

# Gaining Familiarity with the Unspoken

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BISC-MI 2021

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Countertransference  
Vicarious trauma

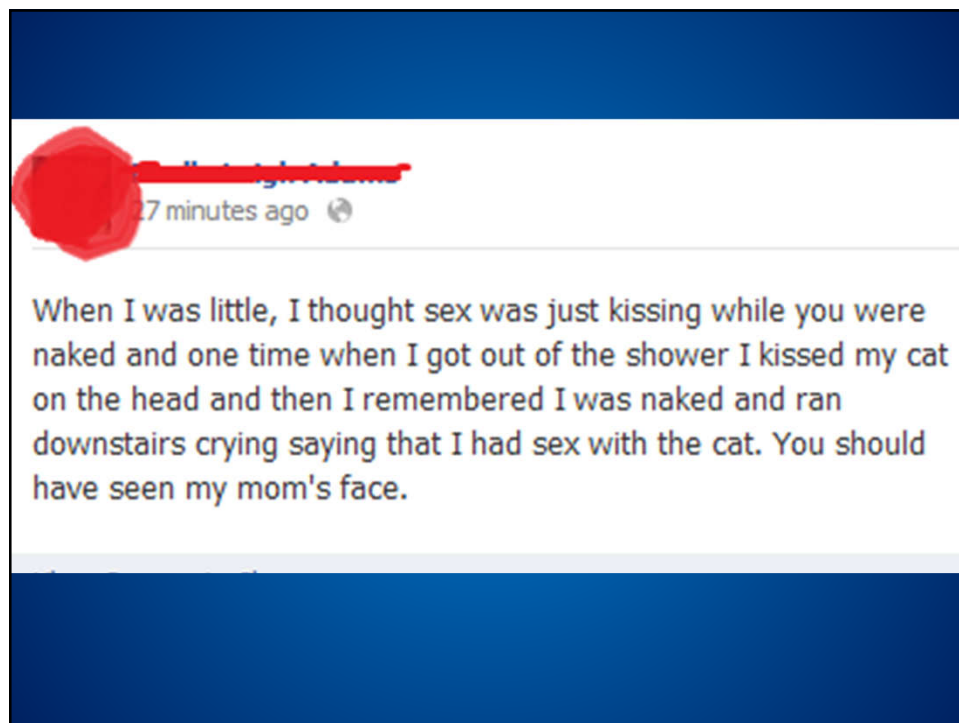
Bias and Judgment

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## Training outcomes

- Develop sexual lexicon
- Gain familiarity with common statistics and norms
- Healthy desire, fantasy, attraction, drive, and use of stimulating material

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## Sex education

- 29 states require sex ed
- 17 of those require accuracy
- Only 10 mention consent

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Sex is awkward to talk about  
because we don't talk about it!

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## Merriam-Webster Definitions

