Healthy Sexuality Coaching at University of California, Berkeley: A Decade in Practice

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“I loved working with Robin, she was so helpful in my goal of being more comfortable with sex and intimacy. We worked through anxiety and libido and now I am in a place that I feel more comfortable with sex” – M, Coaching Client

BACKGROUND
Data suggests that a significant portion of UC Berkeley students are engaging in sexual experiences without sexual health knowledge needed to make informed decisions and develop healthy sexual practices.

HEALTHY SEXUALITY COACHING
We implore a combination of cognitive-behavioral (talk-based) coaching and psychoeducation in a FREE 45-minute appointment. Appointments are tailored to each student involving a strengths-based plan drawn from cultural and social messages. Sexuality coaching may help college students with the following and more:

TOP 5 ADMITTED STUDENT STATES
California 85.1%
Texas* 1.4%
New Jersey 1.3%
Illinois** 1.2%
Florida* 1.1%

*No sex ed mandate
**Mandated in 2021

APPOINTMENT TYPES (6/1/17 – 4/30/24)

CHALLENGES
• Increasing numbers of medical providers specializing in sexual health services. Medical providers resorting to medication to treat arousal difficulties more quickly.
• Post-pandemic staffing shortages.
• Students accessing sexual health information via social media.

TOP 5 COACHING APPOINTMENTS BY TOPIC
Birth control 280
Sexuality concerns 133
Arousal/dysfunction 84
Relationships 42
STIs 42

RACE/ETHNICITY

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