

# **2023 ABSC Spring Roundtable Series VIII**

(Hybrid Edition)

# Montego Bay, JAMAICA

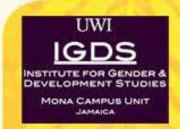
April 24-25, 2023

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# ABSC Spring Roundtable Series VIII (HYBRID EDITION)

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April 24-25, 2023 MONTEGO BAY, JAMAICA

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Edited by James C. Wadley, PhD

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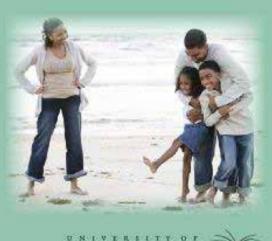
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#### **SALUTATIONS!**

Our 2023 ABSC Spring Roundtable Series VIII will be our first ever in Jamaica! Together with the Institute for Gender and Development Studies of the University of the West Indies (Mona Campus), we have embarked upon a new initiative to discuss sex positive relationships of persons of African descent. Hosted in person and online from beautiful Montego Bay, Jamaica, we have several wonderful presentations that illuminate the complexities of Black sexuality and relationships and we are happy that you will be a part of our conference.

Montego Bay is the capital of Saint James Parish on Jamaica's north coast, is a major cruise ship port with numerous beach resorts and golf courses outside its commercial core. The city is known for its beautiful beaches, notably Doctor's Cave Beach, in addition to outdoor attractions like gardens, golf courses and adventure tours. If you are a part of the conference and are in Jamaica, you can visit <a href="https://shorturl.at/ovKUX">https://shorturl.at/ovKUX</a>.

Thank you so much for your support and patience over the last several months as we have worked hard to prepare this experience for you. What we cannot imagine, cannot come into being and we are grateful share this emancipatory space with you. Please let us know how we are doing so that we can make your conference experience the best you've ever had.

We're looking forward to engaging conversations and look forward to building a lifetime connection with you.

James C. Wadley, Ph.D Co-Chair 2023 ABSC Spring Roundtable Series Monique Howard, Ed.D Co-Chair 2023 ABSC Spring Roundtable Series Monday, April 24, 2023 9:00AM CST/Ja Embracing FREEDOM... Mirror Check... Mary E. May, MFT

#### Description

Are you blocking your FREEDOM of living and not being sexually emancipated? Are you sick of yo Shynt? Are you ready to break the chains that have you LOCKED and LOADED. It's time to KEEP IT REAL and BE FREE! Boundaries have captured your MIND and have you STUCK and in need of an official EVICTION NOTICE!!!

Your current experience has your MIND swirling and it is time to get UNSTUCK. Lift the boundaries, release, and engage in intersectional discourse layered with violation in expectations, emotional disregard, and your pain. It's time to get NASTY, BREAK THE CHAINS, AND EMBRACE YOUR FREEDOM!!

We will engage and break away from LOCKED, LOADED, and invisible LOYALTIES to what is not naturally FREE. Our intersectional discourse is currently layered with conflict, influence w/media, performance, relationships, etc. Our naturally liberated space gives you permission to create strategies to make the complex simple and FREE!

#### **SMART Objectives**

- 1. Participants will engage in interactive discussion around BOUNDARIES, LOYALTIES & FREEDOM that identifies influences that block naturally being.
- 2. Facilitator will integrate and guide dialogue and interactive activity– Reframing their commitment to their INVISIBLE LOYALTIES with COMMITMENT and PERFORMANCE where transformation is intentional.

10:00AM CST/Ja

Something Smells Fishy: Olfactory Racism and Black Women's Vaginal Cleansing Practices
Wendasha Jenkins Hall, PhD

#### Description

Vaginal cleansing rituals are commonplace in Black beauty culture. In fact, Black women are more likely to use vaginal douches, deodorants, wipes, and powders compared to their White counterparts. While vaginal cleansing practices are often attributed to personal and cultural preferences, several practices are linked to adverse health outcomes such as bacterial vaginosis, pelvic inflammatory diseases, HIV infection, and ovarian cancer—all of which disproportionately impact Black women.

