



# **Sex, Sexuality and Therapeutic Practice: A Manual for Therapists and Trainers**

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## Sex, Sexuality and Therapeutic Practice: A Manual for Therapists and Trainers

Sexuality is an important area of clients' lives yet it is often neglected, both in the consulting room and in training. This book examines issues of sexuality in a positive and affirming light and considers how sexuality-related issues can be introduced into therapy and training. Sex and sexuality are important to consider in psychotherapy, psychology, counselling and health provision across a variety of contexts and are relevant to clinicians and therapists working in health and mental health settings as well as in specialist services such as sexual and reproductive health and HIV.

*Sex, Sexuality and Therapeutic Practice* opens with a general discussion of sex and sexuality before considering how the therapists can think and talk about sexuality in practical and self-reflective ways in different circumstances. Each chapter in the book focuses on a specific topic with areas covered including:

- sexual diversity across the lifespan
- health and disability
- sexual and gender minority issues
- how culture and sexuality interact.

The manual provides up-to-date information, further reading, handouts for clients, self-reflective exercises and examples of training exercises for workshops and teaching. It is an essential resource for health professionals, therapists, clinicians, academics and trainers, and will support the practicing therapist as well as those in training.



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