

Fat Phobia and Fat Sex

Course Outline

Course Description

This course explores the intersection of fat phobia, body image, and sexuality, drawing on Dr. Jason Jones's research into the sexual experiences of fat women. Participants will examine how sociocultural forces — including patriarchy, colonialism, racism, and capitalism — shape fat stigma and its impacts on sexual confidence, desire, and intimacy. The course applies these findings to sex therapy models, equipping therapists with tools to support fat-identified clients in reclaiming pleasure and embodied sexuality. This introductory course is 2 hours (including breaks). Course content is 1.5 hours long **(1.5 AASECT CEs)**.

Course Topics in Brief

Below is a list of the course topics in brief:

- Historical and Sociocultural Roots of Fat Phobia
 - Fat Acceptance Movements and Cultural Shifts
 - Research on Fat Women's Sexual Experiences (Dr. Jason Jones)
 - Body Image, Shame, Stigma, and Sexual Confidence
 - Applying Research Findings to Sex Therapy Models
 - Therapeutic Approaches for Fat-Identified Clients
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Method of Delivery

This course will be delivered simultaneously in person and via synchronous video-conferencing. It may also be recorded for future students to access.

Instructor



Instructor - Dr. Jason Jones, Registered Psychologist, AASECT Certified Sex Therapist, AASECT Certified Sex Therapy Supervisor (He/Him)

Description: Dr. Jason Jones is a Registered Psychologist and AASECT Certified Sex Therapist and Supervisor who has been in practice since 2012. As the founder of Loving Choices Psychology, he is dedicated to helping individuals, couples, and families navigate life's most sensitive and complex challenges with warmth, compassion, and a holistic approach to wellness.

Jason Jones is a Registered Psychologist with extensive experience in counselling psychology, human sexuality, and relationship dynamics. He earned his Ph.D. in Psychology from Northcentral University, a Master of Counselling from the University of Calgary, and a Bachelor of Science (Honours in Psychology) from the University of Alberta. He has also completed advanced training in Sex Therapy, Couples Counselling, Family Therapy, and Body Acceptance and Weight.

Jason's lifelong curiosity about human relationships and the complexity of connection led him to focus his work on helping individuals, couples, and families navigate life's most intimate and challenging experiences. His early studies in sexuality, obesity, and family dynamics revealed a shared truth — the importance of relationships in every aspect of human wellbeing.

Guided by a holistic and systemic approach, Jason views health as encompassing physical, mental, emotional, and spiritual dimensions. He emphasizes compassion, respect, and collaboration, creating a safe space where clients can explore, heal, and grow.

Since becoming a Registered Psychologist in 2012, Jason has worked with diverse clients on issues of intimacy, communication, family transitions, and personal development. In 2017, he founded Loving Choices Psychology with the vision of providing expert, compassionate care that supports people in building stronger, more fulfilling lives.

Qualifications

- Ph.D. in Psychology – Northcentral University
- Master of Counselling – University of Calgary
- Bachelor of Science (Honours in Psychology) – University of Alberta
- Post-graduate certifications and workshops in Sex Therapy, Couples Counselling, Family Therapy, and Body Acceptance and Weight

Affiliations

- Registered Psychologist (College of Alberta Psychologists)
- Founder, Loving Choices Psychology
- Member, American Association of Sexuality Educators, Counselors, and Therapists (AASECT)

Certifications

- Certified Sex Therapist (AASECT)
- Certified Sex Therapy Supervisor (AASECT)
- Advanced Training in Couples Counselling and Family Systems Therapy
- Workshops in Body Acceptance, Obesity and Weight-Related Issues

Course Objective

Participants will develop a critical understanding of fat phobia and its systemic roots, including how sociocultural narratives impact the sexual experiences of fat-identified individuals. Drawing on Dr. Jason Jones's research, participants will explore findings related to body image, shame, stigma, and partner support, and learn how to apply these insights using established sex therapy frameworks. The course will equip therapists with culturally responsive, weight-inclusive approaches to support fat clients in therapeutic settings.

Learning Outcomes

By the end of the course, students will be able to:

- 1) Identify the sociocultural and historical roots of fat phobia, including connections to patriarchy, colonialism, racism, and capitalism.
AASECT Core Knowledge Area: C
- 2) Describe Dr. Jones's research findings on fat women's sexual experiences, including key themes of body image, shame, stigma, attractiveness, and partner support.
AASECT Core Knowledge Area: E/M
- 3) Apply research findings to established sex therapy models including the Dual Control Model, Sexual Response Model, and Good Enough Sex Model.
AASECT Core Knowledge Area: H, Sex Therapy Training: A
- 4) Demonstrate therapeutic techniques for addressing fat phobia in sex therapy contexts.
AASECT Core Knowledge Area: H, Sex Therapy Training: A/C

Key Competencies Related to Sex Therapy

1. *Key to AASECT Core Knowledge Areas:*

- A. Ethics and ethical behavior.
- B. Developmental sexuality from a bio-psycho-social perspective across the life course.
- C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values) in relation to sexual values and behaviors.
- D. Issues related to sexual orientation and/or gender identity.
- E. Intimacy skills, intimate relationships, interpersonal relationships and family dynamics.
- H. Health/medical factors that may influence sexuality including mental health and body image.
- I. Range of sexual functioning and behavior, from optimal to problematic.
- M. Pleasure enhancement skills.

Key Competencies Related to Sex Therapy

- Theory and methods of sex-related psychotherapy, including several different models.
- Theory and methods of approach to intervention in relationship systems experiencing sex and intimacy problems.
- Ethical decision-making and best practice.

Course Outline

Introduction (5 mins)

- Welcome and teacher introductions
- Student expectations and housekeeping

Historical and Sociocultural Roots of Fat Phobia (15 mins)

- Fat phobia's roots in patriarchy, colonialism, racism, and capitalism
- History of fat acceptance in Western culture (Renaissance to present)
- Predominant sociocultural messages about fat in modern Westernized societies
- How fat is vilified, especially for women

Fat Acceptance Movements and Cultural Shifts (10 mins)

- The fat acceptance movement: origins and milestones
- Representation of fat bodies in media and popular culture
- Pace of cultural change: perceived progress vs. lived experience
- Intersectionality and fat stigma

Break 1: 10 minutes

Dr. Jason Jones's Research: Fat Women's Sexual Experiences (20 mins)

- Overview of Dr. Jones's study methodology and sample
- Key finding: Felt the need to be invisible as per society's directive
- Sexual benefits and challenges of fat
- Perception of negative representation of fat in society and slow cultural progress
- Key concepts: body image and body appreciation
- Key concepts: shame and stigma
- Key concepts: attractiveness and confidence
- Key concepts: partner's support

Break 2: 10 minutes

Applying Findings to Sex Therapy Models (20 mins)

- Dual Control Model: how stigma and shame act as sexual brakes
- Sexual Response Model: body image and embodied arousal
- Good Enough Sex Model: reframing sexual expectations for fat-identified clients
- Attachment considerations: avoidant and anxious patterns related to fat stigma

Break 3: 5 minutes

Therapeutic Approaches for Fat-Identified Clients (15 mins)

- Weight-inclusive, fat-affirming therapeutic frameworks
- Discussing childhood messages from parents about fat
- Exploring cultural messages about fat and sex
- Addressing attractiveness and confidence in session
- What NOT to discuss: nutrition and dieting (outside therapeutic scope)
- Supporting partner dynamics and communication

Takeaways and Resource Reflection (5 mins)

References

- Jones, J. (Year). [Full citation for Dr. Jason Jones's study on fat women's sexual experiences].
- Additional references to be provided by instructor.