The prevalence of vaginal cleansing practices coupled with these sexual health disparities, suggest a complex interplay of racist and sexist stereotypes about the smell of the Black female body and Black women's countermeasures to combat them. Yet, this interplay is rarely considered among women's health professionals. Accordingly, this work examines the roots of olfactory racism, its influence on Black women's vaginal cleansing practices, and the vexing sexual health implications of this deleterious relationship.

#### **SMART Objectives**

- 1. By the end of the presentation, attendees will be able to explain how olfactory racism influences Black women's vaginal cleansing practices.
- 2. By the end of the presentation, attendees will be able to examine the role of olfactory racism in the sexual health disparities faced by Black women.

#### 11:00AM CST/Ja

Applying the Multidimensional Model of Broaching in Sex Therapy to Address Race, Ethnicity, and Culture Rufus Tony Spann, Ph.D., LCPC, LPC, NCC, MAC, ACS

#### Description

This round table discussion will address multicultural humility to optimize treatment outcomes for historically minoritized clients. Participants will learn how to effectively broach racial, ethnic, and cultural factors in the treatment of historically minoritized clients and techniques to continuously assess the quality of treatment delivery. Participants will use a sex therapy case illustration to practice self and client-assessment techniques.

#### **SMART Objectives**

- 1. Identify contexts in which it is appropriate to broach racial, ethnic, and cultural concerns with clients.
- 2. Apply broaching skills in sex therapy case illustration.

#### 12:00PM CST/Ja

"Knowing My Body and What Makes Me Feel Good": Black Women's Sexual Pleasure and The Benefits of Mindfulness Shemeka Thorpe, PhD & Natalie Malone, MS

#### Description

The limited scope of Black women's sexualities in scholarly literature contributes to gaps in understanding relevant and sex-positive components of their sexuality, like sexual pleasure and mindfulness. In 2021, Dr. Shemeka Thorpe launched the Pain and Pleasure Study, an exploratory mixed-methods study that explored Black women's experiences of sexual pain and pleasure. First, we present data from the Pain and Pleasure Study relevant to Black women's sexual pleasure. Participants identified mental, physical, and emotional foundational dimensions of pleasure. Additionally, participants identified four sexual pleasure facilitators: partnered interactions, liberation, orgasm, and mind-body-soul awareness. Next, we discuss barriers to women's pleasure reported by participants, such as sexual self-consciousness and a history of sexual anxiety. We conclude the presentation by proposing culturally tailored sexual mindfulness as a possible remedy for barriers to Black women's pleasure. We provide considerations for clinicians interested in incorporating sexual mindfulness into their work with Black women.

#### **SMART Objectives**

- 1. Participants will acknowledge the ways sexual mindfulness (or lack thereof) impacts Black women's sexual experiences
- 2. Participants will gain skills to incorporate mindfulness into their professional practices to help their clients.

#### 1:00PM CST/Ja कामा ऐक्य (Kāmā Aikya, Sexual Mindfulness): Appropriation or Erotic Oneness Fredrick Zal

#### Description

Contemporary bio-medical sexual mindfulness descends from the Pali सति (sati) and Sanskrit स्मृति (smrti) in Brahman teachings of being physically one with memory as an integration of emotions and body. Yet, Southeast Asian priests, scholars, and centuries of sumptuous Tantric spoken-word and embodied ancestral wisdom lineages are de-legitimized by the Western lens while concurrently being economically capitalized.

Lineages from Iyengar, Goenka, Hanh, Kabat-Zinn, Brotto, Masters, Johnson, Kolodny, and other sexual mindfulness influencers will be illustrated to prompt group dialogue about how to foster a culture of trust, collaboration, and compassion toward a co-envisioned future? How can Western Sexologists and Clinicians engage restorative justice for harmed Elders, scholars, and teachers? Is there a way to engage in respectful dialogue to support the Elders and marginalized communities that have shared their wisdom, instead of abusive appropriation? If a culture does not believe in 'ownership' of spirituality nor ideas; is 'appropriation' Western self-shaming?

