

Megan Henkelman

Sexual Health Research Laboratory
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Education

Queen's University, Ph.D. Clinical Psychology *2023-Present*
Supervisor: Dr. Caroline Pukall

Queen's University, M.Sc. Clinical Psychology *2023*
Supervisor: Dr. Caroline Pukall

University of Calgary, B.A. (first-class honours) Psychology, minor in English, *2020*
Supervisor: Dr. Lauren Walker
Exchange Semester: University of Hong Kong, China

Research Experience

Master's Thesis, Queen's University, Kingston, *2021-2023*
Thesis: Development of a Comprehensive and Inclusive Measure of Sexual Wellbeing
Using Participant Reported Outcomes

Honours Thesis, University of Calgary, Calgary, *2019 - 2020*
Thesis: Sexuality in Multiple Myeloma and Other Hematological Cancers

Summer Studentship (16-weeks) University of Calgary, Calgary, *2020*
Title: Linda A. Singleton Cancer Research Summer Studentship in Psychosocial
Oncology.
Awarded by the Alberta Cancer Foundation to the top-ranked applicant in this area based
in Calgary. Used to expand upon honours thesis project.

Research Assistant (Volunteer), University of Calgary, Calgary, *2020 – 2022*
Preparing two publication manuscripts for submission with Dr. Walker and assisting with
three additional research projects through assisting in writing proposals, item pool
extraction, and recruitment.

Research Supervision

Julia Friedman, Fourth year Honours Thesis Student, *Sept 2021 – April 2022*.

Co-supervised with: Caroline Pukall, Ph.D., Meghan McInnis, M.Sc., Ph.D. Candidate

Publications

Henkelman, M., Jacobson, J., & Pukall, C. F. (2024). Measuring Sexual Function in Gender Minorities: A Critical Review. *Current Sexual Health Reports*. Manuscript accepted for publication.

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. M. (2023). Patient reported disease-specific concerns relating to sexuality in multiple myeloma. *Journal of Psychosocial Oncology Research and Practice*, 5(4).
<https://doi.org/10.1097/OR9.0000000000000112>

Levang, S., **Henkelman, M.,** Neish, R., Zukerman, W., Terrell, B., Jackman, V., Coyle, S., Brahmhatt, J., & Pukall C. F. (2023). “Blue balls”: A survey study of genitopelvic pain after sexual arousal without orgasm. *Sexual Medicine*, 11(2).
<https://doi.org/10.1093/sexmed/qfad016>

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. M. (2022). *Patient reported disease-specific concerns relating to sexuality in multiple myeloma*. Research Square.
<https://doi.org/10.21203/rs.3.rs-1293944/v1>

Publication Submissions

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. M. (2022). Characterizing sexuality and assessing predictors of sexual satisfaction in patients with multiple myeloma and other hematological cancers. Invited Revision.

Presentation Experience

Henkelman, M., Marshall, N., Barry, C., Rowchan, K., Sinclair, J., Jacobson, J., Coyle, S., & Pukall, C. F. (2024, April 4-7). *The Development of An Inclusive and Comprehensive Measure of Sexual Wellbeing Using Participant Reported Outcomes* [Oral Presentation], To be presented at the Society for Sex Therapy and Research, Toronto, ON, Canada.

Henkelman, M., Jacobson, J., & Pukall, C. F. (2024, April 4-7). *Measuring Sexual Function in Gender Minorities: A Critical Review* [Poster Presentation], To be presented at the Society for Sex Therapy and Research, Toronto, ON, Canada.

Levang, S. L., **Henkelman, M.**, Neish, R., Zukerman, W., Terrell, B., Jackman, V., Coyle, S., Brahmhatt, J., & Pukall, C. F. (2023, October 14). *Blue balls and blue experiences: A survey study of genitopelvic pain after sexual arousal without orgasm and implications for sexual advances* [Oral presentation]. Canadian Sex Research Forum Annual Conference, Montreal, QC, Canada.

Henkelman, M., Marshall, N., Barry, C., Rowchan, K., Sinclair, J., Jacobson, J., Coyle, S., & Pukall, C. F. (2023, May 5). *The Development of An Inclusive and Comprehensive Measure of Sexual Wellbeing Using Participant Reported Outcomes* [Oral Presentation]. Society for Sex Research and Therapy 48th Annual Meeting, Tampa, FL, USA.

