

In real life, sex can be confusing, disheveled, and even disappointing. People may feel scared to have sex with their partners, frustrated about not doing it regularly, or too anxious about whether they are doing it right. Some also feel angry and helpless. Having frustrations is common when expectations are not met, and, after having too many fights or avoiding the subject altogether, most people forget how to communicate and hope professional advice can help. In this unit, you will be learning about sex therapies and techniques of helping couples have fulfilling sexual relationships. A fulfilling sex life is healthy and natural. Physical and emotional intimacy are essential parts of your well-being. When sexual dysfunction occurs, having that fulfilling sex life can be difficult. Sex therapy may be able to help you reframe your sexual challenges and increase your sexual satisfaction.



5.2 Learning Outcomes

By the end of this unit, you should be able to:

- Explain what is meant by Sex therapy and the different types of sex therapy.
- Discuss the benefits of sex therapy
- Explain the techniques used in sex therapy



5.3 Main Contents

5.3.1 What is Sex Therapy?

Sex therapy is a type of talk therapy designed to help individuals and couples experiencing issues in achieving sexual satisfaction. Physical, psychological, and emotional factors can all cause sexual challenges. Sex therapy can help people identify and work through their sexual challenges, such as low sex drive, pain during sex, premature ejaculation, erectile dysfunction, and difficulty having an orgasm. It can be especially helpful for those who have difficulty with a lack of arousal, painful intercourse, an inability to reach orgasm, or other sexual dysfunctions. It can help improve sexual satisfaction. Sex therapy may benefit anyone who wants to improve their relationship with sex and pleasure. It can also help couples or individuals identify physical and emotional concerns that are keeping them from being able to enjoy or engage in intercourse.

A sex therapist's goal is to help a person or couple address these issues and obtain a more fulfilling sex life. He can help couples work through desire discrepancies and sexual dysfunctions.

Sex therapy does not involve sexual contact between clients and therapists. It is a type of psychotherapy that couples can undergo together, or that individuals can seek out on their own. Some people may benefit from individual therapy sessions, while others may find couples sex therapy more useful.

While couples often look into sex therapy because of sexual dysfunction or when some part of their sexual relationship is off, it can also be used as a tool to keep relationships strong and transparent for years to come. It is typically a form of talk therapy, so couples or individuals can expect to talk about their hesitations or concerns when it comes to physical intimacy.

How sex therapy works

As with any psychotherapy, sex therapy involves talking through issues. Generally, the client and sex therapist discuss any experiences, emotions, and concerns that may contribute to the client's sexual dissatisfaction and challenges. They will also work on coping mechanisms to help them build a more satisfying sex life.

Sex therapists might also give their clients “homework.” This may vary depending on the individual or couple and can include assignments designed to increase sexual education and improve communication between partners. Sex therapists also may assign sexual experimentation and sensate focus homework.

If they suspect a physical concern is behind the sexual challenges, the therapist may refer the client to a medical doctor. In turn, the doctor and therapist may work together to address the physical issue while guiding the client toward reaching their sexual goals.

The therapist is there to guide and help you process your current challenge:

- They are not there to take one person’s side or to help persuade anyone.
- Also, everyone will keep their clothes on. The sex therapist will not be having sexual relations with anyone or showing anyone how to have sex.

With each session, your therapist will continue to push you toward better management and acceptance of your concerns that may be leading to sexual dysfunction.

All talk therapy, including sex therapy, is both a supportive and an educational environment. It’s meant to provide comfort and encouragement for change. You will likely leave your therapist’s office with assignments and work to do before your next appointment.

If your therapist suspects the dysfunction you are experiencing is the result of a physical sexual concern, they may refer you to a medical doctor. Your therapist and the doctor can consult about your signs and symptoms and work to help find any physical concerns that may be contributing to greater sexual problems.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What is sex therapy and how does it work?

5.3.2 Types of Sex Therapy

Talk therapy is the primary method of sex therapy. Couples can expect to work on their general communication skills, explain the points of sensitivity that they've discovered in regard to sex in the past, and even

expand on their knowledge of sex education. In one study, therapists who were reporting on their caseloads said that desire discrepancies were the most common issues between couples. This means that one partner wants to have sex more or less often than the other. This can often stem from emotional concerns and even high stress levels, both of which can be addressed during talk therapy.

Sensate focus is a behavioral form of sex therapy that hones in on the details of a couple's relationship, and then has them complete behavioral exercises. This can involve homework assignments that prompt couples to focus on physical interactions that they enjoy without the pressure of penetrative sex. This type of therapy typically also asks couples to take any sexual acts that might be causing anxiety off the table for a period of time. The goal is to enhance the way the couple experiences intimacy, and to help them build on that by working through any pre-existing issues.

Many therapists will combine these types of therapy or work in aspects of both during different sessions.

5.3.3 Who needs sex therapy?

People who experience sexual dysfunction may be among those who could benefit the most from sex therapy. Simplified, sexual dysfunction is an umbrella term for various recurrent difficulties related to sex and includes:

- delayed ejaculation
- erectile disorder
- male hypoactive sexual desire disorder
- premature ejaculation
- female orgasmic disorder
- female sexual interest/arousal disorder
- genito-pelvic pain/penetration disorder
- substance/medication-induced sexual dysfunction
- other specified sexual dysfunction
- unspecified sexual dysfunction

These dysfunctions can cause a lack of interest in sex, low confidence, sexual performance anxiety, painful intercourse, and an inability to become aroused or reach orgasm — seriously impacting a person's ability to enjoy a healthy and fulfilling sex life.

Sexual dysfunction can have physical or psychological causes. Sometimes, it is associated with a history of abuse.

Sexual trauma

Sexual trauma can particularly interfere with a person's interest in or ability to enjoy intimacy and sex. Research suggests that sex therapy may help people with a history of sexual trauma. For example, combining Trusted Source trauma-based therapy with sex-positive techniques may be more effective in helping someone work through their trauma-related sexual dysfunction than using trauma-based therapy alone.

However, as some researchers note, some people with a sexual trauma history may need individual therapy to work through other issues before they are ready to explore sexual desire and satisfaction in sex therapy.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain the various types of sex therapy
2. Who needs sex therapy?

5.4 Benefits of sex therapy

What are the benefits of sex therapy? Sex therapy can help with a range of relationship issues, however, it can also positively impact the overall mental outlook of those being treated. While many drug companies offer options to help men deal with sexual dysfunctions, studies have shown that many of the root causes of these dysfunctions stem from psychosocial behaviors like substance abuse or depression and anxiety. Desire and arousal disorders are often tied to underlying psychological concerns, which can be helpful to speak about with the therapist. Sex therapy can also help couples or individuals identify underlying behaviors that may be impacting their sex lives.

Sex therapy can help both individuals and couples:

- gain a realistic understanding of sex and pleasure
- identify and address underlying causes of sexual issues
- grow and maintain a deeper sexual connection with themselves and their partners

Other benefits that can come from sex therapy include:

- It can improve emotional intimacy between the couple, which can lead to an improved sense of fulfillment and happiness.

- Having sex at least once a week has been shown to improve overall relationship satisfaction.
- It can help couples become better communicators, especially when it comes to intimacy and satisfaction.

Scientific research has highlighted several possible benefits besides procreation that come with sexual intercourse. These pluses include

- Helping heart health
- Reducing blood pressure
- Boosting the immune system
- Reducing prostate cancer risk
- Relieving stress
- Improving sleep

Helping heart health

Partnered sex appears to have some protective effect on cardiovascular health, especially in women. A 2016 study looked at the potential health benefits of sexual activity with a regular partner. This research found that sexually active women have a lower risk of cardiac events later in life. However, the study also concluded that high levels of sexual activity might increase the risk of cardiovascular events in men.

Males and females with heart problems should ask a doctor about how much sex is safe for them. They should also be specific about the regularity and intensity with which they have sex, as this may affect the potential strain on the heart.

Reducing blood pressure

The same 2016 study also measured blood pressure as one of the markers of heart health. The researchers found that older women who expressed satisfaction with their sex lives were less likely to have high blood pressure. However, the study authors did not find the same results in older men.

According to the American Heart Association (AHA), high blood pressure can affect both libido and a man's ability to achieve and maintain an erection. Medication for high blood pressure can also reduce libido and cause erectile dysfunction.

Many people with high blood pressure, or hypertension, have safety concerns when it comes to sexual intercourse. While it is always important to speak with a doctor, it is usually safe for people with high blood pressure to have sex. If hypertension medication is causing sexual difficulties, a person can talk to their doctor who may be able to prescribe a different medication or dosage to relieve the adverse effects.

Boosting the immune system

Some early research found that regular sex increased the effectiveness of the immune system. Researchers found that people who had frequent sex, which they defined as one to two times per week, had more immunoglobulin A (IgA) in their system than others. IgA is an antibody that lives in the mucosal tissue, such as the salivary glands, nose, and vaginal tissue.

A more recent study looked at a small group of women to see if there were differences between the immune activity of those who were sexually active and those who are not. The study examined their immune system's ability to kill different infectious pathogens at various points in the menstrual cycle. While the results suggest that there might be some differences between the groups, the authors say more research is necessary before drawing any conclusions.

Reducing prostate cancer risk

An early study, again from 2004, found that high frequency of ejaculation may reduce the risk of prostate cancer. The study investigated almost 30,000 males looking at how often they ejaculated at different points in their life. They concluded that those who ejaculated more than 21 times per month had a lower risk of prostate cancer than men who only ejaculated 4–7 times per month.

In 2016, the researchers extended this study for an additional 10 years to continue their research on the participants' risk for developing prostate cancer. This follow-up confirmed the initial findings. The males who ejaculated most frequently had a lower risk for prostate cancer than those who ejaculated less often.

Relieving stress

Sex can serve as a natural way to relieve stress. A 2019 study looked at the effect that intimacy with a partner had on cortisol levels. Cortisol is a steroid hormone that circulates the body in response to stress. The researchers found that expressions of intimacy, whether sexual or not, helped to bring cortisol levels in both males and female back within normal range. Sex triggers the release of oxytocin, endorphins, and other “feel-good” hormones, which may be responsible for this stress reducing effect.

Improving sleep

The American National Sleep Foundation suggest that sexual activity has hormonal benefits for sleep. The same hormones that reduce stress and anxiety are also responsible for inducing sleepiness. Sex leads to the release of oxytocin, dopamine, and endorphins throughout the body.

After a person has an orgasm, another hormone called prolactin starts to circulate. Prolactin induces feelings of satisfaction and relaxation.

Precautions

While sex can be a pleasurable and potentially healthful activity, it is essential to remember that sex without protection can pose a risk to overall health. People who have sex without using contraceptives have a risk of sexually transmitted infections (STIs) and unplanned pregnancies. Using a condom or other contraceptive method can reduce the risk of these outcomes. If a person has multiple partners, they can bring down the risk by reducing the number of people with whom they have sexual contact. If sex becomes painful or causes bleeding, a person should talk to a healthcare professional.

5.4.1 How Can Sex Therapy Help My Relationship?

Sex therapy can improve a couple's relationship in a number of ways, Krychman says:

- Enhancing emotional and sexual communication
- Enhancing sensuality and sexuality through sexual exercises that may help eliminate sexual boredom
- Enhancing the understanding of each other's sexual needs, wants, and desires
- Enhancing fantasy exploration (a neutral third party could make it easier for an individual to disclose their sexual fantasies)

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain five major benefits of sex therapy

5.5 Techniques of sex Therapy

Snyder sets these three goals as he goes into sessions:

1. He works to identify exactly what the person or couple wants to accomplish.
2. He gets the story in as much detail as possible, of what's actually happening in bed—and in both people's heads.
3. He works to determine what each partner would consider satisfying and how each person can keep these things in mind during sex.

Snyder explains that there are benefits to meeting both with individuals and couples—with individuals he says he can find out what's going on their head, and with couples he says he gets a more well-rounded idea of what's going on in bed. He likes to do all of the above over the course of a one-hour session. "It's possible to see a couple for 15 minutes, then see each person alone for 15 minutes, then wrap up with everyone together, confident that all angles have been heard. This also allows Snyder to get an idea of how the couple interacts with one another, and how or if they change when they're on their own.

5.5.1 What to expect from sex therapy

Discussing someone's sex life with a stranger may feel uncomfortable. It is likely the therapist anticipates this and will begin with simple getting-to-know-you questions.

People can expect to discuss their:

- health
- sex education
- sexual background
- beliefs and ideas about sex
- specific challenges with sex

The sex therapist will work with the individual or couple on their specific concerns and challenges through talk therapy. The frequency and length of therapy sessions will depend on the client and challenges and needs.

The sex therapist will not:

- choose sides or attempt to convince anyone to do anything
- undress or ask anyone to undress
- have sexual relations or instruct sexual relations

Note that sex therapists, as with all therapists, are not one-size-fits-all. Compatibility is important for successful treatment. If someone does not feel comfortable with their therapist, they may wish to consider another expert.

5.5.2 What happens during sex therapy?

Sex therapy is a form of counseling intended to help individuals and couples resolve sexual difficulties, such as performance anxiety or relationship problems. Clients generally meet in the therapist's office. Some choose to attend sessions alone; others bring their partner with

them. Session frequency and length usually depend on the client and the type of problem being addressed.

Sex therapists usually assign “homework”—practical activities that clients are expected to complete in the privacy of their own home. Such homework might include the following:

- **Experimentation.** Couples who feel they’re in a sexual rut may try different activities, such as role playing or using sex toys, to increase their desire. Other couples may need to adjust their sexual routine or positions, especially if one partner has a health condition that requires such changes.
- **Sensate focus.** This technique for couples is designed to build trust and intimacy while reducing anxiety. Couples progress through three stages, starting with nonsexual touching, progressing to genital touching, and, usually, ending with penetration.
- **Education.** Sometimes, clients do not receive adequate sex education while they are growing up. As a result, they may not be aware of anatomy and how the body functions during sexual activity. Therapists might assign books or web content to read or videos to watch. They might also suggest that clients use a mirror to learn more about their body.
- **Communication strategies.** Clients may practice asking for what they want or need sexually or emotionally in a relationship. Success with sex therapy often depends on how committed clients are to the process. If clients are willing to put in the effort, either alone or with a partner, they may reach their sexual goals.

5.5.3 Couples sex therapy

Can you explain Couples sex therapy? Couples sex therapy is when both sexual partners attend therapy sessions. For some people, attending sex therapy sessions alone is sufficient. For others, having both partners present is more beneficial for building stronger communication and improving satisfaction. In some cases, the therapist may be able to help a couple determine whether individual sessions, couples sessions, or a mix of both would be the most favorable.

Here are 10 of the most common tips Counsellors can give to clients to help achieve and live out those feel-good moments they yearn for.

1. Use your senses

Use your five senses (yes, all five) to focus on your own body sensations. Abandon the performance-based mindset and adopt a *pleasure*-based approach instead. This helps reduce that kind of sexual pressure most people complain about when it comes to sex-expectations. Practicing this can help you learn to eliminate fears that arise from believing you must know everything about sexual intimacy.

2. Expand your definition of sex — try outercourse!

Sex is more than penile-vaginal intercourse. For variety's sake, try outercourse, which may include anything from deep kissing, sensual touch, and erotic massages, to using vibrators or other sex toys. Exploring a range of body pleasure is key to achieving orgasm.

3. Understand each other's love language

When the going gets tough in the bedroom, rely on your strengths. It's quite easy to shift blame and get mad when your needs aren't met. But, instead of calling it quits, make some time to understand each other's point of view. Find some common ground.

Bickering usually happens because one person is feeling unappreciated. So learning and expressing your love in your partner's language (whether it's via gifts, physical affection, or taking out the trash), you'll create a foundation for sexual intimacy.

4. Avoid comparing your partner to your past sexual partners.

Who wants to be compared? Comparison tends to create unnecessary insecurities and resentment. Instead, indulge with each other and keep things exciting. Make new memories! Schedule date nights to ensure you're making time to create new sexual escapades.

5. Be a detective

Be curious about your body and theirs! Consider this practice in expanding your awareness on what makes you feel sexually alive. All of this will help you become better equipped to teach your partner how to touch you.

6. Know your own limitations

When you're able to recognize your own motives, and how much time, energy, and resources you're able to devote to yourself and your partner, you'll begin to feel less pressure, and more in control of creating the sexual life you want.

7. Be playful

Seriously, let yourself be silly and fool around together. Sex doesn't have to be so serious.

8. Make an intentional decision to be intimate

Schedule time for yourself and your partner, or more simply put, don't overschedule yourself with non-relational activities. To keep the spark alive, you must reserve at least an hour per week to explore each other's bodies and indulge in adult play.

9. Put the phone down, and get some sleep

To feel more comfortable in your body, and more energized to explore something new in the bedroom, you must feel well-rested. Skip checking your Facebook each night and reserve your first and last hour of your day to refuel, reconnect, and experiment with sexual pleasure.

10. Prioritize your time

Create more opportunities for sexual intimacy. Stop juggling too many balls in the air. Clear your schedule for rest, relaxation, and sexual activity. And since you need blood flow to your genitals for sexual arousal, keep up with regular exercise. It's vital to increasing pleasure. Not only that, but exercise lifts your mood and gives you an endorphin boost — two necessary ingredients that promote sexual desire.