#### **SMART Objectives**

- Participants will be able to recognize the cultural lineages of Sexual Mindfulness.
   Participants will discuss restorative justice practices for multi-cultural teaching.



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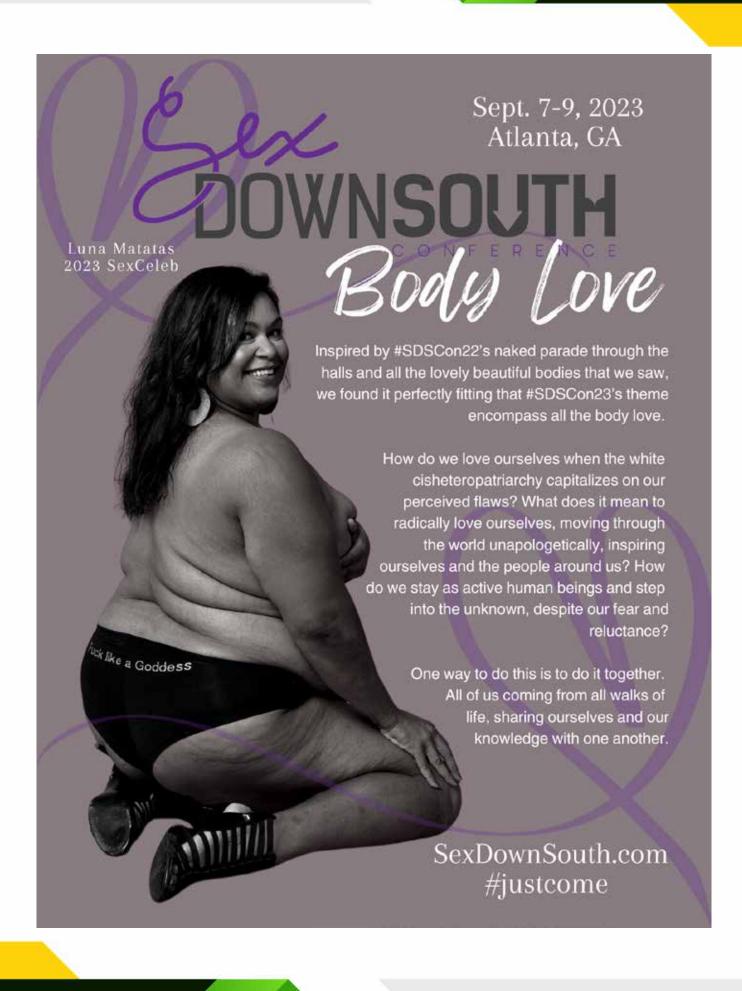
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Abstracts



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#### Tuesday, April 25, 2023

9:00AM CST/Ja

Let Freedom C.U.M.: Black Sexuality Education for

Black Sexuality Professionals Clarissa Francis, PhD, CSE

#### Description

Dr. Clarissa Francis created the Let Freedom C.U.M. (LF-C.U.M.) program to bring awareness to the Black Sexual Liberation movement, which is drawing from scholarly work, body and energy work, and advocacy to address multiple oppressions among Black bodies. The mission of LF-C.U.M. is to bring historically marginalized Black bodies and experiences to the center by addressing the history using an unapologetic approach to unpacking and healing from trauma and experiences hindering Black people to access sexual liberation. The ultimate goal is to offer information and healing modalities to Black sexual professionals and aspiring liberated to implement into their work. C.U.M. is an acronym meaning C-Coming to the Center, U-Unapologetic and Healing, and M-Multifaceted. The LF-C.U.M. praxis considers history of the denial of bodily autonomy, sexual agency, and pleasure and the misinformation around sexuality by creating safe spaces for people of African Diaspora to achieve sexual liberation. Participants will be invited to collaborate with LF-C.U.M. creator and affiliated sexuality professionals to develop initiatives, advocacy, and resources focusing on Black sexual liberation.