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2023, May 4). *Characterizing Sexuality and Assessing Predictors of Sexual Satisfaction in Patients with Multiple Myeloma* [Poster Presentation]. Society for Sex Research and Therapy 48th Annual Meeting, Tampa, FL, USA.

Levang, S., **Henkelman, M.**, Neish, R., Zukerman, W., Terrell, B., Coyle, S., Brahmhatt, J., & Pukall, C.F. (May 2023). *"Blue balls" and sexual coercion*. (2023, May 4). Society for Sex Research and Therapy 48th Annual Meeting, Tampa, FL, USA.

*Winner of the best conceptual/original poster award

Henkelman, M., Levang, S., Neish, R., Zukerman, W., Blythe, T., Jackman, V., Coyle, S., Brahmhatt, J., & Pukall, C. F. (2023, March 3). *Blue balls: Fact or fiction? Experiences of genitopelvic pain and sexual coercion among people with penises and vulvas* [Poster Presentation]. International Society for the Study of Women's Sexual Health Annual Meeting, St. Louis, MO, USA.

Henkelman, M., Friedman, J., McInnis, M., Pukall, C.F. (2023, March 4). *What is Sexuality?: Moving Toward Inclusive and Comprehensive Measurement* [Poster Presentation]. International Society for the Study of Women's Sexual Health, Annual Meeting, St. Louis, MO, USA.

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2023, March 4). *Characterizing Sexuality and Assessing Predictors of Sexual Satisfaction in Patients with Multiple Myeloma* [Poster Presentation]. International Society for the Study of Women's Sexual Health, Annual Meeting, St. Louis, MO, USA.

Friedman, J., McInnis, M., **Henkelman, M.**, & Pukall, C. (2022, March 9). *Creating a Representative Definition of Sexuality* [Poster Presentation]. Queen's University Undergraduate Research Conference, Kingston, ON, Canada

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2020, March). *Sexuality in Multiple Myeloma Patients* [Poster Presentation]. The Canadian Conference on Lymphoproliferative Disorders (Cancelled due to Covid-19), Lake Louise, Canada

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2020, April). *Sexuality in Multiple Myeloma and Other Hematological Cancer Patients* [Poster Presentation]. University of Calgary Psychology Undergraduate Research Conference (Cancelled due to Covid-19), Calgary, Canada

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2020, Feb 10). *Sexual Expression in Multiple Myeloma Patients* [Poster Presentation]. Arnie Charbonneau Cancer Institute Research Symposium, Calgary, AB, Canada.

Published Abstracts

Henkelman, M., Levang, S., Neish, R., Zukerman, W., Blythe, T., Jackman, V., Coyle, S., Brahmabhatt, J., & Pukall, C. F. (2023). (049) Blue balls: Fact or fiction? Experiences of genitopelvic pain and sexual coercion among people with penises and vulvas. *The Journal of Sexual Medicine*, 20(2). <https://doi.org/10.1093/jsxmed/qdad061.046>

Henkelman, M., Friedman, J., McInnis, M., Pukall., C.F. (2023). (092) What is Sexuality?: Moving Toward Inclusive and Comprehensive Measurement. *The Journal of Sexual Medicine*, 20(2). <https://doi.org/10.1093/jsxmed/qdad061.088>

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2023). (110) Characterizing Sexuality and Assessing Predictors of Sexual Satisfaction in Patients with Multiple Myeloma. *The Journal of Sexual Medicine*, 20(2). <https://doi.org/10.1093/jsxmed/qdad061.106>

Henkelman, M., Toivonen, K., Tay, J., Beattie, S., & Walker, L. (2020, February). *Sexual Expression in Multiple Myeloma Patients*. 6th Annual Charbonneau Research Symposium Abstracts Booklet, Calgary, AB, Canada.