Sex doesn't have to be frustrating or scary. Take these home and practice them to start feeling more empowered about your sexuality, relationships, and yourself. When we set realistic expectations and be honest about needs and likes with ourselves and our partner, then we can begin to have a more satisfying sexual life.

Self-Assessment Exercise 4

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Discuss five techniques of sex therapy

**5.6 Summary**

This article discusses why someone may need sex therapy, what to expect during therapy, and more. Sex therapy aims to provide a comfortable, encouraging atmosphere for people to safely talk through their challenges at obtaining a healthy and fulfilling sex life.

Anyone can benefit from sex therapy — especially people experiencing sexual challenges and dissatisfaction with their sex lives. Some people benefit from individual sex therapy sessions while others find couples sex therapy more useful.



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5.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

What is sex therapy and how does it work?

Sex therapy is a type of talk therapy designed to help individuals and couples experiencing issues achieving sexual satisfaction. It can help people identify and work through their sexual challenges.

How sex therapy works

As with any psychotherapy, sex therapy involves talking through issues. Generally, the client and sex therapist discuss any experiences, emotions, and concerns that may contribute to the client's sexual dissatisfaction and challenges. They will also work on coping mechanisms to help them build a more satisfying sex life.

Self-Assessment Exercise 2

1. Explain the various types of sex therapy

Types of Sex Therapy

Talk therapy is the primary method of sex therapy. Couples work on their general communication skills, explain the points of sensitivity that they have discovered in regard to sex in the past, and even expand on their knowledge of sex education.

Sensate focus is a behavioural form of sex therapy that hones in on the details of a couple's relationship, and then has them complete behavioural exercises. This can involve homework assignments that prompt couples to focus on physical interactions that they enjoy without the pressure of penetrative sex.

2. Who needs sex therapy?

People who experience sexual dysfunction may be among those who could benefit the most from sex therapy. These dysfunctions can cause a lack of interest in sex, low confidence, sexual performance anxiety, painful intercourse, and an inability to become aroused or reach orgasm.

Self-Assessment Exercise 3

Explain five major benefits of sex therapy

Benefits of sex therapy

Sex therapy can help with a range of relationship issues. It can also positively impact the overall mental outlook of those being treated. Sex therapy can help both individuals and couples:

- gain a realistic understanding of sex and pleasure
- grow and maintain a deeper sexual connection with themselves and their partners
- It can improve emotional intimacy between the couple, which can lead to an improved sense of fulfillment and happiness.
- Having sex at least once a week has been shown to improve overall relationship satisfaction.

Benefits that come with sexual intercourse also include:

Helping heart health, Reducing blood pressure, Boosting the immune system, Reducing prostate cancer risk, Relieving stress, Improving sleep.

Self-Assessment Exercise 4

Discuss five techniques of sex therapy

Techniques of sex Therapy

Talk Therapy: The sex therapist will work with the individual or couple on their specific concerns and challenges through talk therapy.

Sex therapists usually assign “homework”—practical activities that clients are expected to complete in the privacy of their own home. Such homework might include the following:

- **Experimentation.** Couples may try different activities, such as role playing or using sex toys, to increase their desire. Other couples may need to adjust their sexual routine or positions.
- **Sensate focus.** Under this technique, couples progress through three stages, starting with nonsexual touching, progressing to genital touching, and, usually, ending with penetration.
- **Education.** Therapists might assign books or web content to read or videos to watch. Clients may also use a mirror to learn more about their body.
- **ommunication strategies.** Clients may practice asking for what they want or need sexually or emotionally in a relationship.

Couples sex therapy: Couples sex therapy is when both sexual partners attend therapy sessions. For some people, attending sex therapy sessions alone is sufficient. For others, having both partners present is more beneficial for building stronger communication and improving satisfaction.

MODULE 2 Premarital And Family Counselling

Unit 1	Introduction to Premarital Counselling
Unit 2	Issues to discuss in Premarital Counselling
Unit 3	Pre- Marital Counselling Strategies/Therapies
Unit 4	Family Counselling
Unit 5	Family Counselling Strategies/Therapies

UNIT 1 Introduction To Premarital Counselling**Unit Structure**

- 1.1 Introduction
- 1.2 Learning Outcomes
- 1.3 Main Contents
 - 1.3.1 The Importance of Premarital Counselling
- 1.4 How to prepare for premarital counselling
- 1.5 What to expect during counselling
- 1.6 Summary
- 1.7 References/Further readings/Web Sources
- 1.8 Possible Answers to Self-Assessment Exercises

**1.1 Introduction**

Premarital counseling is a type of therapy that helps couples prepare for marriage. It can help ensure that intending couples have a strong and healthy relationship- giving them a better chance for a stable and satisfying marriage. Premarital counseling can also help couples identify weaknesses that could become bigger problems during marriage. It is often provided by licensed therapists known as marriage and family therapists or counsellors. It might also be offered through religious institutions as well. In fact, some spiritual leaders require premarital counselling before conducting a marriage ceremony.

**1.2 Learning Outcomes**

By the end of this unit, you should be able to:

- Explain the importance of premarital counselling
- Explain the necessary preparations needed before counseling
- Discuss what goes on during counseling



1.3 Main contents

1.3.1 Importance of Premarital Counselling

Why is premarital counselling important? Premarital counselling helps couples improve their relationships before marriage. Through premarital counselling, couples are encouraged to discuss a wide range of important and intimate topics related to marriage such as:

- Finances, communication, beliefs and values;
- Roles in marriage, affection and sex, children and parenting, family relationships, decision making,
- Dealing with anger, time spent together, among others.

Premarital counseling helps partners improve their ability to communicate, set realistic expectations for marriage and develop conflict-resolution skills. In addition, premarital counseling can help couples establish a positive attitude about seeking help with their marriages down the road.

Keep in mind that you bring your values, opinions and personal history into a relationship and they might not always match your partner's. In addition, many people go into marriage believing it will fulfill their social, financial, sexual and emotional needs and that is not always the case. By discussing differences and expectations before marriage, you and your partner can better understand and support each other during marriage. Early intervention is important because the risk of divorce is highest early in marriage.

1.4 How to Prepare for Premarital Counselling

The only preparation needed for premarital counseling is to find a therapist. Before scheduling sessions with a specific therapist, consider whether the therapist would be a good fit for you and your partner. You might ask questions like:

- Education and experience: What is the educational and training background of the therapist/counsellor.
- Logistics: Where is his office? And what are his office hours.
- Treatment plan: How long is each session? How often are sessions scheduled? How many sessions should I expect to have? What is the therapist's policy on canceled sessions?
- Fees and insurance: How much is charged for each session? Will I need to pay the full fee upfront?

1.5 What to Expect During Counselling

Premarital counseling typically includes five to seven meetings with a counselor. Often in premarital counseling, each partner is asked to separately answer a written questionnaire. These questionnaires encourage partners to assess their perspectives of one another and their relationship. They can also help identify a couple's strengths, weaknesses and potential problem areas. The aim is to foster awareness and discussion and encourage couples to address concerns proactively. Your counselor can help you interpret your results together, encourage you and your partner to discuss areas of common unhappiness or disagreement, and set goals to help you overcome challenges.

Your counselor might also have you and your partner use a tool called a Couple's Resources Map- a picture and scale of your perceived support from individual resources, relationship resources, and cultural and community resources. You and your partner will create separate maps at first. Following a discussion with your counselor about differences between the two maps, you will create one map as a couple. The purpose is to help you and your partner remember to use these resources to help manage your problems.

In addition, your counselor might ask you and your partner questions to find out your unique visions for your marriage and clarify what you can do to make small, positive changes in your relationship.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Is premarital counselling important? Explain.
2. How should would-be couples prepare for counselling?
3. What should be expected from premarital counselling?



1.6 Summary

In this unit, we looked at the importance and preparations for premarital counseling. Preparing for marriage involves more than choosing a wedding dress and throwing a party. Couples should take the time to build a solid foundation for their relationship.

Premarital counseling has one distinct advantage: Learning how to communicate and work through problems is a lot easier before rather than after the wedding. Once married, couples already have unspoken expectations for each other. Before marriage, they are still in a building

stage-the expectations are there, but it is easier to be open about the issues that threaten difficulty. And by learning how to talk through differences, you will form good habits that will carry you through the years.



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1.8 Possible Answers to Self-Assessment Exercises

1. Is premarital counselling important? Explain.

Premarital counselling is very important. It helps couples improve their relationships before marriage and to discuss a wide range of important and intimate topics related to marriage such as: Finances, communication, values, roles in marriage, affection and sex, children and parenting, family relationships, among others.

Premarital counselling helps partners improve their ability to communicate, set realistic expectations for marriage and develop conflict- resolution skills. It can help couples establish a positive attitude about seeking help with their marriages down the road.

2. How should would-be couples prepare for counselling?

The only preparation needed for premarital counseling is to find a good therapist. Would-be couples are to consider whether the therapist would be a good fit for them by asking questions about the education and experience of the therapist, where his office is and his office hours. They should also ascertain the treatment plan as well as fees and insurance issues.

3. What should be expected from premarital counselling?

Premarital counseling encourages partners to assess their perspectives of one another and their relationship. They can also help identify a couple's strengths, weaknesses and potential problem areas. The counselor might also ask would-be couples questions to find out their unique visions for their marriage and clarify what they can do to make small, positive changes in their relationship.

Unit 2 Issues To Discuss During Premarital Counseling

Unit Structure

- 2.1 Introduction
- 2.2 Learning Outcomes
- 2.3 Main Contents
 - 1.3.1 Issues to be discussed during premarital counselling
- 2.4 Other things to talk about
- 2.5 Divorce
- 2.6 Summary
- 2.7 References/Further readings/Web Sources
- 2.8 Possible Answers to Self-Assessment Exercises



2.1 Introduction

Counseling is not just for people with problems. Intending couples have nothing to lose, but everything to gain through premarital counseling. They will strengthen their chances of staying together if they learn the skills needed. This is especially relevant in today's climate, with divorce so prevalent and many couples not having role models to follow. Counselors can step in and become their relationship expert to prepare them for marriage. Some of the issues to tackle during premarital counseling are discussed below.

Premarital counseling is for every intending couple. Every marriage presents difficulties and obstacles, and premarital counseling will help couples overcome them. Other things to talk about in premarital counseling sessions include: religion, children, habits and family issues among other things.



2.2 Learning Outcomes

By the end of this unit, you should be able to:

- Explain the major issues to be discussed during premarital counseling.
- Discuss other relevant topics treated during premarital counseling like Children, Wills, Divorce and others.



2.3 Main contents

2.3.1 Issues to be discussed during premarital counseling

Issues to be discussed during premarital counseling include the following: Individual Differences, Leaving and cleaving, Expecting surprises, Make a commitment to the marriage no matter what, Model after the right couples, Evaluate often, Good communication, Finances, among others.

1. **Individual Differences:** Opposites do tend to attract. Each spouse is not only different physically, but there are differences in backgrounds, outlook on life and the way to approach a situation. This is not intended as a curse against marriage. The more a couple learns to celebrate those differences, the stronger a marriage will become.
2. **Leaving and cleaving:** Either set of in-laws should not be allowed to dictate how you lead your new family. Decide in advance that no one, related or otherwise, is going to be a wedge between you two. Every couple has lots of other relationships, including perhaps children someday, but none of them should be allowed to interfere with the oneness intended to be achieved with the marriage.
3. **Expect surprises:** Life will not always be blissful in marriage. There will be hard days, whether self-induced or life-induced. Life brings changes and those times have the ability to catch even the best marriages off guard if not prepared for them. We can never be fully prepared for what might happen, but we can prepare ourselves that when something comes, whatever it is and no matter how hard it is, that we will handle it. Couples should use these times to improve the strength of their marriage rather than allow them to pull the marriage apart.
4. **Make a commitment to the marriage no matter what:** Couples usually assume they are doing this by performing the marriage rites together, but statistics show otherwise. Many times these days a person is saying “I am committed until it becomes difficult or until the love we have today fades”. That is not proper. Marriage is more than simply a feeling of love, it is a commitment to love... for better or worse... from this day forward. Verbalizing and agreeing to that, and continuing to remind yourself of that through the difficult days, will help the marriage last. Couples should ask for help as soon as possible,

not letting problems in the marriage linger too long without asking for help. Remove the fear of asking for professional counselling if necessary. It would be better to get help early than to see the marriage disintegrate beyond repair.

5. **Model after the right couples:** Counsellors should encourage couples to find a couple whose marriage they admire and follow them closely. Most likely they have some stories to share. Things may not have been as wonderful throughout their marriage as they are today. No doubt they have learned some practices to having a strong marriage. Counsellors should challenge couples to learn all they can from the couple they want to be like.
6. **Evaluate often:** Couples should ask themselves often, are we growing together as a couple or further apart? Is the marriage growing stronger or are there holes that need addressing? Don't assume your spouse feels as you do. (This is especially true for men who often don't know there is a problem.). Establish the understanding early in the relationship that you have the right to periodically check on the state of your marriage.
7. **Good communication-**The key issues for proper communication include the basic communication skills. If couples have trouble talking through the issues in their lives, it is better to learn how to do it when they are engaged. Even if they generally communicate well, there may be specific issues they would need some help working through. They should seek wisdom to know what to and not to say, how to say it and when. Couples should be taught to talk to each other in the right way, without criticism and arguing. They should learn how to talk lovingly about problems.
Some counselors say that arguing is good. It is not. Arguments truly get the issues out in the open, but it does not do it in a proper way. And besides, there are other deeper issues that are hidden behind the now anger-covered scenes.
8. **Wise Decision-making-** Engaged couples should learn how to make bigger decisions ahead of time as well as how to resolve misunderstandings. Discussing family planning is an example of a topic that needs to be resolved earlier on and decisions taken. Couples might differ but each opinion is to be respected. They should be taught not to be caught off guard. They should look ahead and see when stressful times or hard decisions are coming, and discuss how to handle them ahead of time.
9. **Finances and marriage-** Couples should discuss their attitudes about money with each other. Talk about budgeting and debt.

Review financial guidelines and answer targeted financial questions. Couples often argue over how to handle their finances. The husband can still make decisions and expect the wife to understand and appreciate that, but he is not wise to do it without his wife's input. The reason to marry is to gain extra wisdom. Get into the touchy areas like credit cards, debts in general, giving, having a common purse. Remember this topic builds on the former ones that discuss good communication and decision making.

Finances is a very important area for them to discuss. It is better that they go into marriage knowing these things rather than resenting them later. Let them discuss budgets, honeymoon planning and wedding budget. They should think and plan about their first year's expenses. Couples should not go into debts for the wedding for that would only put more pressure on the marriage and it is not proper either. They are to be content with what they have and live within their means. Buying more than they can afford is a sign of greed.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Mention and discuss five important topics that should be handled during premarital counseling.
2. Explain the basic communication process in marriage.

2.4 Other Things to Talk About

2.4.1 Wills

Couples should be encouraged to make "wills" if they have not done so and to discuss how each would want to be treated while dying.

2.4.2 Children

Couples are to discuss about children, do you want them. Agree on the number to have and discuss time line. What would you do if you discovered you were infertile? How do you feel about adoption?

2.4.3 Values

What does your relationship mean to each of you. Ask them to write a statement privately about their relationship and to read them out loud to each other. What values do you want to make central to your lives together and to instill in your children (make lists). They are to Make lists of life goals and then compare them. Discuss how the couple should and will handle disagreements. What to do when one offends the other and what to do when you offend another. They also need to discuss how

they feel about monogamy and what their attitudes and approaches would be if one of them slipped up.

2.4.4 Crisis Management

What they would do if they felt their marriage was in crisis. Would you agree up front that you would both attend marriage counselling if the other partner requested it even if your marriage was not in crisis.

2.5 Divorce

Talk about divorce. You do not have any business getting married unless you have sat down and have had a long frank talk with your partner about divorce. How do you feel about it? Has it happened to anyone in your family? How do you feel about that? Do you feel like it is an option in your life? If so why, when and how. The counsellor should challenge them to think even harder, because divorce is a huge and difficult subject.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Enumerate and explain five other important issues to be discussed during premarital counselling.



2.6 Summary

In this unit, we have looked at some of the issues that the counselor should discuss with his or her counselees during premarital counseling sessions. Such topics as Individual differences, leaving and cleaving, surprises, modeling after the right couples, communication, finances and the fear of God.

Counselling can help you recognize where your partner stands on a variety of topics, and where his or her priorities lie, which will confirm your sense of your selves as a couple, or in some cases, open your eyes to the fact that you might be making a mistake. Counsellors should encourage couples to put God first in their marriage. It is not just the preacher's answer, it is the best secret to a lasting marriage. "A chord of three strands is not easily broken. A couple's individual or collective relationship with God will ensure they can endure the hardest days of marriage. When the relationship with God suffers, the marriage will often suffer. Satan looks for any excuse to destroy the marriage. Pour

your heart and life into Christ and let Him strengthen and sustain your marriage.

We also looked at some other topics that should be discussed during premarital counseling, such as writing of wills, children, values, crises management and views about divorce.



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1.8 Possible Answers to Self-Assessment Exercises

1. Mention and discuss five important topics that should be handled during premarital counseling.

Issues to be discussed during premarital counselling include the following: Individual Differences, Leaving and cleaving, Expecting surprises, Make a commitment to the marriage no matter what, Model after the right couples, Evaluate often, Good communication, Finances, among others.