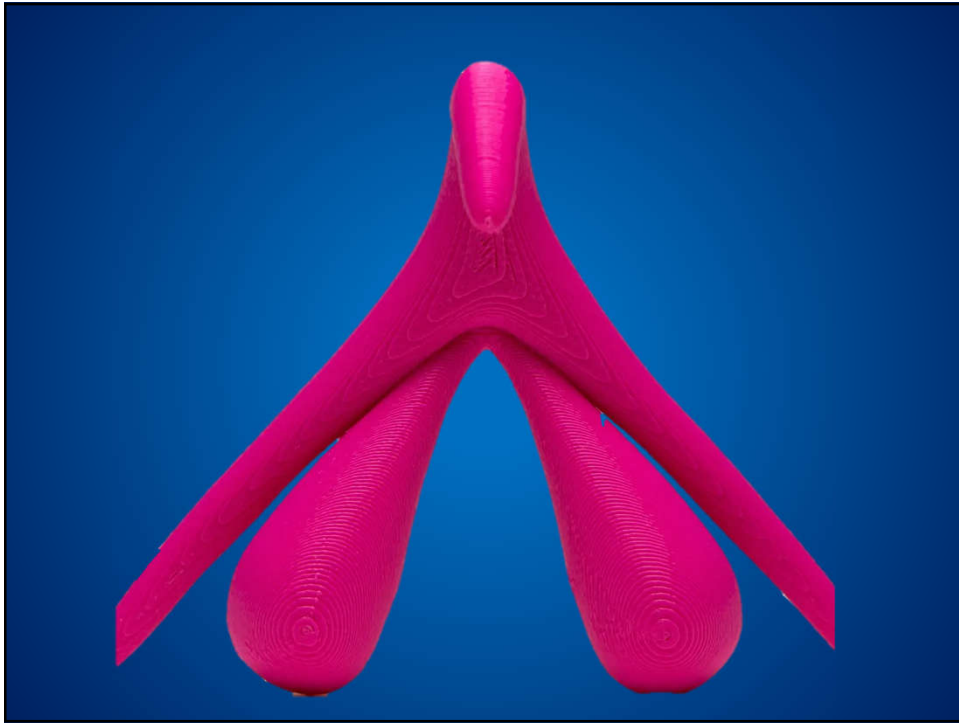
Sex: either of the two major forms of individuals that occur in many species: male or female based on reproductive organs and structures

Sexual intercourse: heterosexual intercourse involving penetration of the vagina by the penis.

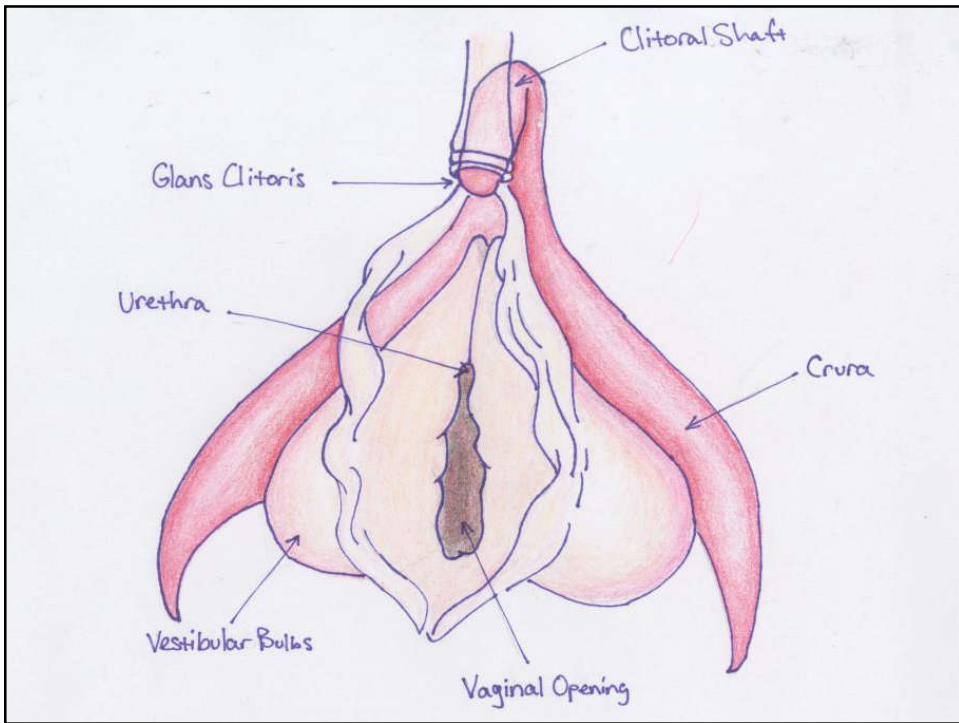
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anatomy