Media Coverage

The Conversation (2023): ‘Blue balls’: There’s no evidence they’re harmful, and they shouldn’t be used to pressure partners into sex, <https://theconversation.com/blue-balls-theres-no-evidence-theyre-harmful-and-they-shouldnt-be-used-to-pressure-partners-into-sex-205627>

Medium – Ear Worthy (2023): Science Vs Podcast Becomes a Ball Buster, <https://medium.com/ear-worthy/science-vs-podcast-becomes-a-ball-buster-3069b1ce144e>

Scientific American (2023): The First In-Depth Study on ‘Blue Balls’ Reveals a Lot about Sex, <https://www.scientificamerican.com/article/the-first-in-depth-study-on-blue-balls-reveals-a-lot-about-sex/>

ABC Radio (AU) – Triple J, Hack (2023): Guess who else gets blue balls, <https://www.abc.net.au/triplej/programs/hack/hack/102397414>

Body+SOUL (2023): Are ‘blue balls’ real and can people with vaginas get them too?, <https://www.bodyandsoul.com.au/relationships/sex/are-blue-balls-real-and-can-people-with-vaginas-get-them-too/news-story/d427dbb783e74e7811e9819b0b1a4ef9?cspt=1686275361%7C21effd685e04e427aa5a272246ef89f1>

Hypebae (2023): New data finds “blue balls” are “rare” and used to coerce, <https://hypebae.com/2023/6/new-study-blue-balls-data-sexual-coercion-men-women-sexual-medicine-science-vs-podcast>

Mamamia (2023): New research has debunked many myths surrounding ‘blue balls’. Here’s what we learned., <https://www.mamamia.com.au/what-are-blue-balls/>

Medscape Medical News (2022): Patients With Multiple Myeloma Face Some Unique Sexual Challenges, <https://www.medscape.com/viewarticle/970101?src=>

Awards and Scholarships

Graduate Research Fund, 2023, Queen’s University - \$8,000

R. S. McLaughlin Fellowship, 2023, Queen’s University - \$10,000

Dr. Kevin Parker Memorial Award, 2023, Queen’s University - \$500

Canada Graduate Scholarship, CIHR Master’s award, 2022, Queen’s University - \$17,500

Canada Graduate Scholarship, CIHR Master’s award, 2021 Alternate, Queen’s University

Canada Graduate Scholarship, CIHR Master’s award, 2021 Alternate, University of Calgary

Alberta Innovates: Linda Singleton Summer Research Studentship (16-week), 2020 - \$6000

Alexander Rutherford Scholarship, 2015 - \$2,500

Jason Lang Scholarship, 2019 - \$1000

International Travel Study Grant, 2017 - \$1000

Teaching Experience

Graduate Teaching Assistant, Queens University, Sept 2021 – in progress.

Psyc 366: Gender, Sex, and Hormones

Instructor: Sari van Anders, PhD

Psyc 332: Health Psychology

Instructor: Dean Tripp, PhD

Psyc 333: Human Sexuality

Instructor: Caroline Pukall, PhD

Psyc 236: Intro to Clinical Psychology

Instructor: Arthi Chinna Meyyappan, PhD Candidate

Psyc 337: Advanced Child Clinical Psychology

Instructor: Luis Flores, PhD

Selected Work and Volunteer Experience

Clinical Psychology Outreach Program, Queen's University,
Kingston, ON, *Jan 2023*

Co-lead a workshop on grief and regret in collaboration with Seniors Kingston.

Sex Expert Panel Volunteer Member, Health Promotion at Queen's Student Wellness Services,
Kingston, ON, *Sept 2023 – May 2024*

Sex expert supporting a peer-run sex Q&A series and assisting with a health promotion project on sexual pleasure to help inform future programming.

Behavioural Therapist, Society for Autism Support and Services, Calgary, *March - July 2021*

Served as a morning wake-up behavioural therapist for youth with ASD living in a residential facility.

Gay-Straight Alliance Conference Volunteer, fYrefly, Calgary, *August - November 2020*

Assisted with conference planning and moderating workshops and discord channels. Hosted a virtual discussion space for 2SLGBTQIA+ youth athletes.

Active Listener, 7 Cups, *October – January 2020*

Served as an virtual active listener and referred individuals to mental health resources.

Disabilities Instructor, Canadian Association for Disabled Skiing, Calgary, *Jan - April 2020*

Volunteer ski instruction for individuals with ASD and cognitive disabilities.

Ski Coach, Lake Louise Ski Club, Lake Louise, part-time, *Jan - Apr 2017, Dec 2018 - Apr 2019*

Ski coach for the alpine racing and all-mountain programs. Coached youth ranging from 8-11 years of age. Coaching practice was informed by counselling-related competencies learned during B.A.