2. Explain the basic communication process in marriage.
 - a. Know what to and not to say,
 - b. Know how to say it and when.
 - c. Couples should talk to each other in the right way, without criticism and arguing.
 - d. They should learn how to talk lovingly about problems.
3. Enumerate and explain five other important issues to be discussed during premarital counselling.

Other important issues to be discussed during premarital counselling include:

Wills: Couples should be encouraged to make “wills” if they have not done so and to discuss how each would want to be treated while dying.

Children: Couples are to discuss about children, whether they want them, how many and the time line. What they would do if either of them were infertile and how they feel about adoption.

Values: They should explain what their relationship mean to each of them. They should discuss what values they want to make central to their lives together and to instill in their children.

Crisis Management: They are to discuss what they would do if they felt their marriage was in crisis.

Divorce. Talk about divorce. How do you feel about it? Has it happened to anyone in your family? Ho do you feel about that? Do you feel like it is an option in your life?

Unit 3 The Counseling Process

Unit Structure

- 3.1 Introduction
- 3.2 Learning Outcomes
- 3.3 Main Contents
 - 1.3.1 Session 1
 - 1.3.2 Session 2
 - 1.3.3 Sessions 3 & 4
- 3.4 Exploring Sexual Intimacy
- 3.5 Termination of Counselling Sessions
- 3.6 Summary
- 3.7 References/Further readings/Web Sources
- 3.8 Possible Answers to Self-Assessment Exercises



3.1 Introduction

It is important to direct a couple in premarital counselling to think seriously about what they want for their marriage and to make some commitment to pursue that goal. This unit suggests possible guidelines to follow during counselling sessions.



3.2 Learning Outcomes

By the end of the unit, you should be able to:

- Design practical guidelines to premarital counselling sessions
- Describe what to do in each session of premarital counselling



3.3 Main Contents

3.3.1 Session one

This first session helps establish a rapport between the couple and the counsellor. The counsellor has to make the couple comfortable, and then direct them to think seriously about what they want for their marriage and to make some commitment to pursue that goal for a successful marriage.

This session could be started with a dinner or an outing. Appointments are fixed and 2-3 weeks intervals are ideal or closer schedule if the

wedding is drawing close. Appointments should not be scheduled for more than a month's interval because continuity is very important.

Go over the overview and introduce the sessions. Reassure them that you are ready to help them build a solid foundation for their marriage. Let them understand the importance of premarital counselling.

Assign home work.

3.3.2 Session Two

Forms for the sessions are to be gotten ready by now. They could be down loaded online or the counselor could construct them.

Understanding our differences- Emphasize the way one gains appreciation of the other. Make them feel that they cannot do without each other. Their commitment to their mate will work together with the realization of how their to-be spouse so wonderfully meets their need and helps spurt them forward into better knowing each other.

Use testing devices to find out what each of them are like temperamentally and to see the opposites. Seeing how different the two are helps point out potential problems. Check if one appreciates the other, and if they will take advantage of the other person's gift. Differences will bother us if we do not rightly appreciate our mate. We will after all, spend our lives with our partner. The commitment needed to bind the couple together is the most important aspect of marriage. Both should be taught to love no matter what.

3.3.3 Sessions Three and Four

These sessions should be used to discuss the topics enumerated above.

3.4 Session five: Exploring Sexual Intimacy

Exploring sexual intimacy for engaged couples summarizes and focuses on the special needs brought out through the past lessons and prepares couples for sexual intimacies after marriage. This last session aims to pull all the main session points together. By now, the counselor has seen the strengths and weaknesses of the couple. They should encourage them to rightly face those problems so that they might have a strong marriage.

Our culture conveys so many wrong things about sex. Religious houses at times do too. In this session try to paint a beautiful picture of what is good and lovely in its proper context.

The main questionnaire should be reviewed to see if there are any significant problems. For example, the couple might have shared some physical intimacies with each other or others in past, and someone might

have STD. These issues must be dealt with before marriage. Because marriage is built on intimacy, there is no way one can have a strong marriage and keep such significant matters hidden from one's partner. If there were suspicious activities from the past, the spouse should know and choose whether to continue with the marriage or not. If such matters are stated before marriage, it provides the partner an option to know what he or she is really like. In these cases, resentment will be minimized.

This session is a follow up on the differences mentioned in the earlier session. Differences show up in how the man and woman's sexual needs, responses and expressions differ. Emphasize the need for men to go slow (be romantic).

This last session should be shorter and let them understand that the counsellor is there for them all the time in case they run into difficulties in the future.

- Make sure their honey moon is planned
- Discuss wedding plans.
- Explain the beauty of marriage and sex as an expression of that oneness.
- Warn of emphasis on sex in our culture. Do not use pornography or sensual movies to stimulate.
- Through a chart show the differences of the couple in the area of romance. It might be hard to speak about some of these items but you need to say what needs to be said.
- As time allows, go over raising children. (Parenthood).

3.5 Termination of Counseling

- Plan any further meetings as needed. Mention that you will have one more meeting in about 10 months' time.
- See if there are any special wedding or honeymoon concerns.
- Give any other assignments that might be helpful such as "raising children". End the session here.

Self-Assessment Exercise

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Describe how you will organize premarital counseling sessions for a would be couple.
2. List and explain seven points you must discuss with them



4.6 Summary

In this unit we looked at the process of premarital counseling and how to terminate the counseling session.



4.7 References/Further Readings/Web Sources

[http://foundationsforfreedom.net/Topics/ADT/Counsel/Premarital Counseling](http://foundationsforfreedom.net/Topics/ADT/Counsel/Premarital_Counseling)

4.8 Possible Answers to Self-Assessment Exercises

1. Describe how you will organize premarital counselling sessions for a would be couple.

The counselling programme will be made up of five sessions as follows:

Session one: This first session would be for establishing a rapport with the couple and to direct them to think seriously about what they want for their marriage and to make some commitment to pursue that goal for a successful marriage.

Session Two: This will be to emphasize an understanding of their differences and spurt them forward into better knowing each other. The commitment needed to bind the couple together is the most important aspect of marriage. Both should be taught to love no matter what.

Sessions Three and Four: These sessions should be used to discuss the topics enumerated in Unit 2.

Session five: Exploring Sexual Intimacy

Exploring sexual intimacy summarizes and focuses on the special needs brought out through the past lessons and prepares couples for sexual intimacies after marriage. This last session aims to pull all the main session points together.

The Counsellor should let them understand that he is there for them all the time in case they run into difficulties in the future. Then the therapy will be terminated.

- 2 List and explain seven points you must discuss with them
Individual differences, leaving and cleaving, expecting surprises, making a commitment to the marriage, modelling after the right couples, evaluating often, good communication, finances, wills, children, Values and divorce.

Unit 4 Family Counseling

Unit Structure

- 4.1 Introduction
- 4.2 Learning Outcomes
- 4.3 Main Contents
 - 4.3.1 Functions of the Family
 - 4.3.2 The Nuclear Family in Industrial Society
 - 4.3.3 Family Counselling
- 4.4 History and Development of family therapy
- 4.5 Theoretical frameworks of family therapy
- 4.6 Summary
- 4.7 References/Further readings/Web Sources
- 4.8 Possible Answers to Self-Assessment Exercises



4.1 Introduction

The word family comes from the Latin word “familia” which means a group of people affiliated by consanguinity (by recognized birth), affinity (by marriage), or co-residence or shared consumption. Members of the immediate family include a spouse, parent, brother and sister, and son and daughter. Members of the extended family may include grandparents, aunt, uncle, cousin, nephew and niece or sibling-in-law. In most societies, the family is the principal institution for the socialization of children. As the basic unit for raising children, anthropologists most generally classify family organization as matrifocal (a mother and her children); conjugal (a husband, his wife, and children; also called nuclear family); avuncular (for example, a brother, his sister and her children); or extended family in which parents and children co-reside with other members of one parent’s family. As a unit of socialization, the family is the object of analysis for anthropologists and sociologists of the family. Sexual relations among members of a family are regulated by rules concerning incest such as the incest taboo. Family is also an important economic unit studied in family economics.



4.2 Learning Outcomes

By the end of this unit, you should be able to:

- Define the concept of family
- Mention the various types of family
- Explain the importance and functions of the family

- Explain the importance of family counseling.
- Enumerate the stages of development of family counseling.
- Mention and explain some theories of family counseling.



4.3 Main Contents

4.3.1 Functions of the family

One of the primary functions of the family is to produce and reproduce persons, biologically and /or socially. This can occur through the sharing of material substances (such as food); the giving and receiving of care and nurture; jural rights and obligations; and moral and sentimental ties. Thus one's experience of one's family shifts over time. From the perspective of children, the family is a "family of orientation". The family serves to locate children socially and plays a major role in their enculturation and socialization. From the point of view of the parent(s), the family is a "family of procreation", the goal of which is to produce and enculturate and socialize children. However, producing children is not the only function of the family; in societies with a sexual division of labour, marriage, and the resulting relationship between two people, is necessary for the formation of an economically productive household.

4.3.2 The Nuclear Family in Industrial Society

Contemporarily society generally views the family as a haven from the world, supplying absolute fulfillment. Zinn and Eitzen describe the family as haven... a place of intimacy, love and trust where individuals may escape the competition of dehumanizing forces in modern society. During industrialization, the family as a repository of warmth and tenderness (embodied by the mother) stands in opposition to the competitive and aggressive world of commerce (embodied by the father). The family's task was to protect against the outside world. However, Zinn and Eitzen note that the protective image of the family has waned in recent years as the ideals of family fulfillment have taken a new shape. Today, the family is more compensatory than protective. It supplies what is vitally needed but missing in other social arrangements. They also have a lot of problems to contend with, such as desertion by spouse, illegitimate children, abuse and divorce among others. These call for family counselling to forestall further decline and instability in the society.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Define the concept “Family”
2. Explain the functions of the various types of families.

4.4 What is Family Counselling?

Family counselling is a type of psychotherapy that may have one or more objectives. It may help to promote better relationships and understanding within a family. It may be incident specific, as for example during a divorce, or the approaching death of a family member. Alternatively, it may address the needs of the family when one family member suffers from a mental or physical illness that alters his or her behaviour or habits in negative ways.

Counselling for families often occurs with all members of the family unit present. But sometimes, this may not always be the case. A family member who suffers from alcoholism or drug addiction might not attend sessions, and might actually be the reason why other family members are seeking counselling.

4.4.1 How can Family Counselling help?

Family Counselling can help the whole family to communicate better, and to understand and resolve differences. When families go through change, it can be difficult to learn to adapt. Counselling can help family members to support one another through these difficult times, to reduce conflict and arguments and grow stronger as a result. Couples considering separation or divorce, or are already separated, can find guidance and practical support on what to do next during family counseling.

You can also get dedicated support if you are parenting troubled teenagers, which can help you and your family through some of the challenges of this difficult period. It also helps parents realize the extent to which their child has bottled up their feelings – once the child feels safe, they can speak openly for the first time.... Children really appreciate being listened to. They pick up on conflict and if they don't have another outlet it can badly affect them.

4.4.2 What to expect in Family Counselling

You will meet with a counsellor, who will provide confidential and non-judgmental support, and who will encourage everyone who comes to

have their say and to share their feelings, if they wish. At the first appointment, the counsellor will ask you to talk through what's happening, and what you'd like to change. You will then work with the counsellor to decide what happens next.

Counselling is a different experience for everyone, and what happens in your sessions will depend very much on what you hope to get out of it, and on the unique needs of your family. You can expect family counselling to help you to build stronger relationships between every member of the family and help you to work together as a team.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What is family counseling?
2. What can a family expect during counseling?

4.5 History and theoretical frameworks of family therapy

4.5.1 Development of Family Counselling

Formal interventions with families to help individuals and families experiencing various kinds of problems have been part of many cultures, probably throughout history. These interventions have sometimes involved formal procedures of rituals, and often included the extended family as well as non-kin members of the community. Following the emergence of specialization in various societies, these interventions were often conducted by particular members of a community, for example, a chief priest, physician, and so on-usually as an ancillary function.

Family therapy as a distinct professional practice within Western cultures can be argued to have had its origins in the social work movements of the 19th century in the United Kingdom and the United States. As a branch of psychotherapy, its roots can be traced somewhat later to the early 20th century with the emergence of the *child guidance* movement and *marriage counseling*. The formal development of family therapy dates to the 1940s and early 1950s with the founding in 1942 of the *American Association of marriage counselors*, and through the work of various independent clinicians and groups- in the United Kingdom (John Bowlby at the Tavistock Clinic), the United States (John Elderkin Bell, Nathan Ackerman, Christian Midelfort, Theodore Lidz, Lyman Wynne, Murray Bowen, Carl Whitaker, Virginia Satir and Hungary (D.L.P. Liebermann)-who began seeing family members together for observation or therapy sessions. There was initially a strong influence from psychoanalysis (most of the early founders of the field

had psychoanalytic backgrounds) and social psychiatry, and later from learning theory and behavior therapy-and significantly, these clinicians began to articulate various theories about the nature and functioning of the family as an entity that was more than a mere aggregation of individuals.

The movement received an important boost in the mid-1950s through the work of anthropologist Gregory Bateson and colleagues-Jay Haley, Donald Jackson, John Weakland, William Fry, and later, Virginia Satir, Paul Watzlawick and others-at Palo Alto in the United States, who introduced ideas from cybernetics and general systems theory into social psychology and psychotherapy, focusing in particular on the role of communication (see Bateson project).

By the mid-1960s, a number of distinct schools of family therapy had emerged. From those groups that were most strongly influenced by cybernetics and system theory, there came MRI Brief Therapy, and slightly later, strategic therapy, Salvador Minuchin's *structural family therapy* and the Malian systems model. Partly in reaction to some aspects of these *systemic* models, came the *experiential* approaches of Virginia Satir and Carl Whitaker, which downplayed theoretical constructs, and emphasized subjective experience and unexpressed feelings (including the subconscious), authentic communication, spontaneity, creativity, total therapist engagement, and often included the extended family.

By the late-1970s, the weight of clinical experience-especially in relation to the treatment of serious mental disorders-had led to some revision of a number of the original models and a moderation of some of the earlier stridency and theoretical purism. There were the beginnings of a general softening of the strict demarcation between schools with moves toward rapprochement, integration, and eclecticism-although there was, nevertheless, some hardening of positions within some schools.

From the mid-1980s to the present, the field has been marked by a diversity of approaches that partly reflect the original schools, but which also draw on other theories and methods from individual psychotherapy and elsewhere- these approaches and sources include: brief therapy, a structural therapy, constructivist approaches (e.g., Milan systems, *post-Milan collaborative conversational, reflective*), solution-focused therapy, narrative therapy, a range of cognitive and behavioral approaches, psychodynamic and object relations approaches, attachment and Emotionally Focused Therapy, *intergenerational* approaches, network therapy, and multisystemic therapy (MST). Multicultural, intercultural, and integrative approaches are being developed. Many

practitioners claim to be “eclectic”, using techniques from several areas, depending upon their own inclinations and /or the needs of the client(s), and there is a growing movement toward a single “generic” family therapy that seeks to incorporate the best of accumulated knowledge in the field and which can be adapted to many different contexts; however, there are still a significant number of therapists who adhere more or less strictly to a particular, or limited number of, approach(es).

In Nigeria, family counselling is still in its infancy stage as there are no licensed family therapists yet. Little of what is being done in that area are done by general practitioners and by religious houses and concerned relatives.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Enumerate the stages of development of family counselling from its origins to the 21st century.

4.5.2 Summary of Theories and Techniques of Family Counselling

Different theoretical models exist in family counseling. The therapist may work from a behavioral stance, from Gestalt principles, or from a combination of therapeutic approaches. Whatever the approach, the main goal continues to be to improve the relationship of each family member to the others, so that the family progresses as a harmonious unit. In this section, we are going to look at the theoretical basis of the practice.

Strategic Therapy Jay Haley, Cloe Madanes Symptoms of dysfunction are purposeful in maintaining homeostasis in the family hierarchy as it transitions through various stages in the family life cycle. Directives, Paradoxical Injunctions, Positioning, Metaphoric Tasks, Restraining (Going Slow).

Structural family Therapy Salvador Minuchin, Harry Aponte, Charles Fishman, Brailio Montalvo Family problems arises from maladaptive boundaries and subsystems that are created within the overall system of rules and rituals that governs their interactions.

Joining, Family Mapping, Hypothesizing, Reenactments, Reframing, Unbalancing

Culled from Wikipedia file:///F:/Family_Counseling%2022.html

Self-Assessment Exercise 4

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. List ten theories of family counseling, mentioning the propounder(s) of each theory
2. Discuss in detail any five theories of family counselling and list the techniques under each theory.



1.6 Summary

In this unit, we looked at the concept of family, the various types of families and the functions of the family. the meaning of and need for family counseling as well as what to expect during family counseling. We also discussed the development of family counseling over the years and the activities of the various vanguards of the therapies, the various theories of family counseling as well as the techniques under each theory.

In the field's early years, many clinicians defined the family in a narrow, traditional manner usually including parents and children. As the field has evolved, the concept of the family is more commonly defined in terms of strongly supportive, long-term roles and relationships between people who may or may not be related by blood or marriage. As the family evolves so are the myriads of issues and challenges that accompany it, hence the need for family counseling.

