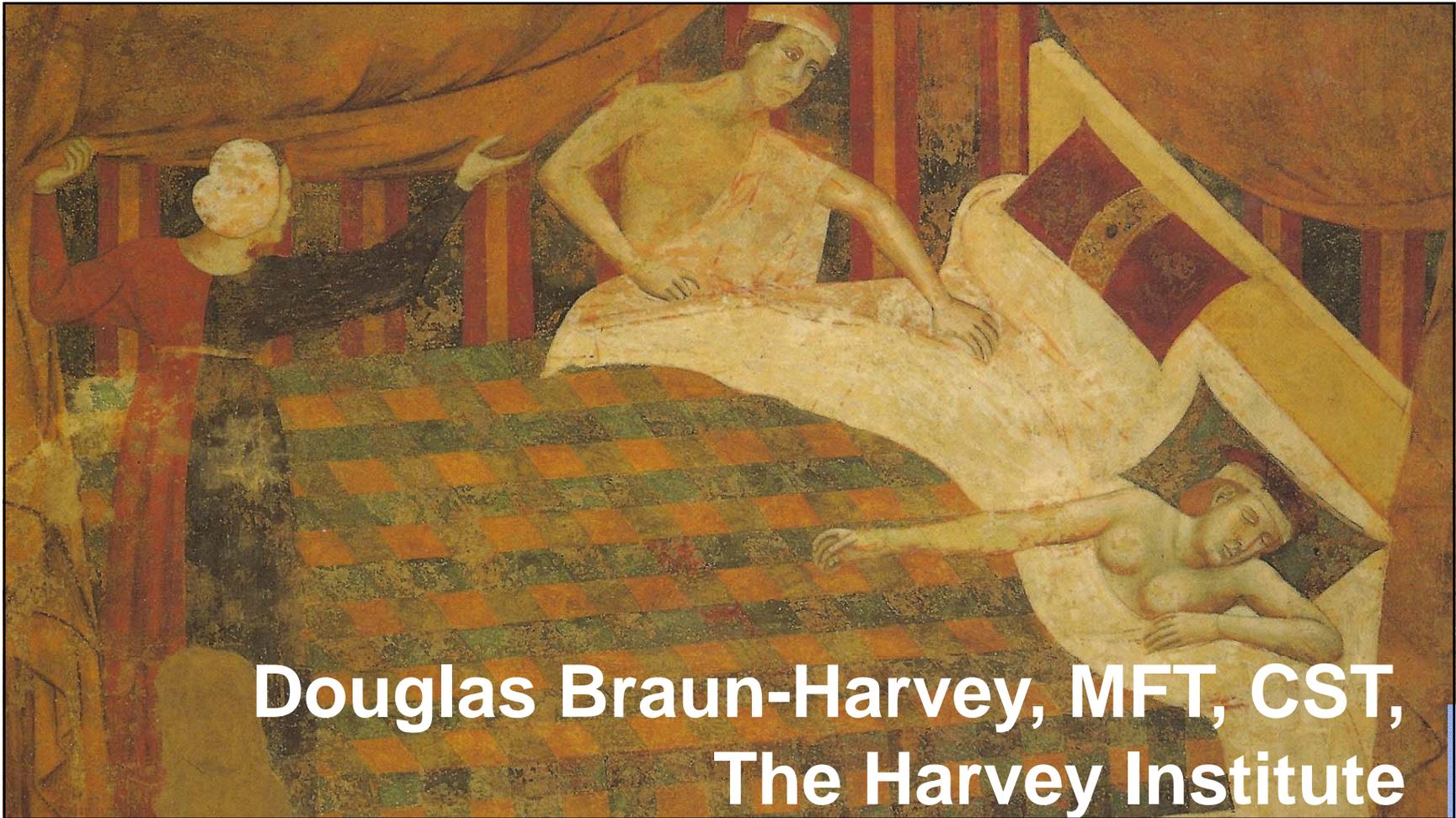
