


PLISSIT MODEL- by Jack Annon, sex educator and therapist

<p>Most people need</p>  <p>Fewest people need</p>	<i>Component</i>	<i>Student/Client Needs</i>	<i>Helper Role Characteristics</i>
	Permission	Most people simply need permission to talk and learn about sexuality and explore their own attitudes and responses.	<p>Helper should be able to provide “permission-giving” statements to students creating an atmosphere of comfort and acceptance. Permission is the most important level of the model.</p> <p>Attitudes, knowledge and skills required:</p> <ul style="list-style-type: none"> <input type="checkbox"/> acceptance of sexuality as positive force <input type="checkbox"/> ability to discuss sexuality w/ease & comfort <input type="checkbox"/> relate to & accept the person being counseled <input type="checkbox"/> address needs at their level <input type="checkbox"/> compassion, warmth, and trustworthiness
	Limited Information	In addition to permission, some people need limited information to begin to explore their own sexuality and/or explore with another person.	<p>Helper should have basic information about sexuality. At this level, myths and misconceptions should be clarified and corrected. Information provided is specific to the question or concern being expressed.</p> <p>Attitudes, knowledge and skills required:</p> <ul style="list-style-type: none"> <input type="checkbox"/> above characteristics <input type="checkbox"/> accurate information about sexuality issues.
	Specific Suggestion	For some people, the addition of a specific suggestion can be useful. For example, suggesting a relaxation exercise or an activity for learning about ones own sexual response	<p>Options for managing sexuality related concerns/difficulties are developed at this level. Counseling skills are required and a designated place is helpful.</p> <p>Attitudes, knowledge and skills required:</p> <ul style="list-style-type: none"> <input type="checkbox"/> more advance counseling and education <input type="checkbox"/> increase knowledge on sexuality and disability <input type="checkbox"/> problem solving abilities <input type="checkbox"/> behavior modification techniques
	Intensive Therapy	In addition to above needs, a smaller number of people will need intensive therapy to help them address sexuality issues.	Intensive therapy takes a great deal more time, and is provided by a trained counselor. For sexual issues, intensive therapy often involves work that addresses all aspects of a person’s experience i.e. emotional, physical, interpersonal, spiritual, intellectual.