

Department of Psychology

Distinguished Lecturer Series



DR. SANDRA BYERS, University of New Brunswick

**TALK: Beyond the Birds and the Bees and Was It Good for You?:
Thirty-five Years of Research on Sexual Communication**

ABSTRACT

Sexual experience and expression is of fundamental importance to most people. However, most people do not communicate effectively about sexuality even when it is important to do so. For example, many parents see it as their responsibility to talk to their children about sexuality and yet do not engage in in depth discussions with their children about sexual topics. Most romantic partners have difficulty communicating about what pleases and displeases them sexually. Many health care professionals do not meet their clients'/patients' needs for information about the sexual changes they are or may experience. Many psychologists also are not doing a good job of addressing sexuality in the classroom, in practicum and internship settings, and/or with clients. These instances of poor sexual communication are unfortunate as effective sexual communication can have a range of positive outcomes such as more satisfying relationships and positive sexual health and well-being over the life span. This talk reviews sexual communication in all of these contexts, focusing on findings from my program of research spanning more than 35 years.

BIOGRAPHY

E. Sandra Byers, Ph.D., L. Psych. is Professor and Chair in the Department of Psychology at University of New Brunswick in Fredericton, New Brunswick. She is the author or co-author of more than 170 journal articles and book chapters mostly on aspects of human sexuality as well as of a popular textbook on human sexuality. She is President of the International Academy of Sex Research, a past president(twice) of the Canadian Sex Research Forum, a fellow of the Society for the Scientific Study of Sexuality and the Canadian Psychological Association, a member Advisory Board of the Sex Information and Education Council of Council, and on the editorial boards of a number of scholarly journals. She has won numerous awards including the Donald O. Hebb Award for Distinguished Contribution to Psychology as a Profession from the Canadian Psychological Association in 2010 and the Kinsey Award for outstanding contributions to the field of sex research, sex therapy, or sexology from the Society for the Scientific Study of Sexuality in 2013. She is also a licensed Clinical Psychologist with a part-time private practice primarily focused on the treatment of a wide-range of sexual concerns and problems.

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