

SEXUAL MINDFULNESS VIRTUAL INTERVENTION FOR BLACK AND INTERRACIAL COUPLES

Jenna Lawlor, M.S.

IMPORTANCE

- Most mindfulness research is largely based on White participants.
- The goal is to center the experiences and relevance of mindfulness for Black individuals.

PARTICIPANTS

13

different gender couples

3

continents

23-44

age range

RESULTS

- + Positive experience
- + New knowledge and mindset
- + Helped communication, sex, and mindfulness

“It helped me and my spouse in understanding each other and working together to make our sexualities even better than it was before.”