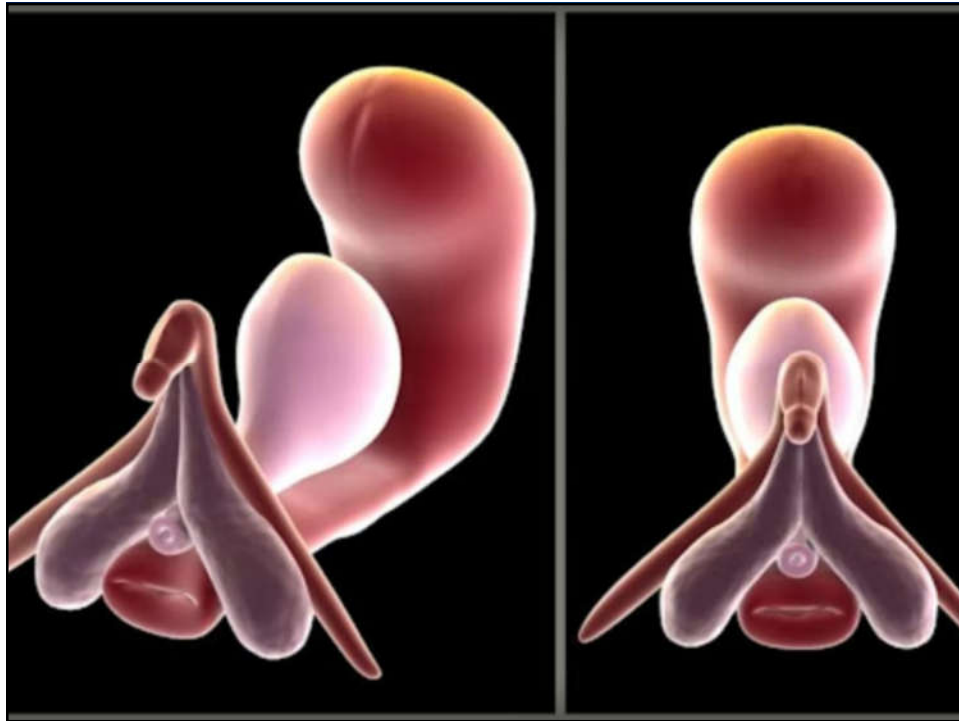
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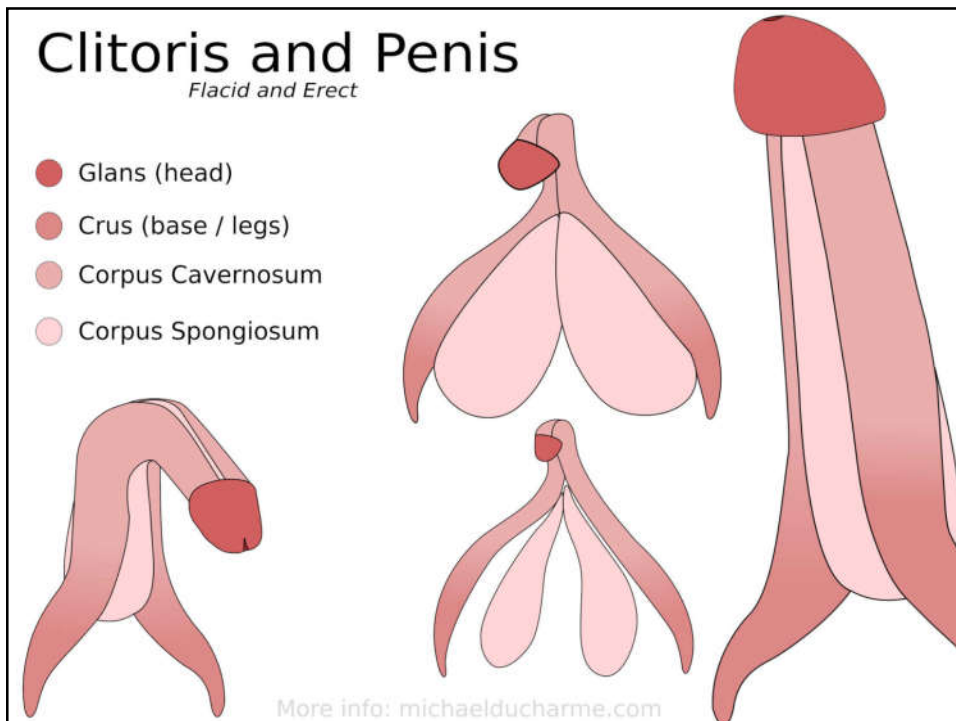
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