The conceptual frame works developed by family therapists, especially those of family systems theorists, have been applied to a wide range of human behaviour, including organizational dynamics and the study of greatness and have been found to be very effective. Counsellors should master them and use the techniques under them to help hurting families in Nigeria.



2.7 References/Further Readings/Web Sources

en.wikipedia.org/wiki/family#fathers.27_rights

Wikipedia file:///F:/Familly_Counseling%2022.html

2.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

- 1 Define the concept “Family”

The word family comes from the Latin word “familia” which means a group of people affiliated by consanguinity (by recognized birth), affinity (by marriage), or co-residence or shared consumption.

- 2 Explain the functions of the various types of families.

One of the primary functions of the family is to produce and reproduce persons, biologically and /or socially. From the perspective of children, the family serves to locate children socially and plays a major role in their enculturation and socialization. From the point of view of the parent(s), the family is a “family of procreation”, the goal of which is to produce and enculturate and socialize children.

Self-Assessment Exercise 2

1. What is family counseling?

Family counseling is a type of psychotherapy that helps to promote better relationships and understanding within a family.

2. What can a family expect during counseling?

The family members will meet with a counsellor, who will provide confidential and non-judgmental support, and who will encourage everyone who comes to have their say and to share their feelings. Family counselling helps to build stronger relationships between every member of the family and helps them to work together as a team.

Self-Assessment Exercise 3

Enumerate the stages of development of family counseling from its origins to the 21st century.

Formal interventions with families to help individuals and families experiencing various kinds of problems have been part of many cultures, throughout history. Later, these interventions were conducted by particular members of a community, for example, a chief priest, or physician, as an ancillary function.

Family therapy as a distinct professional practice had its origins in the social work movements of the 19th century in the United Kingdom and the United States. The formal development of family therapy dates to the 1940s and early 1950s with the founding in 1942 of the *American Association of marriage counsellors*, and through the work of various independent clinicians and groups- in the United Kingdom, the United States who began seeing family members together for observation or therapy sessions. These clinicians began to articulate various theories about the nature and functioning of the family as an entity that was more than a mere aggregation of individuals. (Read pages 128-131 for more details).

In Nigeria, family counselling is still in its infancy stage as there are no licensed family therapists yet. Little of what is being done in that area are done by general practitioners and by religious houses and concerned relatives.

Self-Assessment Exercise 4

List ten theories of family counseling, mentioning the propounded(s) of each theory

Theory	Propounder(s)
Adlerian Family Therapy	Alfred Adler
Attachment Theory	John Bowlby, Mary Ainsworth
Bowenian Family Systems	Murray Bowen, Betty Carter, Philip Guerin, Michael Kerr, Thomas Fogarty, Monica McGoldrick, Edwin Friedman, Daniel Papero
Cognitive Behavioral Family Therapy	John Gottman, Albert Ellis, Albert Bandura
Collaborative Language Systems	Harry Goolishian, Harlene Anderson, Tom Andersen, Lynn Hoffman, Peggy Penn
Communication Approaches	Virginia Satir, John Banmen, Jane Gerber, Maria Gomori
Contextual Therapy	Ivan Boszormenyi-Nagy
Emotion-Focused Therapy	Sue Johnson, Les Greenberg
Experimental Family Therapy	Carl Whitaker, David Kieth, Laura Reberto, Walter Kempler, John Warkentin, Thomas Malone, August Napier
Family Mode Deactivation Therapy (FMDI)	Jack .A. Apsche
Feminist Family Therapy	Sandra Bem

Milan Systemic Family Therapy	Luigi Boscolo, Gianfranco Cecchin, Mara Selvini Palazzoli, Giuliana Prata
Medical Family Therapy	George Engel, Susan McDaniel, Jeri Hepworth & William Doherty
MRI Brief Therapy	Gregory Bateson, Milton Erickson, Heinz von Foerster
Narrative Therapy	Michael White, David Epston
Object Relations Therapy	Hazan & Shaver, David Scharff & Jill Scharff, James Frano.
Psychoanalytic Family Therapy	Nathan Ackerman
Solution Focused Therapy	Kim Insoo, Berg, Steve de Shazer, William O'Hanlon, Michelle Weiner-Davis, Paul Watzlawick
Strategic Therapy	Jay Haley, Cloe Madanes
Structural family Therapy	Salvador Minuchin, Harry Aponte, Charles Fishman, Braulio Montalvo

- 2 Discuss in detail any five theories of family counseling and list the techniques under each theory.

See pages 135-144 for answers.

Unit 5 Family Counselling Strategies and Therapies

Unit Structure

- 5.1 Introduction
- 5.2 Learning Outcomes
- 5.3 Main Contents
 - 5.3.1 Goals of Family Counselling
 - 5.3.2 The Counselling Process
- 5.4 Practical Guide to family counselling
- 5.5 Techniques and Strategies for Handling Families
- 5.6 Summary
- 5.7 References/Further readings/Web Sources
- 5.8 Possible Answers to Self-Assessment Exercises



5.1 Introduction

Family therapy, also referred to as couple and family therapy, marriage and family therapy, family systems therapy, and family counselling, is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development. It tends to view change in terms of the systems of interaction between family members. It emphasizes family relationship as an important factor in psychological health.

The different schools of family therapy have in common a belief that, regardless of the origin of the problem, and regardless of whether the clients consider it an “individual” or “family” issue, involving families in solution often benefits clients. This involvement of families is commonly accomplished by their direct participation in the therapy sessions. The skills of the family therapist thus include the ability to influence conversations in a way that catalyses the strengths, wisdom, and support of the wider family system.



5.2 Learning Outcomes

By the end of this unit, you should be able to:

- Enumerate the goals of family counseling.
- Explain the processes involved in family counseling.
- Explain some techniques of family counseling.



5.3 Main contents

5.3.1 Goals of Family Counseling

Part of the goal of the Family therapist is to observe interactions between family members. Another part is to observe the perception of non-interacting family members. Thus, if two family members get into an argument in a session, the therapist might want to know how the other family member are dealing with the disagreement or the way in which the two fighting members comport themselves.

In addition, to observation, the therapist often helps the family reflect on better ways of communicating with each other. So family counselling may in part be instruction and encouragement. In fact, it often teaches family members new and more positive ways to communicate to replace old, negative communication patterns.

Observations may also be used to point out how poor communication, especially when particularly filled with strife, affects the behaviour and happiness of children. Children benefit from the safe forum of a session. They may get to discuss the things they don't like about behaviour of care givers and /or siblings. Such discussions might not be permitted in the home setting.

As in a group counselling, the therapist also acts as moderator in family counselling. He or she attempts to ensure that each family member gets fair time for expressing concerns and contributing to the conversation as to how the family can do better. Sometimes the therapist may identify one or more family members may need more than the counselling model, and might benefit from individual therapy. The personal issues of one member of a family may affect other family members.

The therapist may identify that the family cannot progress to a better relationship format without some individuals receiving more help, and possibly medication. A family member with a bipolar chemistry may want to be a better parent, but may be physically unable to change radical mood swings without a combination of individual therapy and medication.

Family counselling may not take a long time to complete. Often families benefit from four to five sessions. Sometimes families require more help and might need 20-30 sessions to resolve significant or ongoing family issues. For families, therapy often helps because it involves a disinterested third party who does not favour any one member of the family. This is generally why a therapist for one family member should

not be a counsellor for the client's family. Display of partiality can render the counselling ineffective

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What are the goals of family counseling?

5.3.2.1 The Counselling Process

A family therapist usually meets several members of the family at the same time. This has the advantage of making differences between the ways family members perceive mutual relations as well as interaction patterns in the session apparent both for the therapist and the family. These patterns frequently mirror habitual interaction patterns at home, even though the therapist is now incorporated into the family system. Therapy interventions usually focus on relationship patterns rather than on analyzing impulses of the unconscious mind or early childhood trauma of individuals as a Freudian therapist would do- although some schools of family therapy, for example *psychodynamic* and *intergenerational*, do consider such individual and historical factors (thus embracing both *linear* and *circular* causation) and they may use instruments such as the genogram to help to elucidate the patterns of relationship across generations.

The distinctive feature of family therapy is its perspective and analytical frame work rather than the number of people present at a session. Specifically, family therapists are relational therapists: they are generally more interested in what goes on *between* individuals rather than *within* one or more individuals, although some family therapists-in particular those who identify as psychodynamic, object relations, *intergenerational*, or *experiential* family therapists (EFTs)- tend to be as interested in individuals as in the *systems* those individuals and their relationships constitute. Depending on the conflicts at issue and the progress of therapy, a therapist may focus on analyzing specific previous instances of conflict, as by reviewing a past incident and suggesting alternative ways family members might have responded to one another during it, or instead proceed directly to addressing the sources of conflict at a more abstract level, as by pointing out patterns of interaction that the family might not have noticed.

Family therapists tend to be more interested in the maintenance and /or solving of problems rather than in trying to identify a single cause. Some families may perceive cause- effect analyses as attempts to allocate blame to one or more individuals, with the effect that for many families a focus on causation is of little or no clinical utility. It is

important to note that a circular way of problem evaluation is used as opposed to a linear route. Using this method, families can be finding patterns of behavior, what the causes are, and what can be done to better their situation (Gale,2007). The number of sessions depends on the situation, but the average is 5-20 sessions.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Discuss the process of family counseling.

5.4 Practical Guide to family counseling.

Couple therapist may refer to a psychiatrist, clinical social workers, psychologists, pastoral counsellors, marriage and family therapists, and psychiatric nurses. The duty and function of a relationship counsellor or couples therapist is to listen, respect, understand and facilitate better functioning between those involved.

5.4.1 The basic principles for a counselor include:

- Provide a confidential dialogue, which normalizes feelings
- To enable each person to be heard and to hear themselves
- Provide a mirror with expertise to reflect the relationship's difficulties and the potential and direction for change
- Empower the relationship to take control of its own destiny and make vital decisions
- Deliver relevant and appropriate information
- Changes the view of the relationship
- Improve communication

5.4.2 As well as the above, the basic principles for a couples therapist also include:

- To identify the repetitive, negative interaction cycle as a pattern.
- To understand the source of reactive emotions that drive the pattern.
- To expand and re-organize key emotional responses in the relationship.
- To facilitate a shift in partners' interaction to new patterns of interaction.
- To create new and positively bonding emotional events in the relationship
- To foster a secure attachment between partners.
- To help maintain a sense of intimacy.

5.4.3 Common core principles of relationship counseling and couples therapy are:

- Respect
- Empathy
- Tact
- Consent
- Confidentiality
- Accountability
- Expertise
- Evidence based
- Certification, and
- ongoing training

5.5.1 Techniques of family counseling

What are the techniques of family counseling? Family therapy uses a range of counseling and other techniques including: **Structural therapy** which looks at, identifies and re-orders the organization of the family system. **Strategic therapy** which looks at patterns of interactions between family members. **Systemic/ Milan therapy**- This focuses on belief systems. **Narrative therapy**-This has to do with Restorying of dominant problem-saturated narrative, with emphasis on context and separation of the problem from the person. **Transgenerational therapy** which relies on transgenerational transmission of unhelpful patterns of belief and behaviour. Other techniques include:

- Communication theory
- Media and communication psychology
- Psychoeducation
- Psychotherapy
- Relationship education
- Systemic coaching
- Systems theory
- Reality therapy
- Attachment-focused family therapy
- The genogram

5.5.2 Counseling Strategies for Handling Families

Strategy 1

Two methods of couples therapy focus primarily on the process of communicating. The most commonly used method is **active listening**, used by the late Carl Rogers and Virginia Satir. More recently, a method called "**Cinematic Immersion**" has been developed by Warren Farrell. He observed that active listening did a better job creating a safe

environment for the criticizer to criticize than for the listener to hear the criticism. The listener, often feeling overwhelmed by the criticism, tended to avoid future encounters. He hypothesized that we were biologically programmed to respond defensively to criticism, and therefore the listener needed to be trained in-depth with mental exercises and methods to interpret as love what might otherwise feel abusive. His method is Cinematic Immersion. Each helps couples learn a method of communicating designed to create a safe environment for each partner to express and hear feelings.

Strategy 2

Emotionally focused therapy for couples (EFT-C) is based on attachment theory and uses emotion as the target and agent of change. Emotions bring the past alive in rigid interaction patterns, which create and reflect absorbing emotional states. As one of its founders Sue Johnson says: Forget about learning how to argue better, analysing your early childhood, making grand romantic gestures, or experimenting with new sexual positions. Instead, recognize and admit that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection.

Strategy 3

Behavioral couples therapy. This is the most researched approach to couples therapy. It is a well-established treatment for marital discord. This form of therapy has evolved to what is now called integrative behavioral couples therapy. Integrative behavioral couples therapy appears to be effective for 69% of couples in treatment, while the traditional model was effective for 50-60% of couples. At five-year follow-up, the marital happiness of the 134 couples who had participated in either integrative behavioral couples therapy or traditional couples therapy showed that 14% of relationships remained unchanged, 38% deteriorated, and 48% improved or recovered completely.

The goal of TBCT is to increase caring behaviours in the relationship and to teach partners to resolve their conflicts in a more constructive way through training in communication skills and adaptive problem solving (Carson et al., 2011) However, this form of treatment (TBCT) does not work for all couples. Even among couples who show an improvement in relationship satisfaction, the improvement may not be maintained over time. The limitations of TBCT have led researchers to conclude that a change focused treatment approach is not appropriate for all couples. This in turn, has led to the development of integrative behavioural couple therapy (IBCT). Instead of emphasizing change, TBCT focuses on acceptance and includes strategies that help each member of the couple come to terms with and accept some of the limitations of his or her partner. It does not mean that change is

forbidden. Rather, within IBCT, acceptance strategies are integrated with change strategies to provide a form of therapy that is more geared to individual characteristics and the needs of the couple. Now, let us look at family therapy and its similarities with marital therapy.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain any five techniques of family counseling.



3.6 Summary

In this unit, we have discussed how family counseling can be effective by looking at the goals, processes and techniques of family counseling. The perspective and analytical frame work of family therapy distinguishes it from other forms of therapies. Family therapists are more interested in the maintenance and /or solving of problems rather than in trying to identify a single cause. The therapy uses a range of counselling and other techniques including structural, strategic, narrative, reality and many other therapies, to achieve its goals



3.7 References/Further Readings/Web Sources

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Poverty, L. and Tim, L. (1995) The Spirit Filled Family. Oregon: Harvest House Publishers.

Wikipedia file:///F:/Family_Counseling%2022.html

3.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

What are the goals of family counseling?

The goal of the family therapist is to observe interactions between family members and the perception of non-interacting family members. In addition, to observation, the therapist often helps the family reflect on better ways of communicating with each other.

Self-Assessment Exercise 2

Discuss the process of family counseling.

A family therapist usually meets several members of the family at the same time. Family therapists are generally more interested in the maintenance and /or solving of problems rather than in trying to identify a single cause. They find patterns of behavior, what the causes are, and what can be done to better their situation. The number of sessions depends on the situation, but the average is 5-20 sessions.

Self-Assessment Exercise 3

Explain any five techniques of family counseling.

Family therapy uses a range of counseling and other techniques including: **Structural therapy** which looks at, identifies and re-orders the organization of the family system. **Strategic therapy** which looks at patterns of interactions between family members. **Systemic/ Milan therapy**- This focuses on belief systems. **Narrative therapy**-This has to do with Restorying of dominant problem-saturated narrative. **Transgenerational therapy** which relies on transgenerational transmission of unhelpful patterns of belief and behaviour. Other techniques include: Communication theory, Media and communication psychology, Psychoeducation, Psychotherapy, Relationship education, Systemic coaching, Systems theory, Reality therapy, Attachment-focused family therapy and the genogram.

MODULE 3 COUNSELLING SERVICES FOR CHILDREN AND ADOLESCENTS

- Unit 1 Counseling Children
- Unit 2 The Counseling Process
- Unit 3 Counseling Children with Special Needs
- Unit 4 Counseling Adolescents
- Unit 5 Counseling Strategies/Therapies

Unit 1 Counseling Children

Unit Structure

- 1.1 Introduction
- 1.2 Learning Outcomes
- 1.3 Main Contents
 - 1.3.1 What is Counselling?
 - 1.3.2 Counselling and Psychotherapy
 - 1.3.3 Goals for Counselling Children
- 1.4 Preparing for Counselling
- 1.5 Goals for Counselling Children
- 1.6 Summary
- 1.7 References/Further readings/Web Sources
- 1.8 Possible Answers to Self-Assessment Exercises



1.1 Introduction

The need for counselling services for children in schools is acute and growing every day. We want our children to be good learners, but they cannot achieve when they are burdened with unhappiness. The therapeutic approach enables our pupils to achieve well and the school to maintain and/or raise standards. Counsellors provide emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. Counselling helps children to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, anger or anxiety, family breakdown, neglect, friendship issues and trauma. In this unit, we are going to look at the need and importance of counseling children. Our focus would be children in primary and secondary schools.



1.2 Learning Outcomes

By the end of this unit, you should be able to:

- Define Counseling and Psychotherapy
- Explain the need for early intervention and how counseling can benefit young people.
- Enumerate the indices of children that need counseling
- Explain the necessary preparations counselors need to make before counselling children.
- Explain how to prepare parents before their children take part in counselling.
- Mention and explain the four types of goals to keep in mind while counselling children.



