

# WELCOME

*You're the One: Finding the  
Sexpert Within*

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## WHAT WE WILL BE DOING . .

- ◆ WHAT IS A "SEXPERT?"
- ◆ PREPARING TO BE A "SEXPERT"
- ◆ THE MAIN ROLE OF A "SEXPERT"
- ◆ WHAT THE "SEXPERT" SHOULD EXPECT
- ◆ SELF CARE FOR THE "SEXPERT"

## THE JOB YOU THINK YOU APPLIED FOR (AND GOT!)

- ◆ Helper
- ◆ Support person
- ◆ Counsellor/Therapist
- ◆ Teacher/Mentor

## THE MAIN AREAS YOU THINK YOU PROVIDE SUPPORT WITHIN:

- ◆ Empowerment
- ◆ Independence
- ◆ Life skills
- ◆ Specialized areas
  - ◆ Bereavement
  - ◆ Self esteem
  - ◆ Person directed planning
  - ◆ Dual diagnosis
  - ◆ Self injurious behaviour
  - ◆ Challenging behaviour

## THE JOB I APPLIED FOR

.....

◆ IS NOT THE JOB I HAVE  
(WHY DIDN'T THEY TELL ME!)

## So . . . What exactly are we talking about? ? ? (the range of issues for persons with disabilities)

Sex Education

Sexual assault

Sexual identity

The paraphilias

Fetish

S & M

Pedophilia

2009 – the INTERNET – chat lines &  
pornography

Masturbation

Sexual orientation

Sexual dysfunction

(this list is getting pretty big!)

## The Range of Issues

- ◆ Range represents a chronological development of many of the issues of persons with disabilities – and one by one, we have adapted our roles to be able to support persons with each one of these issues
- ◆ WE HAVE BEEN CHALLENGED ALONG THE WAY. . . .

## THE ROLE OF A SEXPERT

- ◆ A
- ◆ D
- ◆ V
- ◆ O
- ◆ C
- ◆ A
- ◆ T
- ◆ E

## THE ROLE OF A SEXPERT

- ◆ A – ADVOCATE (Speak up!)
- ◆ D- DECIDE (What the heck is this??)
- ◆ V – VOLUNTEER (Try it!)
- ◆ O – ORIENTATE (What’s going on here?)
- ◆ C – CREATIVITY (The challenge)
- ◆ A – ACT (Do it!)
- ◆ T – TEACH (Sex 101 – In a way that’s never been done)
- ◆ E – EMPOWER (Give it back)

## WHAT A SEXPERT SHOULD EXPECT – THE GOOD AND NOT SO GOOD

### THE NOT-SO-GOOD NEWS

- IT CAN BE **VERY** LONELY
- YOU MIGHT FEEL VICTIMIZED
- YOU MIGHT MISUSE YOUR POWER
- POTENTIAL FOR OWN SEXUAL DYSFUNCTION
- YOU MIGHT MINIMIZE AND/OR DENY
- YOU MIGHT BECOME EMOTIONALLY FRUSTRATED
- YOU MIGHT FEEL PATHOLOGICAL RESPONSIBILITY

## WHAT A SEXPERT SHOULD EXPECT – THE GOOD AND NOT SO GOOD

### THE GOOD NEWS!

- IT'S NOT SO HARD!
- THIS IS SO INCREDIBLY FASCINATING
- NO MATTER WHAT YOU DO – YOU'LL BE A PIONEER
- I CAN MAKE SUCH AN IMPACT IN SOMEONE'S LIFE
- I CAN LEARN ABOUT SEX! - I don't know it all!
- THERE ARE A LOT OF PEOPLE TO HELP ME
- **YOU'RE NOT A PERVERT IF YOU UNDERSTAND**

## TAKING CARE OF THE SEXPERT

Keeping Yourself Healthy, Safe and Effective

- ◆ Accept it!
  - ◆ Be aware of your value system
  - ◆ Look after your own sexuality
  - ◆ Be emotionally prepared
  - ◆ Recognize the danger of working alone
  - ◆ Know what you are dealing with
  - ◆ Be aware of roles
  - ◆ Ask for help
  - ◆ Protect yourself
- ... more

## TAKING CARE OF THE SEXPERT

- ◆ Use of supervision
- ◆ Balance your work
- ◆ Accept reality
- ◆ Demand resources
- ◆ Get training
- ◆ See the fun and humour in sex!

## WORDS OF WISDOM

- ◆ TAKE GOOD CARE OF OTHERS BUT . . .
- ◆ REMEMBER TO TAKE GOOD CARE OF YOURSELF!
- ◆ YOU CAN EASILY BECOME THE SEXPERT . . . JUST COMMIT YOURSELF TO IT!

CELEBRATE YOUR SUCCESSES!