

SaferSex4Seniors

Information you need to enjoy safer sexual pleasure!

Questions that Enhance Sexuality Education, Counseling and Therapy with Older Clients

Incorporated into your normal intake and sessions with older adults, these questions can offer new views into your clients' sexual histories and concerns. The questions are in no particular order, so use them according to your professional judgment.

1. When was the last time you experienced sensual pleasure (with or without genitals and without or without a partner), and what did that experience involve?
2. If you were to write a story about your optimal sexual life, would it be adventurous, romantic, mysterious, humorous, fantasy, or non-fiction? Why?
3. If you've thought, "I wish I had the kind of sex life my friend (or someone else) has," what have they got going on that you're missing?
4. You've said you're curious about X. Why haven't you explored it? What circumstances could you put in place to make it possible?
5. What messages did you receive, growing up, about sexuality? What were the rules? Which of those messages and rules work for you today, and which can you let go of?
6. If you get distracted during sexual activity, what is happening in your body or mind immediately before your brain shifts gears?
7. What do you long for?
8. What anger, hurt, or resentment might you need to let go of before you can feel truly sexually free?
9. If you were to practice gratitude for your sexuality, what are the first three things you are grateful for?

About the Author: Melanie Davis, PhD, www.melanie-davis-phd.com consults with individuals and couples to help them build sexual knowledge, comfort, and pleasure through the New Jersey Center for Sexual Wellness. <http://www.njsexualwellness.com> She trains medical and other human services professionals and also offers consumer programs on self-esteem, body image, and on the sexual impact of cancer, menopause and aging. She is an AASECT-Certified Sexuality Counselor, Educator, and Educator-Supervisor and author of Our Whole Lives Sexuality Education for Older Adults, available at www.uuabookstore.org