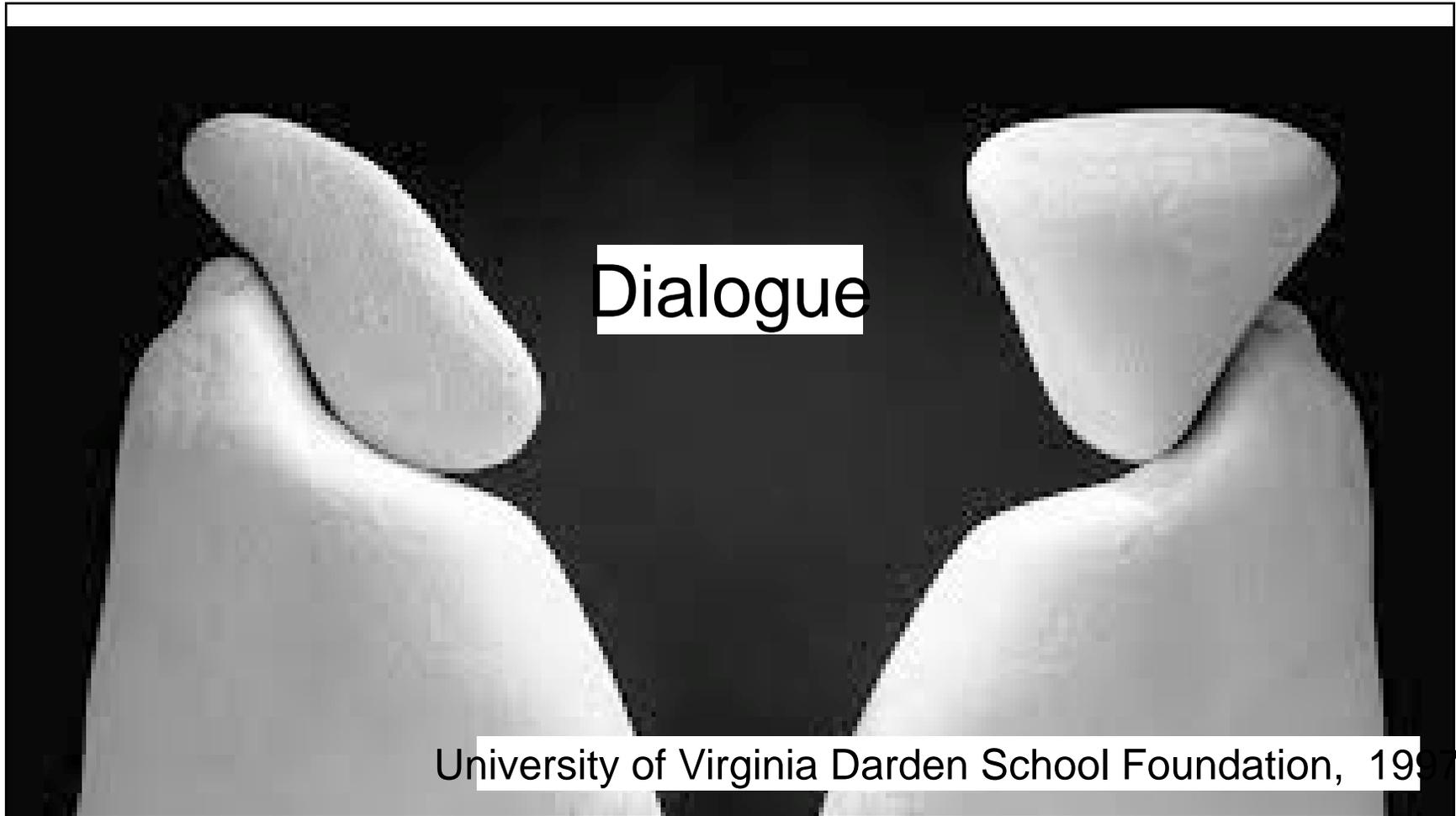