#### **SMART Objectives**

- 1. Identify ways to establish a comfortable environment for people of the African Diaspora to express and explore their sexualities and bodies.
- 2. Implement Black-centered pleasure politics into Black Sexuality literature, practices, and advocacy

#### 10:00AM CST/Ja

Team Mammy: Intersectionality, Black women and college sports Leah P. Hollis, EdD

#### Description

The history of sport is built on an exclusive platform upon which men have competed to prove their virility, worthiness, expertise, and dominance. Such competition yielded a spectacle with Olympic stadiums in the fourth- century BC holding over 40,000 spectators to watch the games. Fast forward to modern day sports, women and specifically Black women have endured an uphill battle in gaining leadership positions in college sports.

To analyze Black women's experience in college sport at the intersection of race and gender in a white male dominated arena, this presentation will review the history of Black women in college sports and offer a qualitative content analysis of from data garnered from n = 106 Black women coaches. Five salient themes emerged, Stereotype of the angry Black woman, gender discrimination, more black women are needed, team mammy, and lucky to have a good experience.

11:00AM CST/Ja

Because We Are Free: Pursuing Sexual Pleasure in the Face of Erotic Inequities
Pamela Kennebrew, EdD

#### Description

Research utilizing a life course framework for exploring the importance of Sexual Health and Wellbeing (SH&W) including how socioeconomic factors shape SH&W which some of labeled 'erotic equity' is beginning to emerge, highlighting how systems (structural and social) inhibit positive aspects of sexuality. However, this research tends to be unidimensional. The intersectionality of race, age, SH&W, and economic insecurity is ignored. This dialogue seeks to understand SH&W utilizing the counter-narrative approach highlighting the voices of Black women to expand the discourse surrounding erotic inequities through a prism that highlights all the dimensions of older Black women. When Black women place themselves in the center of their oppression they can then see themselves as agents, actors, and participants in their own liberation. We will discuss Black women's use of sex, spirituality and to resistant erotic inequality and oppression. This dialogue can be empowering resulting in emancipatory knowledge and freedom.

#### **SMART Objectives**

- 1. Expand the narrative of the association between economic insecurity and sexual well-being.
- 2. Explore factors associated with sexual pleasure and spirituality
- 3. Through facilitated dialogue develop methodologies and approaches to explore and expand the current literature regarding SH&W

12:00PM CST/Ja

Communing Towards Black Women's Embrace of pleasure and Liberation from Shame

Nicole Avant, Pharm.D. BCACP and Nicole Files-Thompson, Ph.D.

#### Description

We are Black women- experts, scholars, practitioners, and activists of sex, sexuality, and sexual communication. Using our bodies of research as places of location, our positionality leads us to advocate that bodies, and positioning of bodies, shows up differently for Black women. From menstruation to sex, reproductive health to intimate partner communication, we are involved in the work of community to change narratives that diminish the full value of our bodies. We seek liberation through deconstructing and reconstituting how Black women feel about sex, their sexual experiences, their connections to bodies, and body agency. The discussants hope to encourage a rich discussion that leads Black women towards increased tenderness, nurturing, love, care, compassion and pleasure by interrogating with the audience: What shame do you carry regarding your body? Where did you get those messages? How does shame get in the way of your pleasure?

#### **SMART Objectives**

- 1. Name a pleasure, erotic or otherwise.
- 2. Articulate a source of shame that impedes Black women's agency regarding their bodies, sex, and/or related agency.
- 3. Identify a strategy/resource/affirmative space that empowers their bodily/sexual agency.