1.3 Main contents

1.3.1 What is Counseling?

Counseling is a way of helping people with personal problems. Counsellors work with a wide range of concerns including anxiety, depression, bereavement, loneliness, self-esteem, difficulties in relationships, self-injury and eating problems, among others.

Counselling is based on building a trusting relationship between counsellor and client. It can help people talk about their experiences and make sense of them. Counselling can allow people to express difficult feelings and to learn how to manage them in a helpful way. Counsellors are trained to listen helpfully and carefully to people's problems without judging or criticizing. They do not give advice but support their clients to make positive decisions for themselves.

What is Psychotherapy?

Psychotherapy, also known as talk therapy, refers to techniques that help people change behaviours, thoughts, and emotions that cause problems or distress. It is an umbrella term that describes treating psychological disorders and mental distress through verbal and psychological techniques.

During this process, a trained psychotherapist helps the client tackle specific or general problems, such as mental illness or a source of life stress. Depending on the approach used by the therapist, a wide range of

techniques and strategies can be used. Almost all types of psychotherapy involve developing a therapeutic relationship, communicating and creating a dialogue, and working to overcome problematic thoughts or behaviours.

Psychotherapy is increasingly viewed as a distinct profession in its own right, but many different types of professionals offer it, including clinical psychologists, psychiatrists, counsellors, marriage and family therapists, social workers, mental health counsellors, and psychiatric nurses.

Counselling and Psychotherapy

Are the two terms “Counselling” and “Psychotherapy” the same? There is considerable overlap between the two and many similar skills are used in both approaches. A great deal depends on the training of different counsellors and psychotherapist, on their experience and what they hope to achieve. Psychotherapy may take longer and involve greater exploration of someone’s past experiences, in order to make sense of their present life.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Differentiate between Counselling and Psychotherapy

1.3.2 Counselling Young People

Counseling for children and young people may differ from counselling for adults, and depend on the child’s age, specific difficulties and their development. Different methods may be used to encourage young children to be able to express their difficulties, such as play and art. For example, reading stories and talking about feelings of a character in that story may help the child to discuss their own feelings, or drawing or painting or drama may help children to express themselves. These methods all give the counsellor a great insight into the unconscious mind of the child.

Older children may prefer talking therapy, or a mixture of both, and the counselling approach will depend on a particular individual. Although different methods may be used for counselling children, the aim of counselling for both children and adults is ultimately the same: to help the individual cope better with their emotions and feelings and to be able to relate well with others.

1.3.3 The need for early intervention.

The number of evidence points to a significant need for early counselling support:

- One in ten children aged between 5 and 16 years (three in every classroom) has a mental health problem, and many continue to have these problems into adulthood. Half of those with life time mental health problems first experience symptoms by the age of 14.
- Among teenagers, rates of depression and anxiety have increased by 70% in the past 25 years.
- One in five children have symptoms of depression and almost a third of the 16-25 years-olds surveyed had thought about or attempted suicide.
- Children are less likely to suffer from serious psychological/ mental health difficulties in later life if they receive support at an early age, providing a cost saving to adult mental health / psychological services.
- Growing evidence indicates that promoting positive mental /psychological health also improves a wide range of positive school outcomes, including enhanced academic progress, better attendance and lower truancy rates.
- Research, monitoring and evaluation indicates that children receiving counseling services show improvements in a range of measures, enabling children and schools to become happier and healthier.

1.3.4 Indices of children that need counselling

Some common behaviour concerns in children and young people include but are not limited to the following:

Abuse, Anger, aggression and violence, anxiety, attention deficit hyperactivity disorder (ADHD), Autism and Asperger's syndrome, behaviour problems, Bipolar disorder, Bullying, Depression, Disabilities, Divorce and separation, Domestic violence, dyslexia and dyspraxia, eating problems, family relationships, friendship problems, Hearing voices, internet and mobile phone use, obsessions and compulsions, parents mental health and drug/ alcohol problems, physical illness, post-traumatic stress disorder (PTSD), Psychosis, Schizophrenia, school problems, school work and exam stress, self-esteem, self-harm, sleep problems, special education needs, stealing and lying, suicidal feelings, young carers.

Other child related issues that require counselling may include:

- Family and step-family relationships
- Bereavements/loss
- Emotional problems
- Literacy and numeracy problems

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. How can counselling benefit children?
2. List five indices of early counselling.

1.4 Preparing for Counselling

Sometimes children and young people (and their families) may need extra support if they are finding it difficult to deal with or understand their emotions and or behavior. Schools often provide professional counsellors to help young people and their families and families might also decide to seek for help on their own. In all the cases, counselors need to be prepared and also be ready to allay some of the fears that parents may have about their children taking part in counselling.

1.4.1 Counsellor Preparations

- Model – Offer a flexible menu of services, tailored to meet schools' needs. The typical model is based on a team of five or more personnel (both clinical staff and highly skilled volunteers) delivering a range of services in a school.
- Primary schools: Children in primary schools are at a vital stage of their development. Offer them support to cope with emotional and behavioural difficulties which has a positive impact on the whole class, and helps teacher focus on teaching. Also offer support for school staff and parents.
- Secondary schools: The aim should be to help students to achieve their full potentials and to deal positively with the challenges they face. Provide both universal and targeted services for young people in schools, alongside support for school staff and parents.
- Be committed to thorough research and evaluation so as to be able to fine-tune your model to meet the needs of the children. Children with the most pronounced needs should have one-to-one support. Parents who need extra support should be able to meet with the counselor. Teachers should get advice about challenging children.

1.4.2 Client/Parental Preparations

Some issues that parents and clients bother about are discussed here. They include the following:

Is my Child Seeing Someone who is Properly Trained?

It is a good idea for parents to ask their child's counselor or psychotherapist about their training, qualifications and experience.

What if my Child says some private things about my Family?

It is important that your child feels free to talk about experiences in the family that may be troubling or confusing them. It is important that parents give approval to their children to talk to the counselor. It is understandable to feel worried about what your child may wish to talk about in counseling. However, parents should bear in mind that the strict code of ethics counselors follow includes clauses about confidentiality. The counselor is not there to judge you or anyone else in your family, their sole purpose is to help your child manage their problems and try to resolve them in a positive way.

Can I ask my Child about Counseling Sessions?

The counseling relationship is very private and personal, and each child will respond differently. Some children may wish to talk to their parents about sessions, while others, especially teenagers, many wish to keep the content of the sessions to themselves. It is important to be guided by your child and to respect these individual differences. There may be times when your child seems more upset following a counseling session, and this may be because they have been talking about painful feelings. Showing sensitivity to their distress, while also respecting their right to privacy, is a difficult but important balance for parents to achieve.

Can I ask my Child's Counsellor how Sessions are Going?

It is natural that you will want to know how your child is getting on in their counselling. Some counsellors may arrange to meet with parents to review progress. They will only do this with your child's consent and knowledge of what is to be discussed. It is important to remember that the counselor will have agreed to a confidential relationship with your child and has a duty to stick to this. The only very rare exception to this would be if the counselor thought your child was at serious risk of harming themselves or others.

For how long will my child need to see a counsellor?

The time period is usually decided on at the end of the first meeting between counselor and client. Many counselors work for short fixed term periods such as six or twelve weeks, although some work in a

more open-ended way, continuing to provide sessions until the client feels ready to leave.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What preparations do you need to make as a counsellor before counselling children?
2. How do you prepare parents before you counsel their children?

1.5 Goals for Counselling Children

As counselors there are four different types of goals to keep in mind while counseling children: fundamental goals, parental goals, counselor formulated goals and the child's goals. Fundamental goals are usually achieved by giving precedence to the child's goals while attending to parent and counsellor goals.

Before counseling children, it is important to understand the nature and purpose of counseling children. This includes being clear about our goals and to have clear ideas about how these goals can be achieved. The achievement of goals is not only dependent on the media used and on the style of working, but is critically dependent on the child – counsellor relationship.

1.5.1 Levels of Goal Setting

Four levels of goal – setting have been identified in counselling children:

Level 1 goals- fundamental goals

Level 2 goals- the parents' goals

Level 3 goals - goals formulated by the counselor

Level 4 goals- the child's goals

All of these goals are important and have to be kept in focus during the counselling process. However, at various times during the process, some goals need to have preference over others. How this is achieved is the responsibility of the counselor. We will now discuss each of the four levels of goals.

Level 1 Goals- Fundamental Goals.

These goals are globally applicable to all children in therapy. They include the following:

- To enable the child to deal with painful emotional issues.

- To enable the child to achieve some level of congruence with regard to thoughts, emotions and behaviours.
- To enable the child to feel good about themselves
- To enable the child to accept their limitations and strengths and to feel good about them.
- To enable the child to change behaviours which have negative consequences.
- To enable the child to function comfortably and adaptively within the external environment (for example, at home and at school).
- To maximize the opportunity for the child to pursue developmental milestones.

Level 2 Goals- The Parents' Goals

These are set by the parents when they bring their child for counseling. They are related to the parent's own agenda and are usually based on the child's current behaviours. For example, if a child is always fighting, the parents' goal is likely to be to extinguish this behavior.

Level 3 Goals- Goals Formulated by The Counsellor

These goals are formulated by the counselor as a consequence of hypotheses which the counselor may have about why the child is behaving in a particular way. An example is the child who is always fighting. The counsellor may see the fighting as a consequence of the child's emotional issues. So the counsellor's goal might be to address and resolve the child's emotional issues which will in turn extinguish the fighting behaviour.

When formulating hypotheses about the possible cause of child behaviour, counsellors should draw on information from their own case work experience, their theoretical understanding of child psychology and behaviour, and from their knowledge of current research and the relevant literature.

Level 4 Goals – The Child's Goals

These goals emerge during the counselling sessions and are the child's own goals, although the child will usually be unable to verbalize them as such. They are based on materials which the child brings to the session. For example, a counselor may enter a session having a level 3 goal that the child needs to be empowered. It may emerge during the session that the child wants to talk about a painful loss and is not ready to be empowered. In this situation, the counselor can respond to the child's needs by attending to the level four goal and allowing the child to talk about his loss.

There is always a danger when the counselor holds rigidly to a predetermined agenda because the child's own needs might be

overlooked rather than addressed. For the child's real needs to emerge and be adequately dealt with, the counselor must stay with the child's own process. Generally, level 4 goals must take precedence over other goals. Unless the issues which are uppermost for the child are addressed first, then the likelihood of counseling having a successful outcome will be diminished.

Self-Assessment Exercise 4

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What do you think the most important goals should be when counseling children?
2. Should the goals be set by the counsellor or by the child's parents or guardians or by the child? Give reasons for your answers.



1.6 Summary

In this unit, we looked at what counselling is and tried to differentiate counselling from psychotherapy. We also explained how counselling children differs from counselling adults, the need for counselling children and the indicators that show when a child needs counseling.

We also looked at the preparations to be made by both the counsellor and the parents of the children before embarking on counselling as well as the four levels of goal-setting in counseling children.

The cost of not providing early counseling support are considerable: children suffer, costs to tax payers rise and society loses the potential of another individual. Provision of counselling services in schools can be transformational. It ensures that these children can thrive and take the best possible path in life.

It is important to view each child's experience as unique, so counselors need to be careful in setting level 3 goals. Our assumptions about what a child needs in therapy might be wrong. The counselor should always review their goals during the course of counseling and be open to amending them wherever necessary. Developing the skills required to discover the child's real needs takes practice and experience.



1.7 References/Further Readings/Web Sources

www.counselling-directory.org.uk/childrelatedissues.html

www.place2be.org.uk/what-we-do

www.youngminds.org.uk/for-parent/services-children-young-people/co

www.sagepub.com/upm-data/55174_Geldard.pdf

<https://www.verywellmind.com/psychotherapy-4157172>

1.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

Differentiate between Counselling and Psychotherapy

Counseling is a way of helping people with personal problems. It is based on building a trusting relationship between counsellor and client and can help people talk about their experiences and make sense of them. Psychotherapy, also known as talk therapy, refers to techniques that help people change behaviours, thoughts, and emotions that cause problems or distress. It is an umbrella term that describes treating psychological disorders and mental distress through verbal and psychological techniques.

Counselling and Psychotherapy overlap and many similar skills are used in both approaches. The difference lies on the training of different counsellors and psychotherapists, on their experience and what they hope to achieve.

Self-Assessment Exercise 2

1. How can counselling benefit children?

Counselling helps children to cope better with their emotions and feelings and to be able to relate well with others.

2. List five indices of early counselling.

Some common behaviour problems that show children need counselling include but are not limited to the following:

Abuse, Anger, aggression and violence, anxiety, attention deficit hyperactivity disorder (ADHD), Autism, Bullying, Depression, Disabilities, Divorce and separation, Domestic violence, dyslexia, eating problems, family relationships, friendship problems, Hearing voices, internet and mobile phone use, obsessions and compulsions, parents mental health and drug/ alcohol problems, physical illness, post-traumatic stress disorder (PTSD), Psychosis, Schizophrenia, school problems, school work and exam stress, self-esteem, self-harm, sleep problems, special education needs, stealing and lying and suicidal feelings.

Self-Assessment Exercise 3

1. What preparations do you need to make as a counsellor before counselling children?

Counsellor Preparations include

- Model – Offer a flexible menu of services, tailored to meet schools' needs.
- Be committed to thorough research and evaluation so as to be able to fine-tune your model to meet the needs of the children.

2. How do you prepare parents before you counsel their children?

Client/Parental Preparations

Some issues that parents and clients bother about include the following:

Is my Child Seeing Someone who is Properly Trained? Let parents know your training, qualifications and experience.

What if my Child says some private things about my Family?

Parents should be made to understand that the strict code of ethics counsellors follow includes confidentiality.

Can I ask my Child about Counselling Sessions?

The counselling relationship is very private and personal. Some children may wish to talk to their parents about sessions, while others, especially teenagers, may wish to keep the content of the sessions to themselves. The child's wishes should be respected.

Can I ask my Child's Counsellor how Sessions are Going?

Counsellors can only review progress with parents with the child's consent and knowledge of what is to be discussed.

For how long will my child need to see a counsellor?

The time period is usually decided between counsellor and client. Many counselors work for short fixed term periods such as six or twelve weeks, while some work in a more open-ended way, continuing to provide sessions until the client feels ready to leave.

Self-Assessment Exercise 4

1. What do you think the most important goals should be when counselling children?

Goals for Counselling Children

There are four types of goals for counselling children. They are: fundamental goals, parental goals, counsellor formulated goals and the child's goals.

Fundamental Goals are globally applicable to all children in therapy. They include the following to: enable the child to deal with painful emotional issues, enable the child to achieve some level of congruence with regard to thoughts, emotions and behaviours, enable the child to feel good about themselves, enable the child to accept their limitations and strengths and to feel good about them, enable the child to change behaviours which have negative consequences, among others.

The Parents' Goals are set by the parents when they bring their child for counselling. They are related to the parent's own agenda and are usually based on the child's current behaviours.

Goals Formulated by The Counsellor

These goals are formulated by the counselor as a consequence of hypotheses which the counselor may have about why the child is behaving in a particular way. An example is the child who is always fighting. The counsellor may see the fighting as a consequence of the child's emotional issues. So the counsellor's goal might be to address and resolve the child's emotional issues which will in turn extinguish the fighting behaviour.

The Child's Goals

These goals emerge during the counselling sessions and are the child's own goals. They are based on materials which the child brings to the session. For example, a counsellor may enter a session having a level 3 goal that the child needs to be empowered. It may emerge during the session that the child wants to talk about a painful loss and is not ready to be empowered. In this situation, the counselor can respond to the child's needs by attending to the level 4 goal and allowing the child to talk about his loss.

2. Should the goals be set by the counsellor or by the child's parents or guardians or by the child? Give reasons for your answers.

Generally, level 4 goals (the child's goals) must take precedence over other goals. Unless the issues which are uppermost for the child are addressed first, then the likelihood of counselling having a successful outcome will be diminished.

Unit 2 The Counselling Process

Unit Structure

- 2.1 Introduction
- 2.2 Learning Outcomes
- 2.3 Main Contents
 - 2.3.1 How to engage the child/ young person in the counselling process
 - 2.3.2 Respond appropriately to allegations and disclosures of abuse.
- 2.4 Formulate conceptualization of the presenting problem.
 - 2.4.1 Identify factors relevant to the context of children/ young persons in counselling
 - 2.4.2 Develop hypothesis to explain child / young person's presenting problems.
 - 2.4.3 Monitor and review progress of sessions towards child / young person's goals.
 - 2.4.4 Implement case work process when counselling children and young people.
- 2.5 Terminate counselling session.
 - 2.5.1 Seek feedback from clients about the counselling service provided.
- 2.6 Summary
- 2.7 References/Further readings/Web Sources
- 2.8 Possible Answers to Self-Assessment Exercises



2.1 Introduction

Can children be counselled the same way as adults? It is obvious that we cannot counsel children in the same way that we counsel adults. Adults are counselled by sitting down with them and inviting them to talk with us. But if we try to use the same strategy with children, many of them will not talk except to answer direct questions.

They would also become bored with the conversation after a short while. To get the child to talk freely about painful issues, we need to involve the child on play, or in the use of media such as miniature animals, clay or various forms of art. Alternatively, we might involve the child in storytelling or take them on an imaginary journey. By combining the use of verbal counseling skills with the use of media or some other strategy, we are able to create an opportunity for the child to join us in a therapeutically useful counselling process. The counsellor should provide the child with the environment in which to undergo therapeutic change.