**Suspending Judgments: A
Sexual Health Dialogue
Skill for Reproductive
Health Professionals**



**Douglas Braun-Harvey, MFT, CST,
The Harvey Institute**

Clients withhold sexual health worries
and problems from health care
professionals because.....



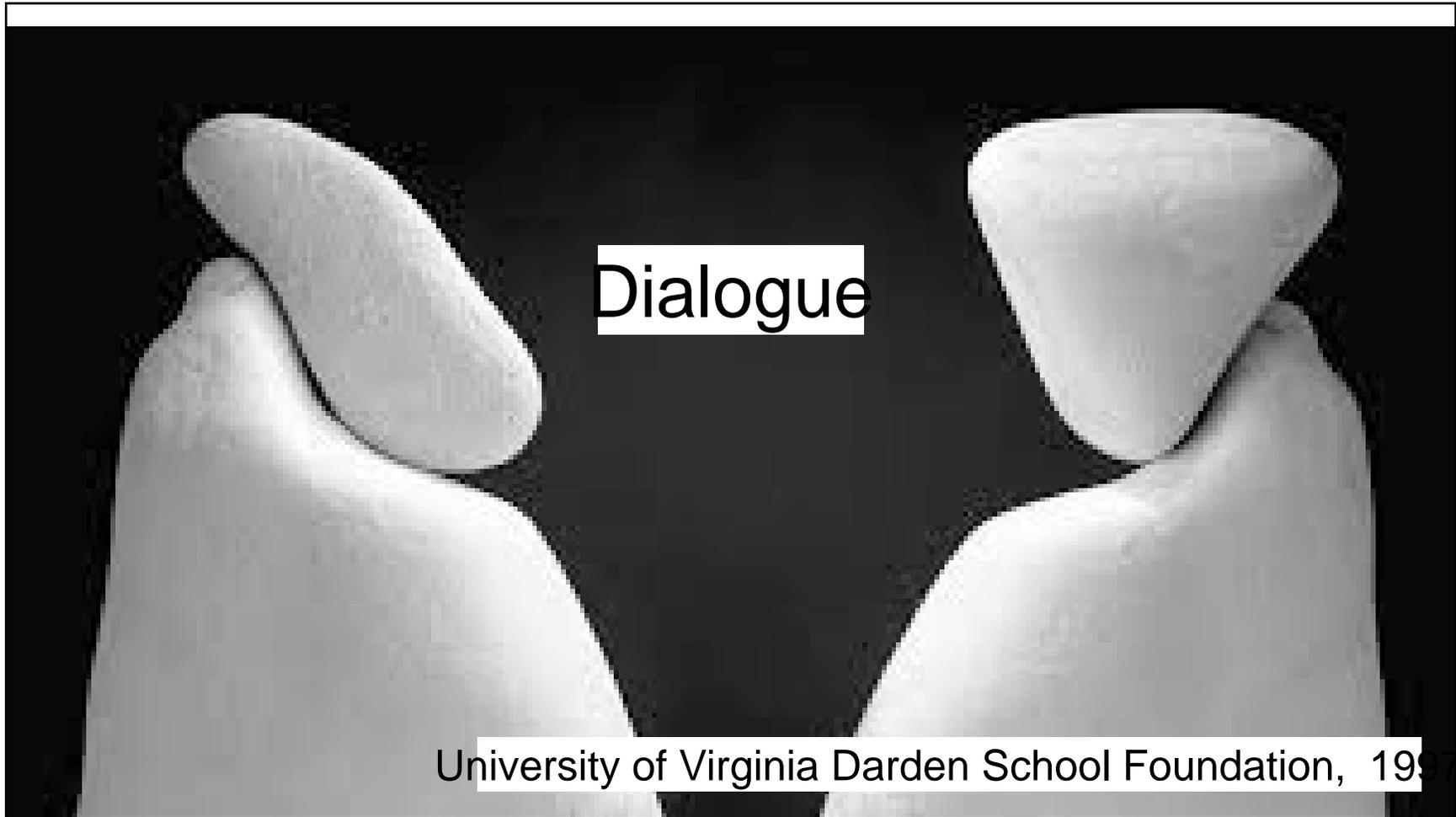


Containing Mental Attitudes and Emotions