# 1:00PM CST/Ja Black ACOA and The Struggle for Intimacy Tanisha M. Ranger, PsyD, CSAT

#### Description

As with most concepts in psychology and mental health, research has been done without keeping in mind the unique experiences of Black people. This is especially the case when it comes to Adult Children of Addiction, Abuse, and Dysfunction (formerly just Adult Children of Alcoholics). This presentation will focus on the relational difficulties that arise specifically for Black people as a result of a childhood spent in dysfunction, and discuss how to help them heal while trying to function in an environment steeped in anti-Blackness.

#### **SMART Objectives**

- 1. Participants will be able to recognize ACOA characteristics in their Black clientele
- 2. Participants will be able to list three ways that ACOA characteristics harm Black people's ability to have healthy fulfilling relationships
- 3. Participants will be able to develop a plan of action relevant to the Black ACOA experience to help them begin to heal

# 2:00PM CST/Ja Melanated Liberation Sexosophy Zelaika Hepworth Clarke Carnagie, PhD, MSW, MEd

#### Description

Decolonial eroticologist and autoethnographer will share findings associated with Melanated Liberation Sexosophy and foundations of Black Sexual Liberatory Praxis. Through the use of inspiring prompts and emancipatory tools, participants and co-liberators will have the opportunity to imagine emancipatory pleasures, joy, and eroticism through the cultivation of an Erotic Liberation Incubator. Co-liberators are invited to activate our emancipatory knowledge and erotic intelligence to transgress oppression, disrupt trauma, illuminate pathways for liberation and instigate opportunities for erotic sovereignty, well-being and prosperity.

#### **SMART Objectives**

- 1. By the end of the session, participants will be able to identify at least one emancipatory tool or concept.
- 2. By the end of the session, participants will be able to describe erotic prosperity



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#### **Biosketches**

**Nicole Avant, Pharm.D. BCACP** is an intersectional scholarly activist advocating for the rights of minoritized groups, through professional and personal experiences, Dr. Avant realizes that for true equity to be achieved, we must first become aware of our own positionality in systems of power. This work requires deconstructing values assumed in American culture such as narrow focus on the individual to describe disparities ignoring systemic root causes, ahistorical, myth of meritocracy, and white supremacist ideologies. She has created spaces, such as the Facebook community BBW and Fat Black women Seeking Liberation through Pleasure Activism to give rise to empowered voices.

Nicole Files-Thompson, PhD is Founder of Teach.Learn.Travel. Jamaica and Associate Professor, Mass Communication, Lincoln University. She is working on her journey to live free as a Black woman, and act of both resistance and self-care. She wants to continue to share my journey with people looking to be empowered, hoping that living boldly will inspire others. Her research engages the theory, practice, and epistemology of marginalized groups through intercultural, international, interdisciplinary paradigms and the scholarship of teaching and learning. Specifically, her research explores constituting, touring, and empowering marginalized identities via pedagogical practice and the critical questions: What constitutes marginalized identity? How are marginalized identities negotiated spatially (touring)? How are marginalized identities empowered/self-empowered?

Clarissa Francis, PhD, CSE is a Hot Girl Movement scholar-activist, AASECT certified sexuality educator, and Black sexuality education consultant who primarily centers her work on Black women's sexual liberation. She creates safe spaces for Black women to participate in dialogue unpacking generational trauma and celebrating their bodies and sexualities. Dr. Francis currently lives in Atlanta, Georgia and teaches online college courses in the Critical Race, Gender, and Sexuality Studies Department at Cal Poly Humboldt in Arcata, California. She also offers consulting, workshops, and lectures on Black sexual liberation, sexual health peer education, and pleasure activism.

Wendasha Jenkins Hall, PhD is an assistant professor in the Department of Health Promotion and Physical Education at Kennesaw State University. She holds a PhD in Public Health from the University of North Carolina Greensboro, a MS in Communications Management from Morgan State University, and a BA in Journalism from the University of Central Florida. Her research focuses on the social, behavioral, and technological factors that influence access to sexuality education and healthcare among Black women and femmes. Her work has been published in several academic journals including AIDS Care, Culture, Health, & Sexuality, and Journal of American College Health.