Alpine Coach, Nakiska Alpine Ski Association, Calgary, part-time, *Sept 2013 – Apr 2016, Jan – Apr 2018*

Alpine racing coach for high-performance athletes ranging from 7-12 years of age.

Ski Instructor, Winsport, Calgary, full-time, *Jan - Apr 2015*

Teaching youth ranging from 4-18 years of age basic skiing skills.

Nanny, Self-Employed, full-time, *May - Jun 2015*

Temporary nanny for a child with a physical and cognitive disability.

Practicum & Direct Participant Experience

Psychology Clinic at Queen's, Dr. Stephanie Boyer, *Sept 2023 – present*

Intervention based practicum for adults. Leading two group CBT interventions (perinatal anxiety; sexual pain), co-leading an autism social skills group, and providing individualized CBT interventions for two individual therapy clients (autism and anxiety; sexual pain). Performed four in-depth intake assessments and reports with perinatal clients, and engaged in several screening calls for the autism social skills group.

KidsInclusive, Hotel Dieu Hospital, Dr. Tess Clifford & Dr. Rachael Quickert, Jan – Apr 2023
Assessment based practicum for infants to adolescent aged children. Engaged in diagnostic assessment interviews with 20 clients and wrote reports. Observed ADOS module 3, social ABC's programming, and the urgent response service.

Limestone District School Board, Dr. Petra McDowell, Sept - Dec 2022
Assessment based practicum for school-aged children. Administered the WISC-V, WIAT-III, and BEERY VMI 6, engaged in intake interviews with parents and teachers, and wrote an integrative report. Observed WRAML3 and CTOPP-2.

Cognitive Interviews and Focus Groups, Sexual Health Research Lab, March – July 2023
Lead researcher on project where I lead interviews and focus groups with primarily gender and sexually diverse individuals interested in participating in the development of an inclusive and comprehensive measure of sexual wellbeing. Lead 20 2-hour cognitive interviews and 3 2-hour focus groups.

Relevant Professional Development

"A Conversation About Persistent Genital Arousal Disorder (PGAD)" with Dr. Caroline Pukall and Dr. Andrew Goldstein, Jan 16 2024
Hosted by: Society for Sex Research and Therapy (SSTAR) and International Society for the Study of Women's Sexual Health (ISSWSH)

Perinatal Mental Health 101 with Birdie Gunyon Meyer, RN, MA, PMH-C, Sept 2023
Hosted by: 2020 Mom and Postpartum Support International
"It feels like everyone is coming for us": Supporting Trans and Nonbinary Clients in Increasingly Hostile Sociopolitical Climates with Dr. Sebastian Barr and Dr. Em Matsuno May 16 2023
Hosted by: Society of Counseling Psychology (SCP), Division 17, Online

ADHD & Sex: Treating Both Partners and Re-Balancing the Relationship with Ari Tukman, PsyD, April 2023
Hosted by: American Association of Sexuality Educators, Counselors and Therapists

It's a (Neuro)diverse World: Knowledge and Skills for Working with NeuroSpicy Clients Around Sexuality and Relationships with Ellen Barnard, MSW, April 2023
Hosted by: Integrative Sex Therapy Institute

Key Considerations Around Gender and Sexual Diversity in Autism, Feb 2023

Hosted by: Project ECHO Ontario Autism.

Diagnosing ASD in School-Aged Children and Adolescents with Dr. Tess Clifford, C. Psych, Sept 2022

Hosted by: ASD Diagnostic Hub, Kids Inclusive (KHSC), Kingston, Canada

Gender Diversity in ASD, Sept 2022

Hosted by: Project ECHO Ontario Autism, Toronto, Canada

Working with Sexually and Gender Diverse Youth and Their Natural Supports, Feb 2020

Hosted by: Center for Sexuality, Calgary, Canada

Professional Memberships

International Society for the Study of Women's Sexual Health, Trainee Member, 2022-
Present

Society for Sex Therapy and Research, Trainee Member, 2022-Present

Canadian Pain Society, Trainee Member, 2023-2024

American Psychological Association, Trainee Member, 2022-2024