inability to regulate immediate emotional reactivity

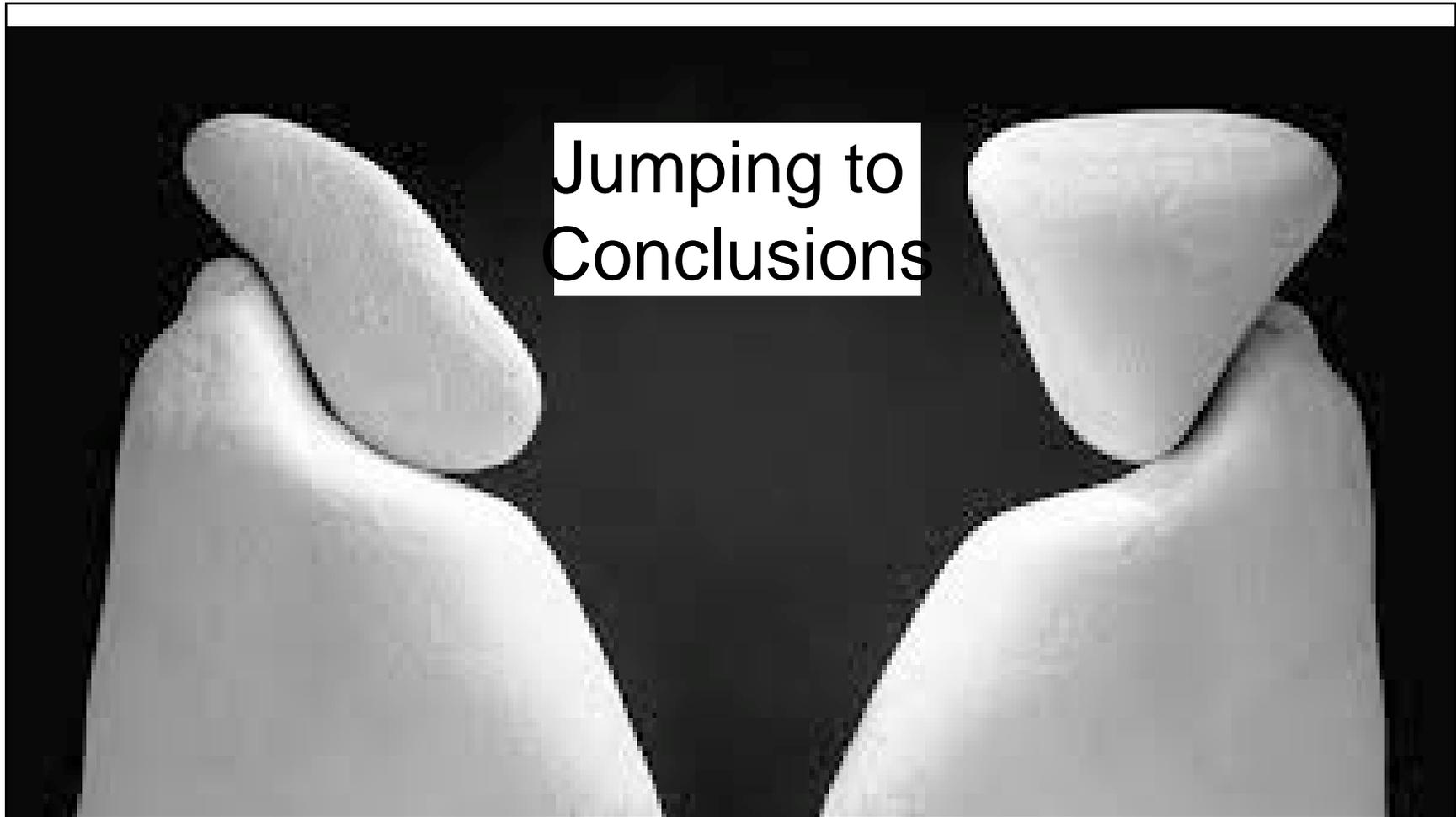
The relationship will be disrupted by the unexamined judgmental response and accompanying instantaneous expression elicited by the counselor's dysregulated moment of judgment.

low confidence in talking about sex
leads to relying on
disapproving comments or
harsh right/wrong thinking.



