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TWELFTH EDITION

# Our Sexuality

Robert Crooks

Karla Baur



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**Robert Crooks and Karla Baur**

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For our loving spouses, Sami Tucker and Jim Hicks, and the staff of IT HELPS Kenya. IT HELPS is a tax exempt public charity that has previously conducted an HIV/AIDS intervention program in the southeastern interior of Kenya and is now implementing a new project in the Ukunda south coast region of Kenya.



IT HELPS peer educators conducting HIV/AIDS prevention workshops for groups comprised of either students or members of the adult community.

Photos courtesy of Robert Crooks





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# About the Authors

The integration of psychological, social, and biological components of human sexuality in this text is facilitated by the blending of the authors' academic and professional backgrounds.

**ROBERT CROOKS** has a Ph.D. in psychology. His graduate training stressed clinical and physiological psychology. In addition, he has considerable background in sociology, which served as his minor throughout his graduate training. His involvement with teaching human sexuality classes at the university, college, and medical school levels spans over two decades. Recently Bob and his wife, Sami Tucker, have been involved in the establishment and implementation of another HIV/AIDS intervention program in coastal Kenya. Over the previous 10 years, their work with this project includes designing a research strategy for assessing behavior change, developing a peer educator-based educational strategy, and conducting training sessions for Kenyan peer educator staff. In the fall of 2009, Bob and Sami initiated another HIV/AIDS intervention program in Tanzania. Over the previous seven years they have traveled extensively in Africa and have devoted many months to their evolving HIV/AIDS prevention projects.

**KARLA BAUR** has a master's degree in social work; her advanced academic work stressed clinical training. She is a licensed clinical social worker in private practice, specializing in couples and sex therapy. Karla has been certified as a sex educator, therapist, and sex therapy supervisor by the American Association of Sex Educators, Counselors, and Therapists. She has instructed sexuality classes at a medical school and several colleges and universities and has provided clinical training for other mental health professionals. Karla has also found a way to combine her clinical skills with her love of horses by providing performance enhancement training for equestrians. Furthermore, Karla has been involved in the HIV/AIDS program in Kenya, and in 2004 she joined Bob and Sami to train peer educators.

The authors have a combined total of over 70 years of teaching, counseling, and research in the field of sexology. Together they taught college sexuality courses for a number of years. They present workshops and guest lectures to a wide variety of professional and community groups, and they counsel individuals, couples, and families on sexual concerns. Their combined teaching, clinical, and research experiences, together with their graduate training, have provided them with an appreciation and sensitive understanding of the highly complex and personal nature of human sexuality.

It is the authors' belief that a truly sensitive understanding of our sexuality must be grounded in both the female and the male perspectives and experiences. In this sense, their courses, their students, and this text have benefited from a well-balanced perception and a deep appreciation of human sexual behavior.



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