2.2 Learning Outcomes

By the end of the unit, you should be able to:

- Explain the steps to take to engage children and young people in the counselling process.



2.3 Main Contents

2.3.1 How to engage the child/young person in the counselling process.

1 Set an appropriate physical environment to engage children and young people in counselling

An appropriate physical environment may include:

- Means by which an emotionally safe and empathic environment is created.
- Appropriate space which is child friendly.
- Toys, puppets, experiential activities (crayons, texts, paints), sand tray and symbols e.g dolls house, books and resources appropriate to various ages and which are culturally appropriate.
- Resources for care-giver and other family members where relevant.

2 Use age-appropriate engagement techniques to gain child and /or young persons' trust.

Age-appropriate engagement techniques may include:

- Age and developmentally appropriate communication techniques especially the use of play therapy.
- Storytelling.
- Using strategies that empower the child /young person.
- Demonstrating empathy.
- Maintaining confidentiality.
- Asking open-ended questions.
- The ability to ask direct questions about violence in a sensitive appropriate way.
- Active listening.

1 Use communication strategies that are appropriate for the children /young people's development stage, culture and emotional needs.

These may include the following:

- Methods of communicating with different age, religious, gender and sexual identity groups.
 - Non-judgmental communication techniques.
 - Cultural and sub-cultural awareness/ sensitivity.
 - Validating child or young person's emotions.
 - Using appropriate body language.
 - Asking open-ended questions.
- 2 Maintain an ethical relationship with children/young people in accordance with standards and legislative requirements.**

Ethical relationship must include:

- Counselling practice that reflect the obligations of the practitioner under codes of ethics, and standards of professional membership and /or legislation, to ensure the safety and well-being of the child and /or young person in the counseling relationship.
 - Counselling knowledge and application of:
 - i. International conventions relating to the rights of children and young people.
 - ii. Relevant international conventions on civil and human rights.
- 3 Enable children to identify problem areas and effectively participate in the counseling process.**
- 4 Assess parental / family influences and engage with parents appropriately.**

2.3.2 Respond appropriately to allegations and disclosures of abuse.

Respond to disclosure and allegations include:

- respond to disclosures and allegations in accordance with legislative requirements and organization procedures.

Legislative and statutory requirements may include:

- i. Relevant state / territory/ commonwealth legislation (e.g. domestic violence, guardianship, disability service, immigration, anti-discrimination, child protection, legal practice legislation, other legislation specific to children and young people).

- ii. International conventions relating to the rights of children and young people
 - iii. Relevant international conventions on civil and human rights
 - iv. Freedom of information legislation
- Document factual information and observations as required by the organization and any statutory child protection legislation.
 - Identify and assess risk for clients in relation to family domestic violence and other child protection concerns.

Assess risk for clients include:

- i Self-identification of risk, threat or attempts to self-harm.
- ii Evidence of physical injuries.
- iii Threat to safety
- iv Current or previous criminal charges for assault of client by partner /ex-partner, parents.
- v Current or previous police involvement
- vi Objective assessment of care-givers current ability to protect child /young person from further assault or harm.
- vii Feelings of depression, anger, low self-esteem, suicidal, thoughts, emotional distress or sleep disturbances.
- viii Medical problems such as overuse of tranquilizers, or alcohol, drug or substance abuse.
- ix Intimidation and harassment
- x Child /young person being denied access to required medications / resources.
- xi Existing or previous orders relating to domestic violence (e.g apprehended violence order), or breach of orders.
- xii Avoidance of discussion regarding possible abuse.
- xiii Implausible explanation for injuries.
- xiv Frequent hospital visits / admissions.
- xv Current or previous parental separation.
- xvi Family court and /or relationship history.
- xvii Children who have been in care.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain the steps involved in counselling children.
2. How do you respond to children's allegations and disclosures of abuse.

2.4 Formulate conceptualization of the presenting problem.

- 2.4.1 Identify factors relevant to the context of children/ young persons in counselling.

Factors relevant to the context of children /young persons in counselling may include:

- i. Current or previous parental separation.
- ii. Family court and /or relationship history.
- iii. Children's behavior and developmental level.
- iv. Other factors that may indicate a history of violence.
- v. Feelings of depression, anger, low self-esteem, suicidal thoughts, emotional distress or sleep disturbances.
- vi. Presenting issues including assessment with parents/care givers.

2.4.2 Develop hypothesis to explain child / young person's presenting problems.

2.4.3 Monitor and review progress of sessions towards child / young person's goals.

2.4.4 Implement case work process when counselling children and young people.

- Develop a clear plan of how sessions will be conducted in collaboration with children and young people.
- Develop measurable outcomes, treatment goals, treatment plans and after session plans with children and young people's input utilizing perspectives relevant to working with children and young people.

Perspectives relevant to working with children and young people may include but is not limited to:

- a Systemic
 - b Experiential
 - c Play therapy.
- Work collaboratively with other stake holders, including family members, other significant persons and professionals.
 - Record plans and complete other case documentation in accordance with practice setting policies, professional standards and legislative obligations.
 - Use a range of therapeutic interventions to engage and work with children and young people.

Case work processes may include:

- i Interviews with child /young person, their family, significant others and care givers.
- ii Completing applications and other forms such as questionnaire.

- iii Case documentation file notes, case plans.
- iv Using specialist communicators, interpreters.
- v Classification tools
- vi Obtaining and processing information from professionals including medical reports and psychological and developmental assessment.
- vii Obtaining. Processing and /or providing information to/from service providers including child protection authorities.
- viii Liaison with schools.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Discuss five factors relevant to the context of children /young persons in counselling
2. Explain how you can implement case work process when counseling children

2.5 Terminate Counseling Session

- 2.5.1 Recognize when the counseling is no longer serving the interests or need of the client and family.
- 2.5.2 Discuss with the client(s) when counseling no longer appears to serve the clients interest or needs and either renegotiate the professional relationship or terminate the service.

Terminate counseling sessions may include:

- Planned termination of counseling
 - Client or parents' decision to terminate the sessions
 - Counselor assesses and identifies issues of concern in a client case which determine whether to continue counseling would be unethical and /or place client and /or others at risk.
- 2.5.3 Engage client(s) in determining any further external interventions as identified and arrange appropriate referrals.
 - 2.5.4 Discuss with the client any interruptions to counseling planned or otherwise, and implement alternative interim counseling.

Interruptions to counselling may include:

- Counsellor illness
- Counsellor planned leave
- Counsellor changes employment
- Interruptions due to organization change
- Counsellor ceases practice

- Other external factors e.g. client illness, expert recommendations that counselling cease.

2.5.5 Seek feedback from the client(s) about the counseling service provided.

- Review counseling progress and provision regularly with the client in a developmentally appropriate way.
- Obtain feedback from the client at the conclusion of the counselling service.
- Use a range of developmentally appropriate feedback strategies to encourage client contribution to improved counselling practice.

Client feedback strategies may include but not limited to:

- Interviews with colleagues
- Developmentally appropriate evaluation forms
- Complaints
- Recommendations
- Suggestion
- Focus group work
- Feedback on client from parent

Review and reflect on client feedback and incorporate this information as part of supervision for the purpose of practice improvement.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What are the steps involved in terminating a counselling process with a child?
2. Explain some strategies you can use to get feedback from the counselling process with children



4.6 Summary

In this unit, we have looked at the steps to be taken to engage children and young people in the counselling process. They include: engaging the child in the counselling process, responding to allegations and disclosures of abuse, formulating conceptualization of the presenting problem, implementing case work process, terminating the counselling session and seeking feedback from clients about the counselling session. Note that using media or activity in conjunction with counseling skills supports children to talk about sensitive issues and results in effective counselling.



4.7 References/Further Readings/Web Sources

www.training.gov.au/TrainingComponentFiles/CHC08/CHCFCS804B_RI.pdf

4.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

1. Explain the steps involved in counselling children.
 - I Set an appropriate physical environment to engage children and young people in counseling
 - ii Use age-appropriate engagement techniques to gain child and /or young persons' trust.
 - Iii Use communication strategies that are appropriate for the children /young people's development stage, culture and emotional needs.
- 3 Maintain an ethical relationship with children/young people in accordance with standards and legislative requirements.
- 4 Enable children to identify problem areas and effectively participate in the counseling process.
- 5 Assess parental / family influences and engage with parents appropriately.

Self-Assessment Exercise 2

1. Discuss five factors relevant to the context of children /young persons in counselling.

Factors relevant to the context of children /young persons in counselling may include:

- Current or previous parental separation.
- Family court and /or relationship history.
- Children's behavior and developmental level.
- Other factors that may indicate a history of violence.
- Feelings of depression, anger, low self-esteem, suicidal thoughts, emotional distress or sleep disturbances etc.

2. Explain how you can implement case work process when counselling children

- Develop a clear plan of how sessions will be conducted in collaboration with children and young people.
- Develop measurable outcomes, treatment goals, treatment plans and after session plans with children and young people's input utilizing perspectives relevant to working with children and young people like Systemic, Experiential and Play therapy.
- Work collaboratively with other stake holders, including family members, other significant persons and professionals.
- Record plans and complete other case documentation in accordance with practice setting policies, professional standards and legislative obligations.
- Use a range of therapeutic interventions to engage and work with children and young people like interviews, questionnaires, Case plans, specialist communicators, interpreters, information from professionals including medical reports and psychological and developmental assessment etc.

Self-Assessment Exercise 3

1. What are the steps involved in terminating a counselling process with a child?
 - Recognize when the counselling is no longer serving the interests or need of the client and family, and either renegotiate the professional relationship or terminate the service.

Terminate counselling sessions may include:

- Planned termination of counselling
- Client or parents' decision to terminate the sessions
- Counsellor assesses and identifies issues of concern in a client case which determine whether to continue counselling would be unethical and /or place client and /or others at risk.
- Engage client(s) in determining any further external interventions as identified and arrange appropriate referrals.
- Discuss with the client any interruptions to counseling planned or otherwise, and implement alternative interim counselling.

3. Explain some strategies you can use to get feedback from the counselling process with children

- Review counselling progress and provision regularly with the client in a developmentally appropriate way.

- Obtain feedback from the client at the conclusion of the counselling service.
- Use a range of developmentally appropriate feedback strategies to encourage client contribution to improved counselling practice.

Review and reflect on client feedback and incorporate this information as part of supervision for the purpose of practice improvement.

Unit 3 Counselling children with special needs

Unit Structure

- 3.1 Introduction
- 3.2 Learning Outcomes
- 3.3 Main Contents
 - 3.3.1 Counselling Abused Children
- 3.4 Counselling Orphans and other Vulnerable Children
- 3.5 How to make counselling work
- 3.6 Summary
- 3.7 References/Further readings/Web Sources
- 3.8 Possible Answers to Self-Assessment Exercises



3.1 Introduction

Counseling children and young people with special needs involves helping them to develop a positive attitude to life, recognize their strength and express themselves. It does not involve making decisions for the child, imposing benefits on them or preaching. This unit contains information that will practically prepare counsellors to handle this group of children. Counselling may be provided to children and young people on their own, or it may be provided to a child as part of a family (family counselling).



3.2 Learning Outcomes

By the end of the unit, you should be able to:

- Describe steps to be taken in counselling abused children
- Mention other categories of children with special needs and explain how to counsel some of them.



3.3 Main Contents

3.1 Counselling Abused Children

Here are some practical guides on how to counsel abused children.

1. Externalize the problem. Help the child see the problem as temporary and from outside, rather than permanent and from within. Focus on solutions, competencies and abilities.

2. Learned helplessness. This comes when a child feels that both good and bad events are uncontrollable. Teach the child mastery and competence. Don't over protect them. Let the rewards you give them be proportional to their accomplishments.
3. Help the child deal with disappointments, not to avoid them.
4. Constantly teach the child to delay gratification. "Yes, but first do this." "When you calm down, we will talk about it." This is the model for cooperation. Children have needs alright but so do others.
5. Reduce Anxiety. Set clear limits and boundaries, especially with out-of-control children.
6. Help children not to "be their own grandparent". Children like parenting their parent. Appreciate the child for their efforts and let them "retire" and be children again.
7. Teaching a child to be a tyrant is abusive too. They feel worse, not better in the long run. Help parents understand that a fussy, demanding, crying child who is throwing a temper tantrum is not being abused. Many fear that they are being abusive toward their own child if the child is crying. You will have a happier child in the long run if you do not meet their demands in such a fashion. Let them earn through cooperation, and let them discover limits to their world.
8. Teach the child to self-soothe. Help parents not to feel so needed rather they should allow the child to have mastery over the situation. Use phrases like "that was scary, and at first you weren't sure you could handle it, but then you got your confidence back".
9. Help the child to learn self-calming techniques other than chemicals. Such techniques as baths, walks, music, exercise and relaxation. When the child feels out of control, help the child get back in control, not to have the parent get out of control too.
10. Never letting your child be unhappy will make them very unhappy. They need to learn to manage disappointment and learn that life is not being 100% at their beck and call. Parents who shield their children from disappointment, grief, death and pain will have an extremely incompetent child. The goal of parenting is helping them become capable children, not protected children.

11. Telling your child that “there is nothing to fear” will make them more fearful. If your child expresses fear that you might die in a car accident, and you tell them that there is nothing to worry about..., they know that you are lying. Any child who watches the television knows that the world is dangerous. Help them learn to master their fears.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. List ten points you must observe when counselling abused children.
2. Explain five of them.

3.4 Counselling Orphans and other Vulnerable Children

Here are some practical guidelines to follow when counselling orphans and other vulnerable children.

3.4.1 Getting the Environment right

If you feel that it is safe to do so, create a space to talk which is private and quiet and where you know you will be free from interruptions (always seek the advice of a colleague about the safety and appropriateness of this action). Where possible, make sure the seating is comfortable and make sure that there is appropriate heating and ventilation.

Get the message across that you have time to attend to the issue that you want to address. Get the message across that the conversation is private and that you will not be passing on what the child/young person says to any third party.

You have to also make it clear that if the child/young person gives you information that suggests that they or others are in danger (for example a disclosure of abuse or threat of self-harm you cannot keep this confidential. Make sure that you are fully aware of your organisation’s child protection policies.

3.4.2 Getting the listening right

One way of encouraging a child or young person to talk is to make sure that they know you are listening. You can do this by just being attentive and by showing with your body language that you are listening. Sometimes this will be by facing the child and making good eye contact. Sometimes sitting side by side (for example during a

journey) will be less threatening. Try not to interrupt when the child/young person is talking. By occasionally nodding or quietly saying "yes" or "aha" the child/young person should be encouraged to open up. Reporting back to the child a short summary of what they have just said and asking them if you have got it right is another way of doing this. Make sure you look and sound calm, unhurried and caring.

3.4.3 Asking the right questions

Try to ask more open questions than closed questions.

An open question is one which cannot be answered with yes or no and which encourages a more detailed answer, for example:

- *"What are your feelings about this?"*
- *"What are the advantages of doing things the way you have suggested?"*
- *"What are the disadvantages?"*

Avoid closed questions such as:

- *"Are you sad?"*
- *"Are you looking forward to the school holidays?"*

Another disadvantage of closed questioning is that the desired answer might be implied within the question and you might inadvertently steer the child/young person to give an answer that they wouldn't otherwise have given.

An example of this would be:

"Are you going to stop speaking to that boy who has been upsetting you?"

The implied expected answer here is quite clearly "yes".

3.4.4 Being affirming

To encourage the flow of conversation it is important that you show respect by taking an accepting attitude. The message you should try to get across is "I have respect for your opinions and your view of the world at this present time". This is not the same as saying that you agree with the child's opinions or actions and it is okay for you to make it clear that your opinions and moral views are different, as long as this is done in a respectful way.

3.4.5 Limiting the advice

Try to limit the direct advice that you give during your conversation. This is more important for older than for younger children who clearly need more guidance. This is especially the case at the beginning of a piece of problem-solving conversation. For example, it is

usually better to start with "What do you think is the best thing for you to do next?" than to say, "What you should do next is..."

3.5 How to make counselling work

- Do not turn your conversation into an interrogation. However good you are at counselling, some children/young people will not be ready to talk to you or want to talk to you. This does not mean that you have failed. It might be that they will talk later or that they will talk to a colleague of yours who they know better or a colleague of the opposite sex.
- Make sure that you recognize when you are getting out of your depth. If your conversation with a child/young person uncovers clear evidence of abuse or serious mental distress/ill health, seek immediate advice from your local mental health specialist team.
- After your conversation with a child/young person make sure that you take time out to reflect with a colleague or supervisor about the interaction that you have had. Try to be aware of yourself and your own response.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Discuss five points to note when counselling orphans and other vulnerable children



3.6 Summary

In this unit we have looked at practical guides on how to counsel children with special needs including the abused, orphans and other vulnerable children. Mastering the skills outlined in this unit and in the entire study material means that you are on your way to becoming a great counsellor.

You need many years of practice and usually a qualification to become an accomplished counsellor. However, anyone, regardless of qualifications and training can become a more effective helper by learning to apply the basic techniques of counselling. These we have taken time to present and explain in this Course Material.



3.7 References/Further Readings/Web Sources

www.johnswank.com/11%20Strategies%20that%20Really%20Work%20for...