University of Virginia Darden School Foundation, 1997



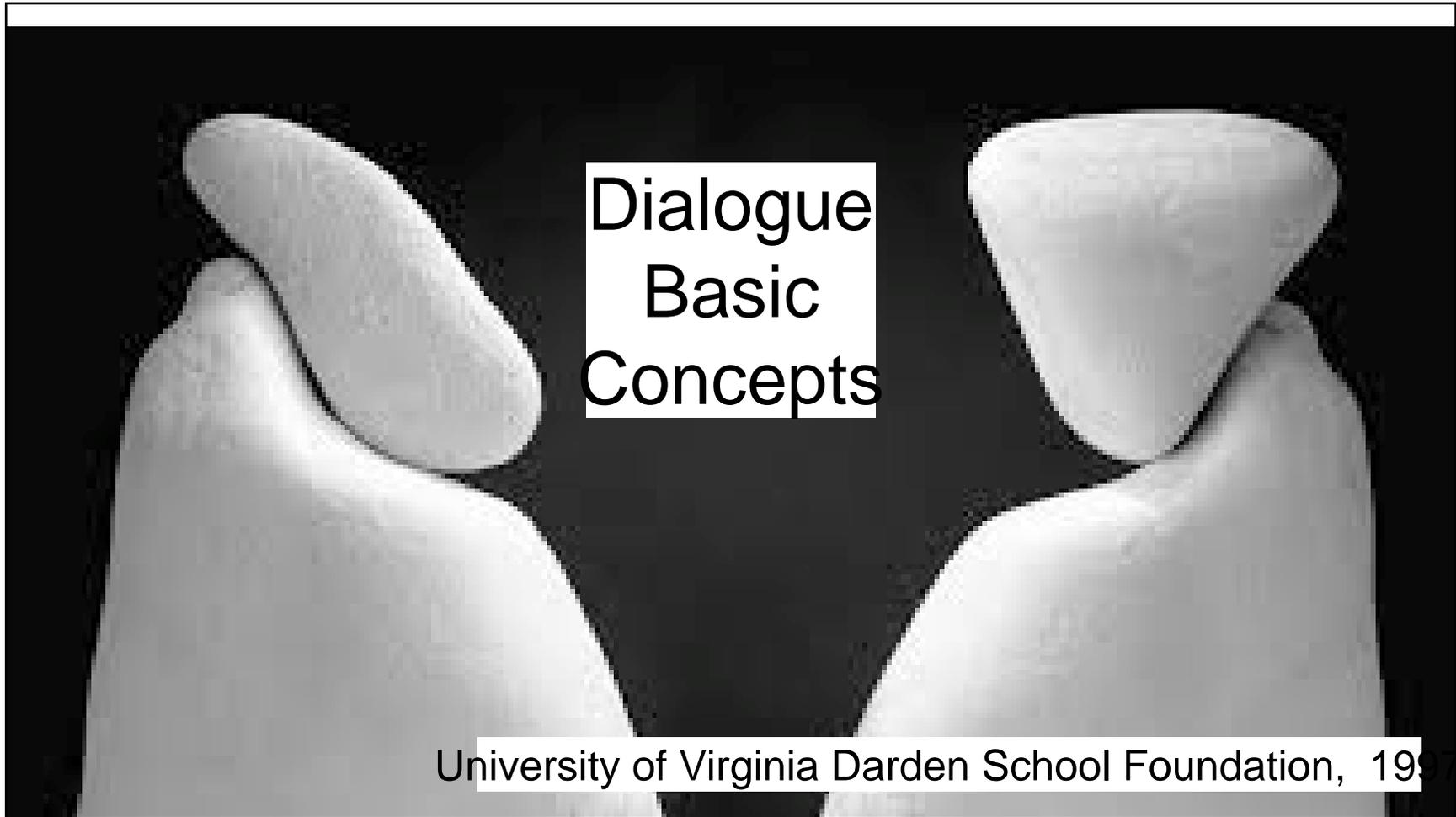


Clients withhold sexual health worries
and problems from health care
professionals because.....

Clients fear the judgmental responses
from the health care provider

Conversation that explores and makes explicit **underlying assumptions** and **beliefs** people bring to work and relationships

Finding **understanding**
through the use of
words



Dialogue
Basic
Concepts

University of Virginia Darden School Foundation, 1997

The first principle of dialogue is be **committed to search for a better way to do things.**

curiosity

The second principle of dialogue is to **uncover premises, assumptions, biases and values and make them available for inquiry**

curiosity



The third principle of dialogue is to **find common ground or topics of agreement that can contain all participant viewpoints.**