Zelaika Hepworth Clarke, PhD, MSW, MEd is the first Jamerican (Jamaican-American) to receive three degrees in human sexuality from accredited universities in the United States. They co-founded the decolonial sexuality studies program at Goddard College in Vermont. Dr. Hepworth Clarke is a decolonial eroticologist, loveologist, clinical & cultural sexologist, sexosopher, anti-racist sexuality educator, African-centered social worker, co-liberator, decolonizing autoethnographer and consultant. Dr. Clarke currently provides therapeutic, educational, and consulting services with the Pluriversity LLC- an organization committed to increasing multi-epistemic sexual literacy through transformative learning.

**Leah P. Hollis EdD** is an associate professor at Morgan State University and senior researcher at Rutgers University, is a noted national and international expert on workplace bullying. Her most recent book, Black women, Intersectionality and Workplace Bullying, Intersecting Distress, which was released by Routledge publications in 2022, is an extension of her work on bullying in higher education. Other notable work includes Human Resource Perspectives on Workplace Bullying in Higher Education addresses structural problems that enable workplace bullying.

Pamela Kennebrew, EdD is a scholar activist. She is an Visiting Assistant Professor at Lincoln University. Pamela is a member of AASECT and is currently pursuing a Post Graduate Certification in Sex Therapy. Pamela's work is centered around economic insecurity in older Black women. Her current research expands the conversation regarding economic insecurity to include erotic inequity and other factors related to sexual wellbeing of older Black women. Through her work, Pamela seeks to raise awareness, foster dialogue, research and scholarship regarding the issue of erotic inequality as well Black women's affirmative response to this issue including spirituality and sisterhood.

**Natalie Malone, MS,** is a counseling psychology doctoral student at the University of Kentucky & advised by Dr. Candice Hargons. She studies Black women's sexual, spiritual, and holistic wellness. Additionally, she is a 200-hour registered yoga teacher who integrates holistic healing and wellness interventions into her research and clinic work.

Mary E. May, MFT is a Relationship Therapist with a keen ability to facilitate resolution focused and interventions that support healing for youth, teens, and adults by assisting them to develop a pathway to work towards strategies to deal with violence and trauma when it manifests in their lives. Mary is also an innovative trainer, educator, presenter, and public speaker. Her expertise in intimacy, depression, anxiety, domestic violence, bullying, suicide prevention, teen dating violence, and more makes her an exemplary choice for seminars, workshops, and symposiums. She continues to develop her work and techniques with a variety of organizations, mental health networks, and universities. And remember, "Freedom lies in being bold."

Tanisha M. Ranger, PsyD, CSAT has over twenty years of experience in the mental health field and has been a licensed psychologist for a decade. She has worked in various settings, including psychiatric hospitals, residential treatment facilities, the VA, and private practice. Dr. Ranger has extensive training and experience treating mood disorders, racial trauma, PTSD, behavioral addictions, and relationship problems. She works with adults, providing individual, couples, and group therapy.

Dr. Ranger is a staunch advocate for educating the public about mental health, mental illness, and the steps we can take to live and thrive no matter what we might be struggling to manage. She has a particular passion for helping adult children of addiction, abuse, and dysfunction to reclaim their identities and live their lives on purpose rather than on autopilot.

**Rufus Tony Spann, Ph.D., LCPC, LPC, NCC, MAC, ACS** is a certified sex therapist and sexologist. Currently, he serves as a member of AASECT's diversity and certification committee. Dr. Spann practices sex therapy and works with a research team that examines broaching race, ethnicity, and culture in therapy.

**Shemeka Thorpe, PhD** is an Assistant Professor in Health Promotion at the University of Kentucky. Her research focuses on the sexual well-being of Black women using intimate justice and sex-positive frameworks.

Fredrick Zal, MA,CSE loves the arts, outdoors, cooking with friends, learning differing perspectives, and practicing 茶道 (Chado, Japanese Tea Ritual). Thriving since cancer, he/they found new erotic embodiment, dancing, hiking and yoga, and passion for teaching.