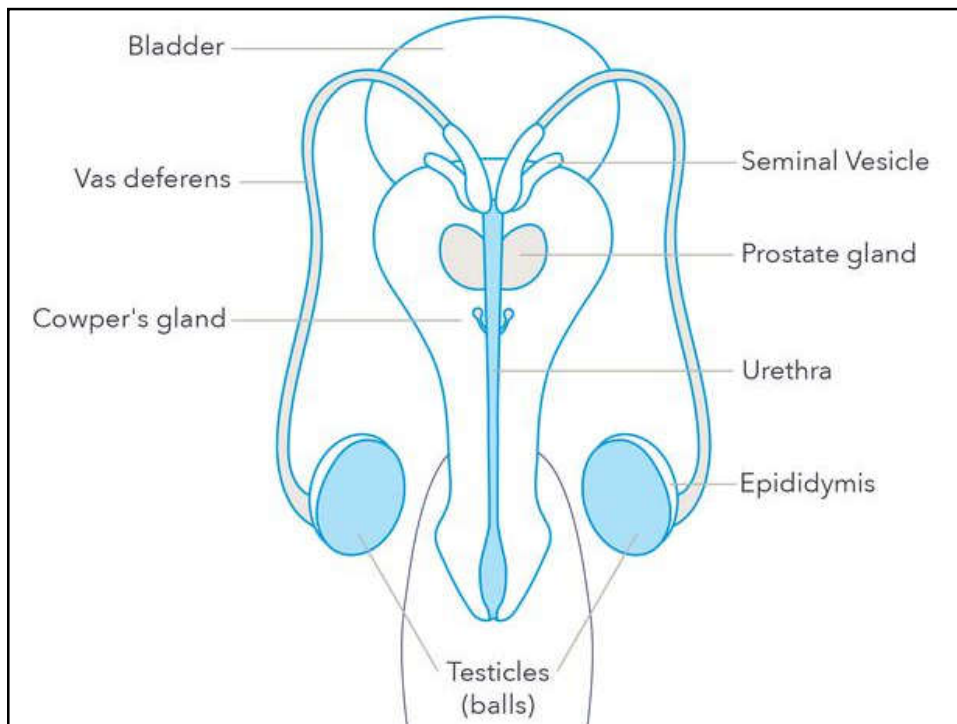
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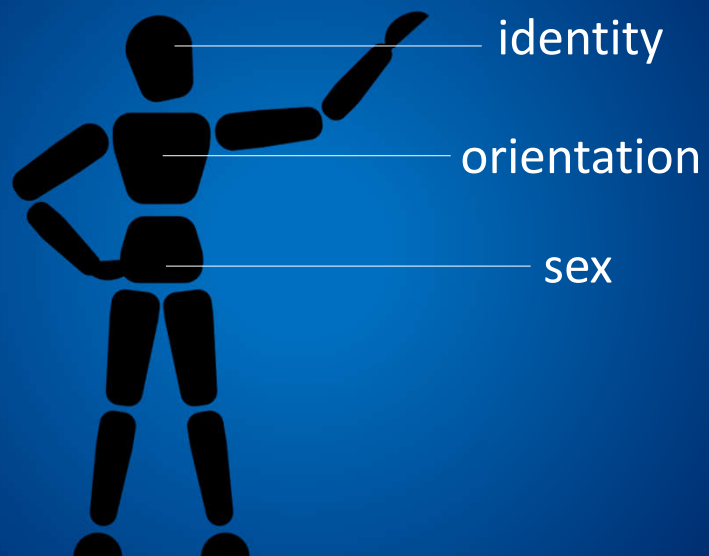
## LGBTQQIPTSAA