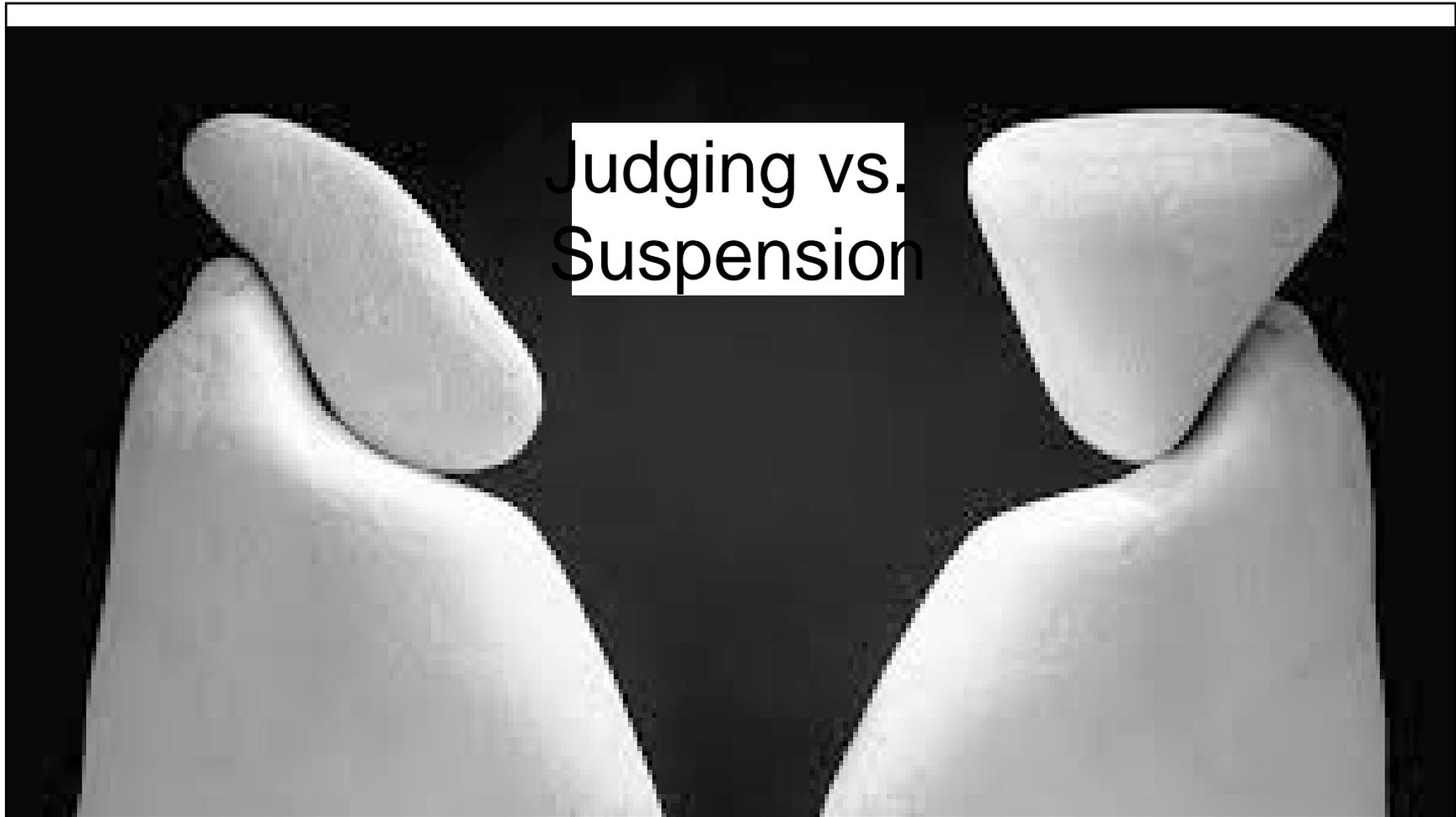
listening

The fourth principle of dialogue is **willingness to control and suspend decisions, conclusions, judgments and emotional reactivity.**

mitigating fears

The fifth principle of dialogue is to **believe suspending judgments and emotional reactivity will create a safer environment.**

mitigating fears



Clients withhold sexual health worries
and problems from health care
professionals because.....

Clients fear their own judgments

Suspending Judgment

Suspending judgment
allows us to see things
we usually can not see

Allows exploration of
sexuality and sexual self

What **Reproductive Health** situations, behaviors and attitudes are **sources of strong judgment?**

Suspending Judgment:

Three Skills

Observe:

