Sexuality in Counseling: Integrating Sex Positivity in Counseling Psychology Practice

Presenters: Sally Bodkin M Coun. and Rick Pongratz Ph.D

Presentation Description

The presentation will provide an overview of sex positivity and its relevance to the counseling profession. Participants will be invited to explore their personal attitudes and beliefs about sexuality to gain awareness as to how those views may directly or indirectly be imposed on clients. Participants will develop knowledge of sex-positive terms, expand awareness of multiculturalism and social justice in sex-positive practice, and increase comfort with raising sex and sexuality as a topic with clients.

Sally Bodkin M Coun.
Sally Bodkin is a Licensed Professional Counselor and an Idaho State Registered Supervisor who received her Master’s of Counseling degree from Idaho State University in May of 2016 with an emphasis in Clinical Mental Health Counseling. Upon graduation, Sally worked at Colorado State University as an Academic Year Counselor and worked with traditional and nontraditional college students providing ongoing counseling services. Sally returned to Idaho State University to work at Counseling and Testing Service in July of 2018. She serves in the role of outreach coordinator and provides group, individual, and biofeedback services to students. Sally supervises the Genesis Project on campus, has developed and implemented programs designed to inform college students about sexual health, and has worked with HIV/AIDS positive populations in South Africa. Sally appreciates exploring matters related to sex and sexuality with clients and believes that sex affects our psychological health, relationship satisfaction, and overall wellbeing.

Rick Pongratz Ph.D
Rick Pongratz is a psychologist at and Director of Idaho State University’s Counseling and Testing Service. Prior to joining ISU he completed his Ph.D. in Counseling Psychology at Arizona State University and his doctoral internship at Colorado State University. Rick regularly supervises master’s and Ph.D. level trainees, presents to ISU courses on matters of self-care, and works with ISU students to assist them with the struggles they face. Rick specializes in diversity issues, ethics, group counseling, HIV prevention, and enjoys rock climbing and trail running.