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer
- Questioning
- Intersex
- Pansexual
- Two-Spirit
- Androgynous
- Asexual

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urbandictionary.com

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## Cisgender, Transgender



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0.6% population = 1.4 million

neuro-anatomical gender differences

"assigned" vs "affirmed"

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## Transgender

- 4X as cisgender to experience violence
- 30% homeless
- 40% attempted suicide
- 30% workplace discrimination
- 24% verbally harassed
- 47% are sexually assaulted

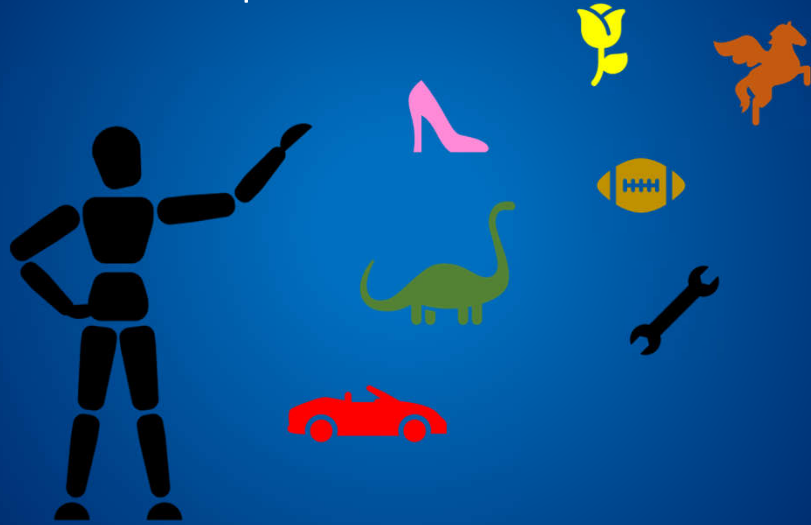
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## Non-Binary or “Enby”, Gender Fluid



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## Gender expression



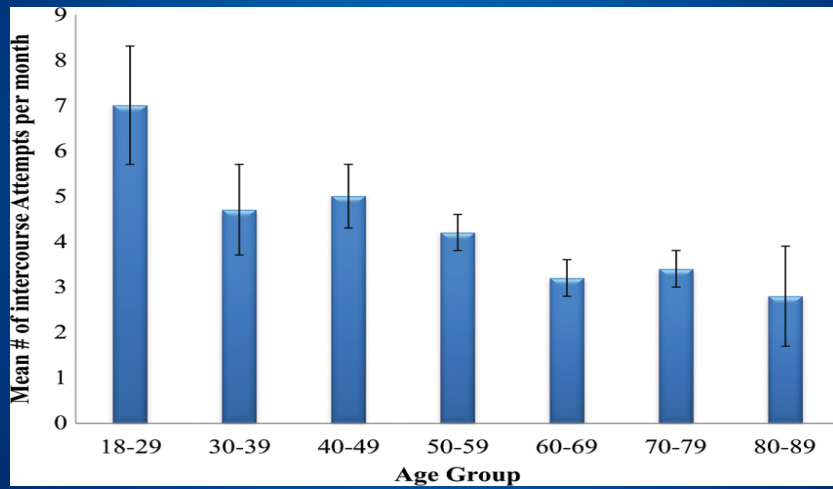
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## Asexual or "Ace"



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## frequency



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## Number of Partners

	2002	2006-2010	2011-2015
men	6.7	6.0	6.1
women	3.8	3.9	4.2

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## Had 15+ Partners

	2002	2006-2010	2011-2015
men	23.2%	21.6%	21.2%
women	9.2%	9.0%	10.1%

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## What is an orgasm?