Nurturing erotically marginalized people; Fredrick teaches consent, sexual attitudes reassessment, and sensuality with understanding of power differentials, socio-political impacts over the centuries, and ways to truly dismantle what he/they feels in his/their blood and bones to be harmful acculturalizing systems. He/They implement meta-cognition, sexual world-view expansion, and value delineation through a multi-faceted lens of post-structuralism, post-colonialism, intersectionality, phenomenology, and embodiment.



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This year's keynote speakers truly embody what it means to remix the human sexuality field. From research to practice, they're redefining what it means to work in this industry. Our 2023 keynote speakers are...Dr. Shemeka Thorpe, Steph Zapata, Elias Diaz, and Justine Ang Fonte!

Reproductive Justice Primer & Mixer, hosted by SisterSong.

Join representatives from SisterSong for a reproductive justice primer. This preconference event will be facilitated by Maya Hart and Simran Singh Jain of SisterSong, and is included in the regular and is included in the regular NCSexCon registration fee.

#### **NCSEXCON: THE REMIX**

MAY 10-11, 2023 | CARY, NORTH CAROLINA NCSEXCON.ORG



Passionate sexuality educators, counselors, therapists and their peers are heading to San Francisco, CA June 7-11 to be part of the 2023 AASECT Annual Conference!

This educational and community program is all about Rediscovering Connection: Inspiring Our Collective Imagination.

Join us! June 7-11, 2023

Explore the schedule and save your seat! www.aasectannualconference.com

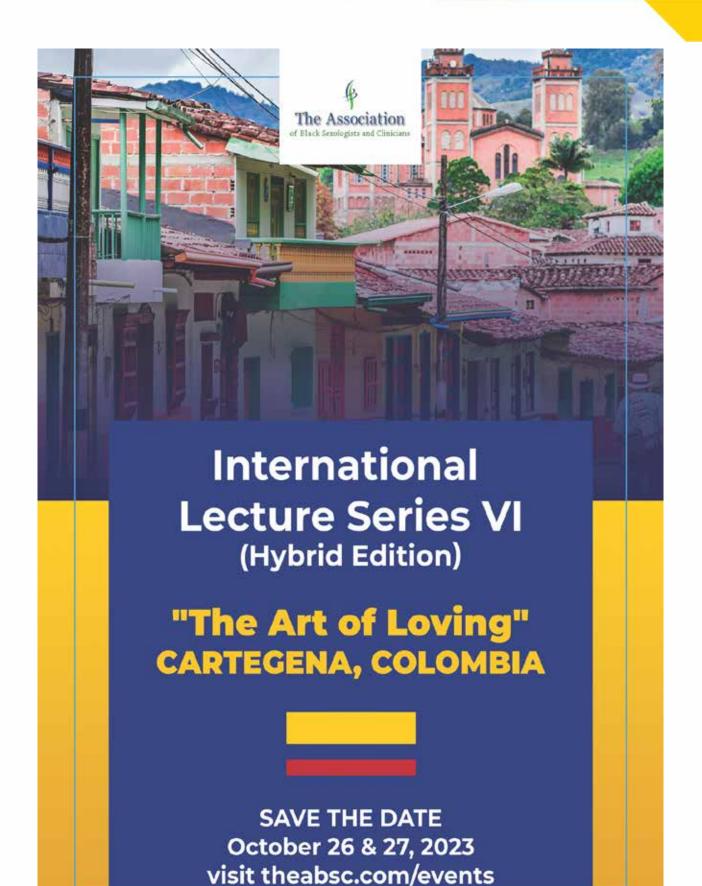
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Over 30 relational, sexual, mental, and wellness experts from across the United States, Canada, and the Caribbean come together for a two day event to share their expertise and wisdom online. It will truly be......

### REMARKABLE!

Association of Black Sexologists and Clinicians & Institute for Gender Development Studies University of the West Indies (Mona)

January 4 & 5, 2024

SAVE THE DATE!

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