1.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

1. List ten points you must observe when counselling abused children.
1. Externalize the problem. Help the child see the problem as temporary and from outside, rather than permanent and from within. Focus on solutions, competencies and abilities.
2. Learned helplessness. This comes when a child feels that both good and bad events are uncontrollable. Teach the child mastery and competence.
3. Help the child deal with disappointments, not to avoid them.
4. Constantly teach the child to delay gratification. “Yes, but first do this.” “When you calm down, we will talk about it.” This is the model for cooperation.
5. Reduce Anxiety. Set clear limits and boundaries, especially with out-of-control children.
6. Help children not to “be their own grandparent”. Children like parenting their parent. Appreciate the child for their efforts and let them “retire” and be children again.
7. Teaching a child to be a tyrant is abusive too. They feel worse, not better in the long run. Help parents understand that a fussy, demanding, crying child who is throwing a temper tantrum is not being abused. Let them earn through cooperation, and let them discover limits to their world.
8. Teach the child to self-soothe. Help parents not to feel so needed rather they should allow the child to have mastery over the situation. Use phrases like “at first you weren’t sure you could handle it, but then you got your confidence back”.

9. Help the child to learn self-calming techniques other than chemicals. Such techniques as baths, walks, music, exercise and relaxation.
10. Never letting your child be unhappy will make them very unhappy. They need to learn to manage disappointment and learn that life is not being 100% at their beck and call. The goal of parenting is helping them become capable children, not protected children.
11. Telling your child that "there is nothing to fear" will make them more fearful. Any child who watches the television knows that the world is dangerous. Help them learn to master their fears.
2. Explain five of them.

Explained above

Self-Assessment Exercise 2

Discuss five points to note when counselling orphans and other vulnerable children

- **Getting the Environment right:** Create a space to talk which is private and quiet and free from interruptions. Make sure the seating is comfortable and that there is appropriate heating and ventilation. Get the message across that you have time to attend to the issue and that the conversation is private.
You have to also make it clear that if the child/young person gives you information that suggests that they or others are in danger (for example a disclosure of abuse or threat of self-harm) you cannot keep this confidential.
- **Getting the listening right:** One way of encouraging a child or young person to talk is to make sure that they know you are listening. You can do this by just being attentive and by showing with your body language that you are listening. Sometimes this will be by facing the child, making good eye contact, occasionally nodding or quietly saying "yes" or "aha". Make sure you look and sound calm, unhurried and caring.
- **Asking the right questions:** Try to ask more open questions than closed questions.
- **Being affirming:** To encourage the flow of conversation it is important that you show respect by taking an accepting attitude. The message you should try to get across is "I have

respect for your opinions and your view of the world at this present time".

- **Limiting the advice:** Try to limit the direct advice that you give during your conversation, especially at the beginning of a piece of problem-solving conversation. For example, it is usually better to start with "What do you think is the best thing for you to do next?" than to say, "What you should do next is ..."

UNIT 4 Counselling Adolescents

Unit Structure

- 4.1 Introduction
- 4.2 Learning Outcomes
- 4.3 Main Contents
 - 4.3.1 What is Counselling
 - 4.3.2 Specific Characteristics of Counselling
 - 4.3.3 Counsellor Ethics
- 4.4 What Is Adolescent Counselling?
 - 4.4.1 Why is adolescent counselling important?
- 4.5 Adolescent Problems
 - 4.5.1 Types of Adolescent Counselling
- 4.6 Summary
- 4.7 References/Further readings/Web Sources
- 4.8 Possible Answers to Self-Assessment Exercises



4.1 Introduction

Adolescent counselling is counselling (or therapy) specifically for adolescents and teens who need help. Child and adolescent counselling is beneficial to truly any young person. But for those who suffer, it's critical. Adolescent counselling is essential for an adolescent who is dealing with anxiety, depression, or trauma. Substance use in adolescents is a serious issue that needs to be addressed in adolescent counselling. Moreover, children and adolescents who are discovering their sexual orientation or experiencing gender dysphoria can also benefit from adolescent or teen therapy. In this unit, you will learn what adolescent counselling is, the benefits of teen counselling and the different types of counselling. We will also answer the question "How do I know if my teenager needs counselling?"



4.2 Learning Outcomes

By the end of this unit, you should be able to:

- Define Counselling
- Explain who an adolescent is and what adolescent counselling means
- Discuss the benefits of adolescent counselling
- Explain different strategies of counselling adolescents.
- Answer the question "How do I know if my teenager needs counselling?"



4.3 Main Contents

4.3.1 What is Counselling?

Counselling is a process that relies on a healthy relationship between the person providing counselling (counsellor) and the person receiving counselling (counselee), where the counsellor will use different skills to help and facilitate the counselee to explore and understand their own problems and needs in a friendly manner until they feel mentally stable and can find solutions, adapt and change their behaviors that enable them to manage their own lives.

A counsellor

A Counsellor is a person who is well-trained on how to provide support to others. He always engages in personal development to be a person with suitable qualities to help others. In addition, a counsellor understands that all problems have causes and always have appropriate solutions. Counsellors use their knowledge, skills and their experience to assist counselees in gaining a better understanding of themselves and finding solutions to their problems. Counsellors are not in a position to decide what is best for counselees and therefore should not make any decision on behalf of them. Instead, counsellors should be supportive and encourage counselees in finding root causes and the most suitable solutions for themselves.

Counselee

A counselee is a person who has problems, concerns and worries and needs support to manage their emotions. Therefore, s/he would like to seek help and advice from counsellors.

Specific Characteristics of Counselling

- It is a form of psychological, emotional, and social assistance aiming to solve problems. The issues can arise from beliefs, social values, cultures and other external circumstances such as poverty, pandemic, family issues etc. Counselling should take into consideration the root causes of people's emotions and feelings so that it can encourage positive behavioral changes.
- It emphasizes building a good relationship and trust between a counsellor and a counselee in a friendly manner, so that the counselee feels relaxed, is comfortable to open up and willing to understand and accept their problems, ultimately finding solutions.

- Two-way communication to gain common understanding between counsellors and counsees through verbal and non-verbal language.
- A process of goal-oriented discussion, using appropriate procedures and skills according to situation, timing and context based on a counsellor's judgement.
- Understanding and management of feelings, thoughts, problems, desires and insights into the problems, so counsees can evaluate and understand themselves to take appropriate actions according to their conditions and age.
- Counselling does not provide fixed solutions that a counsellor prepared in advance as it is a communication between a counsellor and a counsee which is flexible and tailored to each counsee. The solution will be based on the needs, decision, and capability of the counsee. Counsellors only provide information, advice and guidance the help alleviate the situation.
- Counselling is not telling people what to do or not or judging what is right or wrong. Everyone has their own reasons for doing or not doing something. However, counselling is helping a counsee to see ways to solve problems, where more options can be considered, and decisions are easier.

Counsellor Ethics

- Have political awareness, loyal to the Party's ideologies, abide policies, constitutions, laws and regulations. Ability to remain calm despite external happenings, selfless and genuine.
- Have good character, integrity, honest, compassion and sincerity to peers, have solidarity with the public, responsible and accountable for their actions and are always willing to learn and improve.
- Have proper working plans that are consistent with counselling work.

Personal Ethics

Do's

- Provide counselling with honesty
- Behave appropriately by considering counsees' culture, age and gender
- Be mindful of the best interest of counsees, especially the best interest of the child as a guiding principle and primary consideration when working with counsees below 18
- Demonstrate your qualifications, knowledge and ability to reassure counsees that they meet with a competent counselor
- Respect people's right, including children, to make their own decisions

- Be aware of and set aside your own biases and prejudices
- Respect privacy and maintain confidentiality
- Comply with the principle of non-discrimination – ensuring that counselees are treated equally with dignity regardless of their personal aspects such as race, ethnicity, religion, sexual orientation, disability, age, social status, etc.

Professional Ethics

Don't s

- Don't present yourself as a problem solver.
- Don't exaggerate your skills.
- Don't abuse your position of trust as a counsellor for personal gain.
- Don't make false promises.
- Don't force help on people.
- Don't pressure counselees to tell their story.
- Don't judge counselees for their actions or feelings.
- Don't disclose personal information of counselees including their name.

Understanding And Compassion

Counselling is an important task. To help others solve their problems and share ideas, counsellors must have good understanding and compassion as follows:

- a) Understanding
 - Be aware of and understand laws and regulations related to topics of counselling. Use them as information or reference when necessary;
 - Understand young people's situations and psychologies;
 - Understand common and social problems affecting youth and adolescents.
- b) Compassion
 - Be empathetic to counselees who are facing problems that are affecting their physical and emotional well-being;
 - Be compassionate, gentle, kind and friendly towards counselees;
 - Express sympathy, sincerity and care towards counselees through the appropriate tone of voice and body language, including expression in order to build trust with the counselees; • Be willing to support people facing difficulties.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Define counselling with its characteristics

What Is Adolescent Counselling?

Adolescent counselling is counselling aimed at young people to help them make sense of their feelings, behaviors and thoughts and entails the use of unique techniques that draw out the expressive nature of a young person like art therapy or more traditional approaches like talking therapy. This form of counselling is important in helping and guiding kids transitioning into adulthood and to understand themselves better.

The adolescence stage is the period when a child transitions from being a child to becoming an adult and usually takes place between the ages of 10 and 19. During this period, the young adult starts experiencing a great deal of mental and physical changes. Physically, adolescents start seeing changes in their bodies, a process referred to as puberty, and is a time that leaves them confused as the changes in hormones start affecting their moods and thoughts.

Adolescent counselling is essential for an adolescent who is dealing with anxiety, depression, or trauma. Substance use in adolescents is a serious issue that needs to be addressed in adolescent counselling. Moreover, children and adolescents who are discovering their sexual orientation or experiencing gender dysphoria can benefit from child or teen therapy.

There are various types of child and adolescent counselling. When an adolescent is having trouble with their mental health, it's important for parents to consider adolescent therapy with clinical mental health counsellors. School professionals are also among the first to notice when a teen can benefit from adolescent counselling.

Counseling for teens can include the involvement of family members, usually parents or other guardians/caregivers. There are also various types of professional counselling for adolescents. All adolescent counselling should be facilitated by trained and licensed clinicians in the counselling profession.

Why Is Adolescent Counselling Important?

Child and adolescent counseling give kids and teens a safe place to work through mental health challenges. If mental health issues go untreated, adolescents could end up in crisis. Counseling can avert crises. Teenage

counseling can also support the well-being of children who aren't in crisis but could benefit from additional support.

Adolescence is an intense stage of life. As they move through the stages of adolescence, hormonal changes and puberty can wreak havoc on teens' physical and emotional well-being. Often, when these changes start setting in, adolescents become extremely sensitive and start experiencing mood swings and fluctuations in their confidence levels. If not properly guided or counselled, adolescents could take to their own devices and start making their own judgements, which are often clouded. As a result, they could end up following the wrong path and becoming prey to negative things that could ruin their lives like drugs, peer pressure and such. It is for this reason that adolescents should consider counselling to address their feelings and thoughts allowing them to grow into healthy, sound-minded adults.

There are many external factors disrupting the mental health of today's teens, including social media, constant stimulation, fear about world events and climate change. In addition, adolescents deal with perennial issues like peer pressure, self-esteem issues, and bullying.

Counseling for teens helps adolescents learn healthy coping skills and set realistic goals. Clinical mental health counseling provides a safe space for teens to explore distressing thoughts and emotions, work through childhood trauma, and build stronger connections with family members.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. What do you understand by "Adolescent Counselling
2. Why is adolescent counselling important

Adolescent Problems

Some problems that counselees face:

Love and relationship related problems: – Love someone who's already in a relationship – One-sided love, secretly love someone – Single, want to be in a relationship – Social pressure affecting relationship – Love of LGBT – Relationship between different groups of people (age, economic status, religion) – Long distance relationship

Sex-related problems: – Reproductive health such as menstruation – Sexual violence such as rape – Unprotected sex (sexually transmitted diseases, unplanned pregnancy) – Sexual well-being

Others, (mostly related to study): – Education path – Feeling pressured and overwhelmed with study – Lack of opportunity to study – Inequality in accessing knowledge/information – Conflict with parents – Mental health

Occupational related problems: – Working in different fields than study – Unemployment (newly graduates unable to find a job) – Conflicts in a workplace – Dislike current job – Lack of expertise in current work – Lack of motivation to work – Lack of interpersonal skills, access to information and employment process

Types of Adolescent Counselling

There are various approaches to adolescent counselling. Different modalities of therapy work better for different people. It's important for parents to find a counsellor who does adolescent specialization and has years of experience working with adolescent populations.

Counsellors offer many different types of therapy and clinical mental health counseling. Some of these types of therapy are:

- Individual therapy
- Family therapy
- Group therapy
- Trauma therapy
- Experiential therapy (art, music, play therapy, Equine and Adventure)

Individual Therapy

In individual therapy, adolescents receive counselling tailored to their individual needs. The child and adolescent therapist, who is clinically trained to work with young people, will work directly with the client in individual child and adolescent therapy sessions.

Family Therapy

Another type of therapy that is available to adolescents is family therapy. This is often a good option for family members who are concerned about their adolescent's mental health. Counselors that specialize in family therapy work with the family's dynamics as part of treatment. Family involvement is an essential aspect of achieving long-term healing from adolescent mental health issues.

Group Therapy

In group counseling, adolescents get the chance to relate to other young people who are experiencing similar mental health challenges. Clinical mental health counselors trained in group dynamics provide a safe setting for children and adolescents to share their experiences with each

other and the therapist. This type of therapy helps adolescents feel less alone and to receive therapeutic benefits from their peers as well as the mental health counselor.

Trauma Therapy

Trauma counseling for teens can be done in an individual setting or group counseling setting. Adolescent trauma is, unfortunately, common for many of our clients. All clinical mental health counseling should be trauma informed. This means that we treat every one of our clients as if they have experienced trauma, because most of them have in some form. We use language and interventions that are designed to make the adolescent feel safe and avoid trauma triggers.

Experiential Therapy

There are many ways to conduct adolescent counselling that aren't just talk therapy. Counsellors could offer a variety of experiential therapies. These include professional counselling modalities such as yoga and meditation, Equine-Assisted Learning, music therapy, art therapy, Adventure Therapy, fitness activities, horticulture therapy, Mixed Martial Arts, culinary arts, and community service (depending on location). All these different modalities are avenues for adolescent counselling that aren't traditional therapy but can be just as beneficial for child and adolescent mental health.

Self-Assessment Exercise 3

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Discuss some problems Adolescents face
2. Explain 3 strategies that can be used to counsel adolescents



4.6 Summary

- In this unit, you have been taught the meaning of Counselling, who an adolescent is and what adolescent counselling means. We also discussed the benefits of counselling adolescent, the different strategies of counselling adolescents and how to identify adolescents that need counselling. We also emphasized the following:
- Adolescent counseling should always be provided by a licensed, professional counselor.
- There are many different types of teen therapy that include individual, group, family, trauma, and experiential modalities.
- Benefits of teen counseling include better emotion regulation, stronger family relationships, and higher self-esteem.

- The main difference between counseling and therapy is that counseling typically addresses a specific issue while therapy is a more in-depth approach to heal underlying trauma.



4.7 References/Further Readings/Web Sources

www.johnswank.com/11%20Strategies%20that%20Really%20Work%20for...

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Mental Health and Psychosocial Wellbeing Booklet for Parents During
Emergencies | UNICEF Lao People's Democratic Republic

Mental Health and Psychosocial Wellbeing Booklet for Children and
Adolescents During Emergencies | UNICEF Lao People's
Democratic Republic

4.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

Define counselling with its characteristics

What is Counselling

Counselling is a process that relies on a healthy relationship between the person providing counselling (counsellor) and the person receiving counselling (counselee), where the counsellor will use different skills to help and facilitate the counselee to explore and understand their own problems and needs in a friendly manner until they feel mentally stable and can find solutions, adapt and change their behaviors that enable them to manage their own lives.

Specific Characteristics of Counselling

- It is a form of psychological, emotional, and social assistance aiming to solve problems.
- Two-way communication to gain common understanding between counsellors and counsees through verbal and non-verbal language.
- A process of goal-oriented discussion, using appropriate procedures and skills according to situation, timing and context based on a counsellor's judgement.
- Understanding and management of feelings, thoughts, problems, desires and insights into the problems, so counsees can evaluate and understand themselves to take appropriate actions according to their conditions and age.
- Counselling is not telling people what to do or not or judging what is right or wrong. However, counselling is helping a counselee to see ways to solve problems, where more options can be considered, and decisions are easier.

Self-Assessment Exercise 2

1. What do you understand by "Adolescent Counselling

Adolescent counselling is counselling aimed at young people to help them make sense of their feelings, behaviors and thoughts and entails the use of unique techniques that draw out the expressive nature of a young person like art therapy or more traditional approaches like talking therapy.

2. Why is adolescent counselling important?

Adolescent counselling give teens a safe place to work through mental health challenges. It can also support the well-being of children who are not in crisis but could benefit from additional support. Counselling helps adolescents learn healthy coping skills and set realistic goals. Counselling provides a safe space for teens to explore distressing thoughts and emotions, work through childhood trauma, and build stronger connections with family members.