- 1 in 3 men experience premature ejaculation
- Ejaculation 21+/month reduces prostate cancer
- Men last 10-30 seconds, women last 13-51 seconds

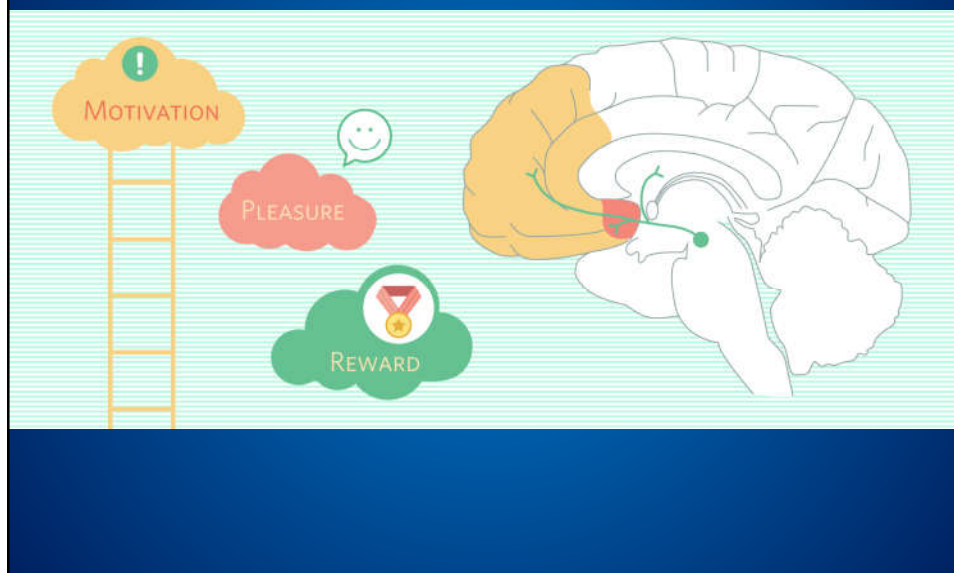
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## Arousal non-concordance

- A lack of relationship between physical response and subjective experience

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## Brain reward center



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## Brain reward center

- 'liking' – does this feel good or not?
- 'wanting' – should I chase this more or avoid it?
- 'learning' – Pavlovian association

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Desire – wanting, longing, pining

Fantasy – imagination, escapism

Arousal – sexual reaction to sexual stimuli

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BDSM = BDDSSM

Bondage

Discipline

Dominance and Submission

Sadism and Masochism

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### Herbenick et al 2020

	% Males	% Females
You choked partner	20	12
Partner choked you	11	21
Spanked partner	77	54
Partner spanked you	45	66
Engaged in BDSM	20	20

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## Herbenick et al 2020

	% Males	% Females
You pressured someone	15	5
Someone pressured you	12	37
You tried anal without asking	22	-
Others tried anal w/out asking	31	27

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## Fetishes/kinks

Kink – umbrella term for non-traditional

Fetish – specific thing required for arousal

Pathological – distress, dysfunction, and/or non-consent

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## Pornography (Hebernick 2020)

94% men, 87% women

First exposure age 14 for men, 18 for women

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## pornography

- 1991 – 90 magazines
- 1997 – 900 websites
- 2012 – 2.5 million websites
- Today – 4% of the internet

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Pornhub.com

130 million people per day

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Porn literacy

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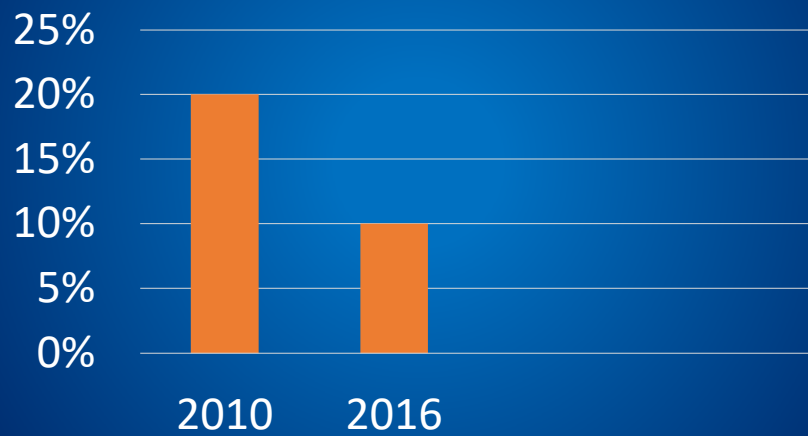
Has porn become more violent?

