

Introduction to Online Sex Therapy

SexTherapy-Online

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Meet and Greet: Rhiannon



- Rhiannon Beauregard, MA, LMFT-S, CST, S-PSB is a Licensed Marriage and Family Therapist and AASECT Certified Sex Therapist and AASECT Supervisor-In-Training
- Licensed in five states: Maine, Massachusetts, New Hampshire, New York, and Texas
- Specializing in Sex Therapy and therapy for Out-Of-Control Sexual Behavior with individuals and relationships

Meet & Greet: SexTherapy-Online

- **SexTherapy-Online** provides professional sex therapy services and out-of-control sexual behavior therapy services, both online and in-person.
- **SexTherapy-Online** also provides online mentoring services, supervision, and training for licensed professionals.
- **SexTherapy-Online** is responsible for the production and management of the podcast Love.Sex.ATX: a sex and relationship themed podcast based in Austin, TX as well as an informative Facebook page and weekly YouTube Segment #FetishFridays
- **SexTherapy-Online** has recently created an online Facebook group for online sex therapists aiming at creating a referral source for online sex therapists all over the United States and internationally.

Mission and Vision of SexTherapy-Online, PLLC

- The mission of SexTherapy-Online is to provide quality and professional online sex therapy services and sex addiction therapy services to the residents of Maine, Massachusetts, New Hampshire, New York, and Texas and to provide mentoring, supervision, education, and training to established professionals in working in online therapy and sex therapy.
- The vision of SexTherapy-Online is to create a culture where we can communicate about sex and sexuality in an open, authentic, transparent, and honest way.

SexTherapy-Online Studio



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What is Online Sex Therapy

Known By Many Names

- Telehealth
- Telemental Health
- Distance-Therapy
- Online Therapy
- Technology Assisted Services
- Telepsychology



Thoughts To Consider

- Legal Issues
 - What do the jurisdictional laws say?
- Ethical Issues
 - What do your ethical codes say?
- Risk Management
 - What does your insurance company say?
 - How do you plan on handling emergency issues?
- Quality of Care
 - Is this client appropriate for online sex therapy?
 - Can I do my best work online?

Online Sex Therapy

- Not just a modality for service providing
- A model of therapy IN and OF ITSELF
- This is a work in progress!

The Basic Principles

- This model of Online Sex Therapy believes that sexuality occurs in real time, in real life, and often includes the internet and technology, therefore the treatment of sexual issues, sexuality issues, out-of-control sexual behavior, and other issues treated by sex therapy is effectively treated in the environment that the client is comfortable in and where the problem/solution lies.

Basic Principles

- Online sex therapy has several basic principles. The basic principles of online sex therapy are:
 - In order for therapy to be effective, it needs to be convenient, accessible, and discrete, this includes flexible hours and easy access.
 - Information is to be equally accessible and be in a variety of mediums, addressing different learning and retention styles.
 - The internet is not only a resource in service delivery but actually part of the interventions themselves.

Position of the Therapist

In this model of Online Sex Therapy, the sex therapist takes a feminist and collaborative approach, believing that the therapist and the client are equals in their journey together to help the client achieve their sexual health and wellness goals.

Both client and therapist are equal purveyors and consumers of online resources and media, sharing and collaborating with each other throughout the entire course of treatment.

Problem Formation

- This model of online sex therapy believes that the problem lies in the RELATIONSHIPS OF THE CLIENTS:
 - The relationship the client has with technology, the internet, and media
 - The relationships the clients have with others.
 - The relationship that the client has with themselves.
 - The relationship the client has with their own story of their sexuality.

Problem Formation

- This model of online sex therapy believes that the problem lies in the **STORIES WE HAVE AROUND OUR SEXUAL IDENTITY**
 - Our stories/narratives around sex and sexuality are often formed through lack of information, misinformation, distorted thinking, and a history and culture of shame and secrecy around sex.
 - The internet is essential for bringing accurate and current knowledge and theory of sex and sexuality to our clients, helping them to create a more productive and healthy story around their sexuality.
 - The internet is also a metaphor for how misinformation around sexuality and sex can be spread, and learning how to discriminate healthy and accurate information and media is part of the solution.

Change

- Change is fostered by building relationships between the client and
 - Their partners
 - Their family
 - Their friends
 - Themselves
 - Their therapist
 - The internet and social media
- The technology, the internet, and online behavior is essential for fostering healthy relationships in our current age.

Change

- Change is also fostered by re-storying the clients view of their own sexuality and their sexual selves.
 - The internet is an infinite compilation of knowledge and stories around sexuality- often a safe place to tell your stories and share your story free from judgment and shame.
 - Through narrative techniques, using the internet and restorying in session and through therapeutic journaling and writing the internet can help to facilitate a change in our stories.
 - Digital tools, such as timelines, collaging, drawings, image searches, and other interventions can help contribute to that story shift.
 - The inclusion or exclusion of information is part of the intervention process and can facilitate change in the relationship that people have with the internet and their story.

Interventions

- The internet is a main source of intervention in this model of online sex therapy.
- Remember, the goal is to change the relationships of the client and to change the clients sexual story of themselves.
- The interventions focus on building knowledge and experience in order to positively affect relationships and develop a more healthy, productive, accurate story.

Interventions

- Various interventions using the internet:
 - Surveys/Assessments
 - Blogging
 - Online Forums
 - Facebook Groups
 - Social Media
 - Literature and information
 - Videos/Ted Talks
 - Audiobooks
 - Image searches

Interventions

- Share your story
- Writing fiction/erotica
- Connecting with partners, friends, family, social media
- Online dating/chatting/socializing

Any Questions?



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#fetishfridays