Self-Assessment Exercise 3

1. Discuss some problems Adolescents face

Some problems that adolescents face include:

Love and relationship related problems: – Loving someone who is already in a relationship – One-sided love, secretly love someone – Single, want to be in a relationship – Social pressure affecting relationship – Love of LGBT – Relationship between different groups of people (age, economic status, religion) – Long distance relationship

Sex-related problems: – Reproductive health such as menstruation – Sexual violence such as rape – Unprotected sex (sexually transmitted diseases, unplanned pregnancy) – Sexual well-being

Others, (mostly related to study): – Education path – Feeling pressured and overwhelmed with study – Lack of opportunity to study – Inequality in accessing knowledge/information – Conflict with parents – Mental health

Occupational related problems: – Working in different fields than study – Unemployment (newly graduates unable to find a job) – Conflicts in a workplace – Dislike current job – Lack of expertise in current work – Lack of motivation to work – Lack of interpersonal skills, access to information and employment process.

2. Explain 3 strategies that can be used to counsel adolescents

There are various approaches to adolescent counselling, some of which are: Individual therapy, Family therapy, Group therapy, Trauma therapy and Experiential therapy (art, music, play therapy)

Individual Therapy: In individual therapy, adolescents receive counselling tailored to their individual needs.

Family Therapy: Counsellors work with the family's dynamics as part of treatment.

Group Therapy: Here, adolescents get the chance to relate to other young people who are experiencing similar challenges. It provides a safe setting for adolescents to share their experiences with each other and the therapist.

Trauma Therapy: Here clients are treated as if they have experienced trauma, because most of them have in some form. Counsellors use language and interventions that are designed to make the adolescent feel safe and avoid trauma triggers.

Experiential Therapy: Counsellors offer a variety of experiential therapies apart from talking which include professional counselling modalities such as yoga and meditation, Equine-Assisted Learning, music therapy, art therapy, Adventure Therapy, fitness activities, horticulture therapy, community service etc.

UNIT 5 Counseling Strategies/Therapies

Unit Structure

- 5.1 Introduction
- 5.2 Learning Outcomes
- 5.3 Main Contents
 - 5.3.1 Adolescents Counselling Techniques
 - 5.3.2 Essential Communication Skills
 - 5.3.3 Questioning
 - 5.3.4 Reflecting
 - 5.3.5 Active Listening
 - 5.3.6 Summarization
- 5.4 Counseling Steps
- 5.5 Making a Referral
- 5.6 Summary
- 5.7 References/Further readings/Web Sources
- 5.8 Possible Answers to Self-Assessment Exercises



5.1 Introduction

We have already discussed the different types of therapy for adolescents in the last unit, but let's dive a little deeper into how child and adolescent counselling works. When counsellors work with adolescents, they start by building a rapport with their clients. The therapeutic relationship is one of the most important, if not *the* most important, part of therapy. If the child or adolescent doesn't trust the therapist or feel safe in their care, no progress will be made. In this unit, you will be studying the strategies for counselling adolescents.



5.2 Learning Outcomes

By the end of this unit, you should be able to:

- Explain Adolescents Counselling Techniques
- Enumerate the steps taken in counselling adolescents
- Discuss how to make a referral in adolescent counselling



5.3 Main Contents

5.3.1 Adolescents Counselling Techniques

Counsellors work with adolescents to set goals. Moreover, they use a wide range of modalities, including:

- Cognitive techniques such as Cognitive Behavioral Therapy (CBT), an evidence-based type of therapy that focuses on thoughts, feelings, and behaviors and usually provides tangible coping skills to adolescents
- Dialectical Behavioral Therapy (DBT), which helps adolescents build distress tolerance
- Mindfulness approaches to support teens in relaxing their bodies and calming their minds
- Motivational Interviewing to engage teens in adolescent counselling and build their motivation for healing
- Experiential therapies, including art, music, and outdoor activities

Essential Communication Skills

1. Communicate with Information and Knowledge – To be able to respond to the needs of counselees, counsellors should be equipped with knowledge and information. Having insufficient information will not allow counsellors to continue the conversation with counselees and can lead to dissatisfaction of counselees.

2. Communicate with empathy – Knowing how to respond or react appropriately including through words and gestures toward feelings of counselees will allow counselees to feel at ease.

There are some essential communication skills counsellors should develop to provide effective counselling service to counselees which includes:

- Empathy: trying to understand people's emotions
- Respect: respect the person as a human being who have equal right as you. Provide services without discrimination of any kind. Place the person at the center of the support system and respect decisions the person makes.
- Genuineness: be real and honest to yourself and counselees.
- Using the right level of language: Avoid using technical terms and ensure that counselees can communicate in your language if not, counsellors need to have an interpreter to assure effective communication or refer the case to counsellors who communicate in the same language as counselees such as ethnic languages.

- Politeness: always present yourself as a professional with a good manner.
- Eye contact (face-to-face counselling): not every culture values eye contact. Do not judge people who have no eye contact, but it is important that you have good eye contact when talking to a person who needs help.
- Listening skill: Listen to keywords and try to picture what counselees are saying, their tone of voice (anxious, sad, angry, etc.), choice of words. It is important to pay attention to the counselees without interruption, don't laugh and ask questions only when they pause.
- Non-judgmental: Never judge people from their outlook and treat them the way you want people to treat you.
- Empowering: never use negative words but always give the counselees words of support and encouragement and believe in their strength and power to recover.
- Use non-violent and calm voice: always use a calm voice and avoid threatening words.
- Respect for confidentiality: keep all information secure and the information should only be shared on a need-to-know basis. Obtain consent from counselees before sharing any personal information of counselees with others.

Questioning

Questioning is one of the verbal communication skills that helps counsellors better understand counselees' issues and provide support and services catering their needs. It advances general conversations to a more specific level and clarifies inaccuracies or inconsistencies.

Types of Questions: There are two common types of questions used in counselling: open questions and closed questions. They are used differently depending on what kind of information counsellors look for. When used appropriately, both types of questions are helpful for the conversation. Here are some examples.

Open questions are used when counsellors need long answers or descriptive information. Open questions not only encourage counselees to provide information, express thoughts and feelings, but also allow them to explore their own feelings and thought processes. Open questions, however, can be challenging for some counselees to answer.

- Example: Being recommended by her friend to take oral contraceptives without consulting a doctor, a seventeen-year-old girl is asking for further advice from counsellors. As counsellors may need detailed information on why the girl needs to take the contraceptives, counsellors may start with simple open questions.

For instance, ‘how do you feel today?’, ‘what is bothering you?’ This can help create a sense of familiarity and a climate of trust, so counselees could feel comfortable sharing their information with counsellors. Moreover, counsellors may provide contact detail of specialized services to counselees depending on the topic of counselling.

Closed questions are used when counsellors would like to know specific information and simple responses. It can usually be answered with minimal response, such as a short sentence or just one word such as “Yes” or “No”. Example of closed questions: ‘what’s your name?’, ‘what time do you wake up?’ or ‘do you talk to your family about this?’

However, counsellors should be mindful that:

- Asking too many questions may confuse or stress out counselees, and produce defensiveness or aggressiveness.
- Asking too few questions can lead to the omission of important details.
- Although counsellors may begin with generic questions, they should know how to advance the conversation and clarify inaccuracies or inconsistencies

Reflecting

Reflecting skills are ways to encourage counselees to continue talking, and let counselees know that counsellors are listening. They include Minimal responses, encouragers, or small prompts. Reflecting could encourage counselees to continue telling their story. Examples: One to two-word encouragers such as “I see”, “Yes”, Verbal utterances like “Um Hum”, In cases of face-to-face counselling, nods and gestures when speaking, Keyword encouragers like “That’s good”, “Nice work”, “How exciting”.

Try to use words counselees are likely to use. Counsellors should let counselees tell their stories freely. Do not interrupt or say things like “I already know about this.”

Active listening

Paraphrase: A statement of the main idea of what the beneficiary said. It uses some of the beneficiary’s words and some of your words. It lets the beneficiary know you heard him or her. For example: “I heard you say you are feeling very happy about your performance at school.” Or “It sounds like you have many responsibilities this week at home and they are making you feel burdened or overwhelmed.” “You say you are feeling confused about what to do? Did I hear you correctly?” “What

you are saying is you are feeling like the situation will get better with time. Is that right?"

Summarization: A concise summing up of the beneficiary's statements. It is often used after the beneficiary tells their story, you are ending the home visit, or you are moving on to the next subject and want to summarize and clarify what has been said and understood. For example: 'So it seems the problems today are conflicts between you and your mother about your future job. You have tried a couple of things, but so far these things are not working. You would like some help to figure out how to get your mother understanding on your dream. You also want to learn how to respond better to your mother when she scolds you. You don't want to yell at her anymore, and instead you want to learn a better way that will encourage and support them in stopping yelling at you and understanding your dream. Do you agree this is what has been discussed so far'? Great. Now let's look at some things you can do, like effective negotiation and communication skills, and things you can encourage your mother to understand your situation.'

Counsellors should: Remember: You influence what the beneficiary says through how you communicate and what you communicate to the beneficiary. Non-verbal communication is always important to observe: Both yours and the beneficiary's. The skills of listening, attending, questioning, focusing, reflecting, active listening, and selfdisclosure are effective basic communication skills.

Self-Assessment Exercise 1

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

1. Explain four techniques used in counselling adolescents
2. Discuss three Essential Communication Skills of counselling adolescents

COUNSELLING STEPS

Below are the fundamental steps for counselling adolescents.

1. Greetings
2. Gather basic information of a counselee including age, gender and provinces (if they consent to)
3. Seek consent from counselees to take written notes during the conversation
4. Be attentive especially to undiscovered issues. Then categorize issues according to the counselling topic code. Review the previous conversation before giving further advice (for a revisiting counselee)

5. Build trust and good relationships with counselees so that they are willing to open up and express their concerns freely
6. Listen actively to their problems even if the problem is so serious that counsellors think it is beyond their capacity and expertise in which they can address
7. Give counselees time and opportunity to share their stories. Don't interrupt, cut off, or jump to conclusions without giving counselees a chance to speak as counsellors would lose their trust in doing so.
8. Assess the severity of their problems according to the four risk levels
9. Give advice and provide information related to counselees' issues
10. Cheer them up if they feel upset and sad
11. Compliment them for their courage to think, act and express themselves and their courage to face problems.
12. Thank and encourage them to come back for counselling if they support it. This would make them feel motivated to tell their friends about the counselling service.

Making a Referral

Counsellors are expected to listen to counselees and guide them to find solutions to their problems with accurate and reliable information needed for them to make free and informed choices that affect their lives. When counsellors receive calls, they record details of information in an excel sheet and offer guidance to counselees.

If counselling involves technical knowledge such as sex education, health/medical support, laws, etc., it is necessary to assess counsellor's own expertise and capacity and use their discretion to determine whether a referral should be made to specialized or professional services and discuss with counselees. Before any referral is made, counsellors must ensure that they seek consent from counselees.

Counsellors should still perform their best to provide counselling, including to console and encourage counselees. Counsellors need to explain to counselees the referral process and services to which their case will be referred. This will enable counselees to be aware of, understand and have confidence in the referral system.

Counsellors need to organize a meeting with specialized services providers and provide them with the background of cases. However, it may happen that specialized service providers may not be able to take the case forward at the time. Counsellors may represent counselees to discuss with specialized service providers and revert to counselees with detailed and accurate information for their case, given that consent is sought from counselees.

Why Referral?

Counselees may face a wide range of complex issues that are beyond the capacity and expertise of counsellors to address. However, counsellors are sources of information on services available especially those related to youth and adolescents and can help counselees to access those services. Counsellors should always be reminded that consent must be sought from counselees prior to any referral being made. If counselees feel that support and information provided by counsellors are sufficient for them, there is no need for further referral. Although a referral is made, counsellors remain responsible for counselees.

How To Make a Referral and What to Consider

Best interest principle – when counselees are under the age of 18, counsellors should ensure that the best interest principle is always upheld. This is in line with the Article 3 “Best interest of the child” of the United Nations Conventions on the Rights of the Child (UNCRC). The principle considers children’s wellbeing as well as their views in all decisions affecting their lives given due consideration to their maturity.

UN CRC Article 3. Best Interests of the Child When adults make decisions, they should think about how their decisions will affect children. All adults should do what is best for children. Governments should make sure children are protected and looked after by their parents, or by other people when this is needed. Governments should make sure that people and places responsible for looking after children are doing a good job.

- Informed consent – before any information is shared or any referral is made, counsellors must ensure that they seek consent from counselees. Counselees have the right to limit the information s/he wants to share and the people with whom that information will be shared. Counsellors should explain each step and plan for further support with counselees
- Confidentiality – this is what matters when counsellors build trust with counselees. Maintaining confidentiality is what counsellors should pay particular attention to. This is because it demonstrates how counsellors respect and protect confidentiality and the right to privacy of counselees especially of children, youth and adolescents.
- Respect counselees’ decisions – counsellors should keep in mind to respect the counselees’ choices in spite of counsellors’ eagerness to help or even when the choice made is contrary to counsellors’ personal opinion. CRC Article 12 sets out state responsibilities to protect, promote and respect the rights of children to participate in decisions that affect them. Taking into

account the best interests of the child, participation work with children should be ethical, safe and meaningful.

Self-Assessment Exercise 2

Attempt these exercises to measure what you have learnt so far. This should not take you more than 10 minutes.

- 1 Explain the fundamental steps for counselling adolescents
- 2 How do you make referrals in adolescent counselling?



5.6 Summary

In this unit, you have learnt Adolescents Counselling Techniques, the steps taken in counselling adolescents and how to make a referral in adolescent counselling.



5.7 References/Further Readings/Web Sources

www.johnswank.com/11%20Strategies%20that%20Really%20Work%20for...

Mental Health and Psychosocial Wellbeing Booklet for Parents During Emergencies | UNICEF Lao People's Democratic Republic

Mental Health and Psychosocial Wellbeing Booklet for Children and Adolescents During Emergencies | UNICEF Lao People's Democratic Republic

5.8 Possible Answers to Self-Assessment Exercises

Self-Assessment Exercise 1

1. Explain four techniques used in counselling adolescents

Adolescents Counselling Techniques

Counsellors use a wide range of modalities to work with adolescents, including:

- Cognitive techniques such as Cognitive Behavioral Therapy (CBT), an evidence-based type of therapy that focuses on thoughts, feelings, and behaviors and usually provides tangible coping skills to adolescents
 - Dialectical Behavioral Therapy (DBT), which helps adolescents build distress tolerance
 - Mindfulness approaches to support teens in relaxing their bodies and calming their minds
 - Motivational Interviewing to engage teens in adolescent counselling and build their motivation for healing
 - Experiential therapies, including art, music, and outdoor activities
2. Discuss three Essential Communication Skills of counselling adolescents
 - Empathy: trying to understand people's emotions
 - Respect: respect the person as a human being who have equal right as you. Place the person at the center of the support system and respect decisions the person makes.
 - Genuineness: be real and honest to yourself and counselees.
 - Using the right level of language: Avoid using technical terms and ensure that counselees can communicate in your language. If not, counsellors need to have an interpreter or refer the case to counsellors who communicate in the same language as counselees.
 - Politeness: always present yourself as a professional with a good manner.
 - Eye contact (face-to-face counselling): It is important that you have good eye contact when talking to a person who needs help.
 - Listening skill: Listen to keywords and try to picture what counselees are saying, their tone of voice and choice of words.
 - Non-judgmental: Never judge people from their outlook and treat them the way you want people to treat you.

- Empowering: never use negative words but always give the counselees words of support and encouragement and believe in their strength and power to recover.
- Use non-violent and calm voice: always use a calm voice and avoid threatening words.
- Respect for confidentiality: keep all information secure and obtain consent from counselees before sharing any personal information of counselees with others.

Self-Assessment Exercise 2

- 1 Explain the fundamental steps for counselling adolescents

Below are the fundamental steps for counselling adolescents.

1. Greetings
2. Gather basic information of a counselee including age and gender
3. Seek consent from counselees to take written notes during the conversation
4. Be attentive especially to undiscovered issues.
5. Build trust and good relationships with counselees so that they are willing to open up and express their concerns freely
6. Listen actively to their problems even if the problem is so serious and beyond the capacity and expertise of the counsellor.
7. Give counselees time and opportunity to share their stories. Don't interrupt, cut off, or jump to conclusions.
8. Assess the severity of their problems according to the four risk levels
9. Give advice and provide information related to counselees' issues
10. Cheer them up if they feel upset and sad
11. Compliment them for their courage to think, act and express themselves and their courage to face problems.
12. Thank and encourage them to come back for counselling if they support it.

2 How do you make referrals in adolescent counselling?

Making a Referral

Counselees may face a wide range of complex issues that are beyond the capacity and expertise of counsellors to address. The counsellors should use their discretion to make referrals to specialized or professional services. Before any referral is made, counsellors must ensure that they seek consent from counselees. They need to explain to counselees the referral process and services to which their case will be referred. This will enable counselees to be aware of, understand and have confidence in the referral system.

Counsellors need to organize a meeting with specialized services providers and provide them with the background of cases. They may also represent counselees to discuss with specialized service providers and revert to counselees with detailed and accurate information for their case.

When counselees are under the age of 18, counsellors should ensure that the best interest principle is always upheld. The principle considers children's wellbeing as well as their views in all decisions affecting their lives, giving due consideration to their maturity.

GOOD LUCK.