Schor & Seida 2018

“non-consensual aggression” in porn  
= explicit signs of non-consent given  
and ignored

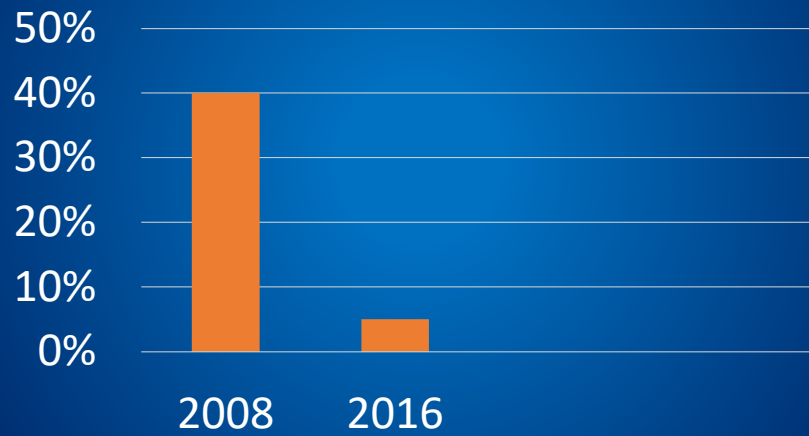
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Non-consensual aggression



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## Aggression in the title



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## Polyamory/ENM

- Monogamous = sex within relationship only
- ENM = Ethical Non-Monogamy = multiple sexual partners
- Polyamory = multiple romantic partners

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## ETHICAL Non-Monogamy

- Emphasis on ETHICAL
- Clear communication
- All boundaries honored
- Informed consent

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200,000

44



200,000

10,000

45



200,000

10,000

50

46



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## Orgasm gap

Frederick et al, Archives of Sexual Behavior, 2018

“in the last month, usually or always had an orgasm with a partner”

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## Orgasm gap

Heterosexual men – 95%

Gay men – 89%

Lesbian women – 86%

Heterosexual women – 65%

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## Satisfied women (Frederick et al)

- Received oral sex
- Sex for longer duration
- Satisfied in the relationship
- Comfortable talking about sex

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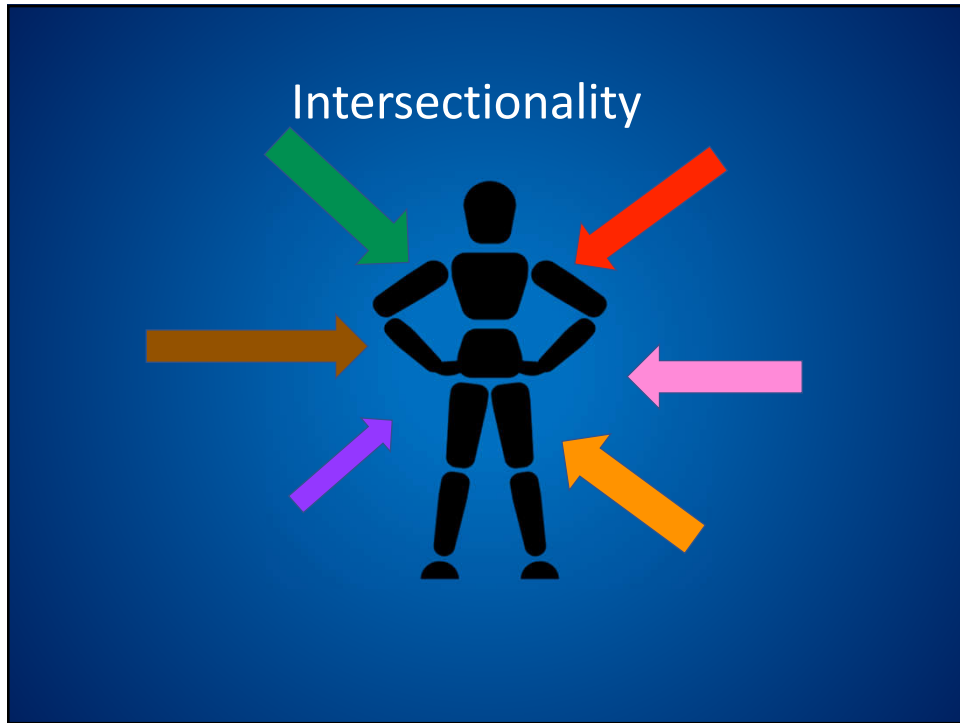
## Merriam-Webster Definition