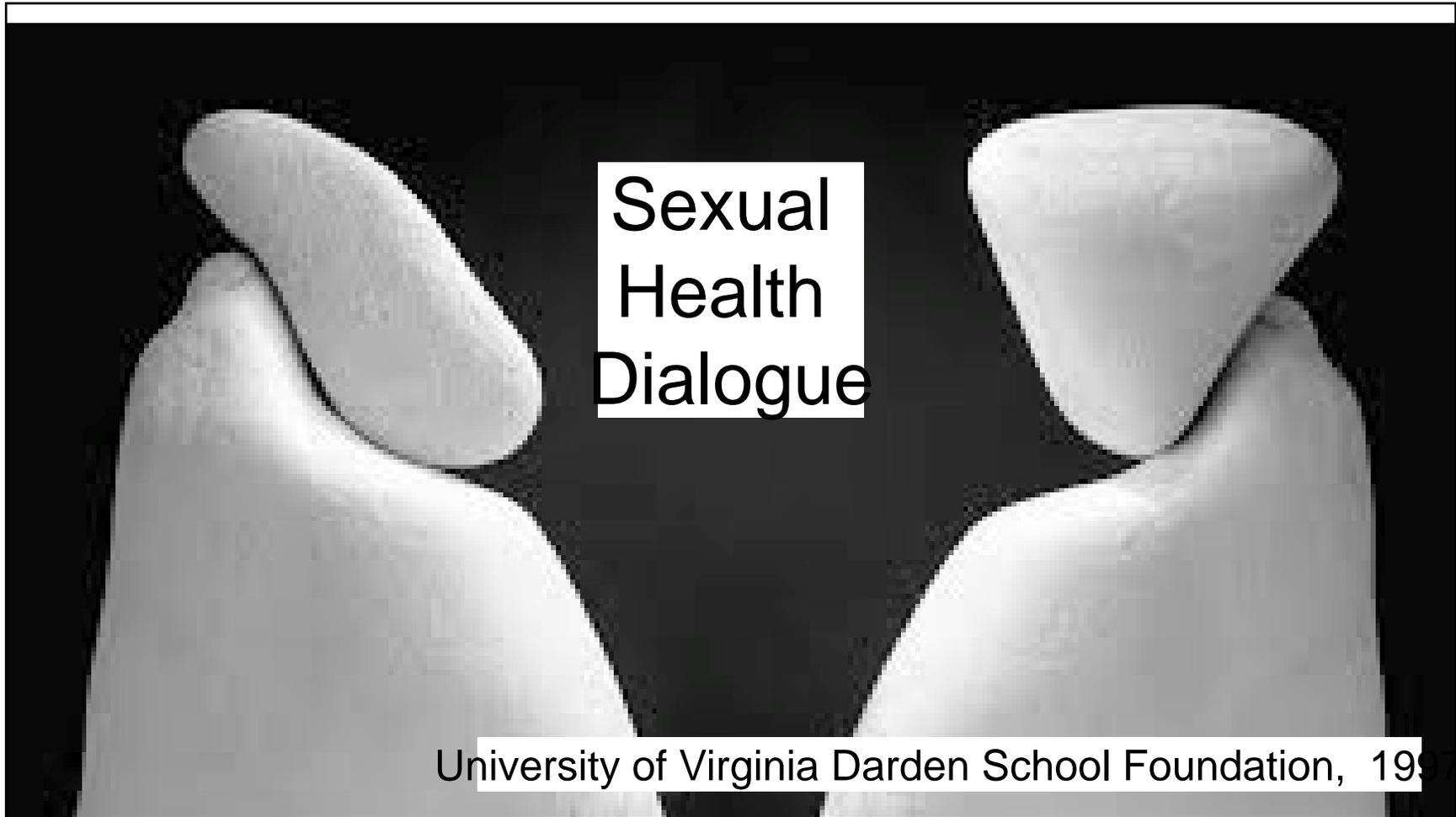
Notice without evaluation

Describe:

Use facts or observation not imagined
or assumed

Be Present:

Respond with feelings, sensations, the experience of the last few minutes without comment on content



Sexual Health Fundamentals:

resource to contain client and
professional judgmental reactions

curiosity

listening

mitigating fears

Consent

A large red puzzle piece is centered on a white background. The piece has a notch on its left side and a bump on its right side. The text "Non-exploitive" is written in white, sans-serif font across the center of the red piece. The word "Non-" is on the top line and "exploitive" is on the bottom line.

Non-
exploitive

A large red puzzle piece is centered on a white background. The word "Honest" is written in white, sans-serif font across the middle of the red piece. The puzzle piece has a notch on its left side and a bump on its right side, suggesting it is part of a larger set. The background behind the puzzle piece is a blurred, light-colored surface.

Honest



Shared Values



Mutual Pleasure



Protected
from STI,
HIV &
Pregnancy

World Sexual Health Day

SEPTEMBER 4TH 2013

“To achieve sexual health, picture yourself owning your sexual rights!”

This year’s slogan aims to constitute a reminder on the fundamental importance that sexual rights have in order to achieve sexual health. We invite everyone to imagine, to picture themselves owning their sexual rights!