Sexual intercourse: heterosexual intercourse involving penetration of the vagina by the penis.

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Alfred Kinsey showed average orgasm by masturbation is four minutes, for men and women.

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Deservingness  
McClelland:  
How women  
feel they  
deserve to be  
treated in sex

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## Sexual expectations

- Women are focused on their partner's pleasure
- Men are focused on their own pleasure

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## Pain in sex (Orenstein)

- Vaginal sex 32% of the time
- Anal sex 72% of the time

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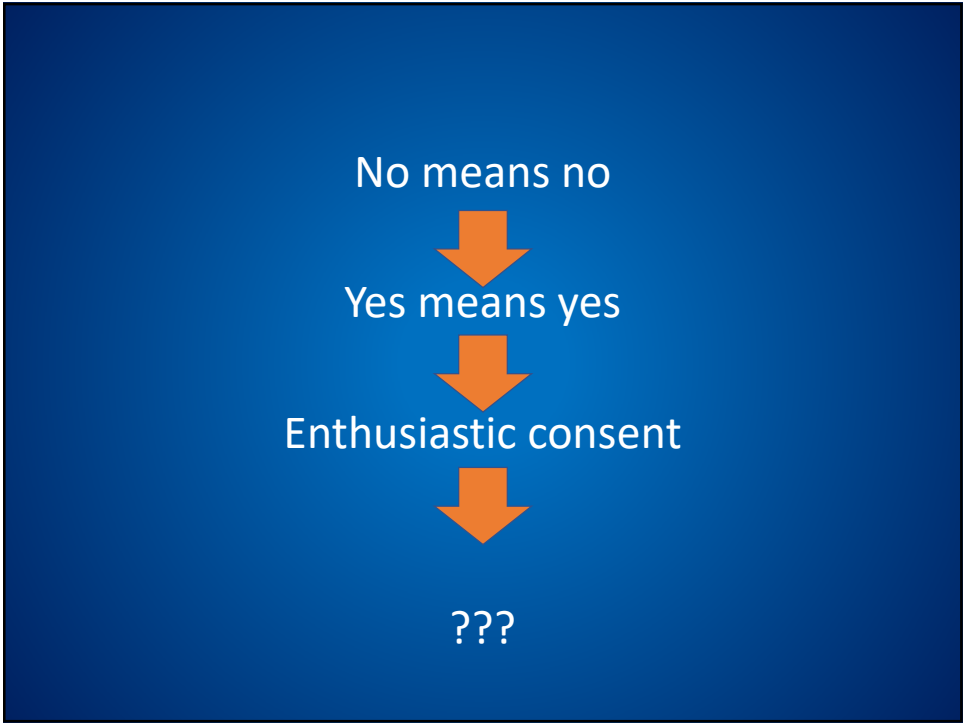
## “Bad sex” (Orenstein)

- Women – negative emotions, potential for physical pain
- Men – don’t get an orgasm, not physically satisfying

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consent

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Vernacchio, pizza as a metaphor for sex

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## Merriam Webster definition

*Satisfying*: producing pleasure or contentment by providing what is needed or wanted

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## Dictionary.com

*Satisfy*: 1) to fulfill the desires, expectations, needs, or demands of a person; to give full contentment  
2) to put an end to a desire, want, or need by sufficient or ample provision  
3) to give assurance to

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