

This syllabus is subject to change before the first class!

CC837: Sexual Function & Systemic Sex Therapy

Fall 2011

Instructor: Peg Adams, LMFT
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Class Meets: Thursdays @ 6:45-9:30 PM
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Course Description

This course will explore normal sexual development and function across the human lifespan. Emphasis will be placed on theological, spiritual, psychological and physiological issues related to human sexuality. This course will evaluate sexual disorders and relational disconnectedness. Appropriate basic clinical interventions from a systemic perspective will be addressed.

Course Objectives and Outcomes

Overall course objectives and learning outcomes are:

- 1. To increase knowledge of human sexual anatomy and sexual function.**
 - 1.1 To explain human sexual function and dysfunction.
 - 1.2 To understand the techniques and when to implement them.
- 2. To understand principles of human development, human sexuality and gender “development”.**
 - 2.1 To comprehend and implement effective therapeutic interventions.
 - 2.2 To evaluate assessment instruments appropriate to presenting problem, practice setting and cultural context.
- 3. To increase knowledge of sexual dysfunction, as well as skills involved in treating individuals and couples.**
 - 3.1 To know which techniques are most effective for a presenting problem.
 - 3.2 To distinguish difference between content and process issues, their role in therapy, and their potential impact on therapeutic outcomes.
 - 3.3 Be able to educate clients on sexual anatomy and issues of dysfunction.
 - 3.4 To understand the effects psychotropic medications have on clients and the treatment process.
- 4. To know state and federal and regulations that apply to the practice of marriage therapy; and more specifically, sex therapy.**
 - 4.1 To know professional ethics and standards as they apply to sex therapy.
 - 4.2 To recognize ethical dilemmas in practice setting, and take appropriate action.
 - 4.3 To understand how to correctly use codes for third-party reimbursement.
- 5. To foster the development of the self-of-the-therapist.**
 - 5.1 To become more comfortable with one’s own sexuality.
 - 5.2 To explore one’s own sexual issues, to avoid becoming personally effected by the client’s issues.
- 6. To integrate individual and couple therapy with biblical theology/faith.**
 - 6.1 To experience God’s presence in His gift of sexuality.
 - 6.2 To form a personal theology of sex.
 - 6.3 To personally apply and practice this integration.

This course addresses and/or fulfills the following MAMFT Core Competencies:

Domain 1: 1.1.1; 1.1.2; 1.2.3
Domain 2: 2.1.1; 2.1.2; 2.1.3; 2.1.4; 2.2.3; 2.2.5
Domain 3: 3.1.1; 3.1.2; 3.1.3; 3.1.4; 3.3.1; 3.3.2
Domain 4: 4.1.1; 4.2.1; 4.3.1; 4.3.2; 4.4.5; 4.5.2
Domain 5: 5.1.1; 5.1.2; 5.1.4; 5.2.2; 5.3.5; 5.4.2

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This course also addresses and/or fulfills the following MAMFT Learning Outcomes:

- Perceive and conceptualize presenting problems from a family systems framework, which is integrated with biblical truth.
- Become aware of and address one's self-of-the-therapist sexual issues.
- Become competent in assessing in educating and teaching individual, couples and families from a systemic framework.
- Demonstrate awareness of and sensitivity to issues of diversity and how to handle them competently and effectively.
- Integrate Christian faith and biblical principles with marriage and family theory and praxis.
- Acquire necessary skills for treatment planning.

REQUIRED TEXTS:

- Harley, W., Jr. & Chalmers, J. (1998). *Surviving an Affair*. Grand Rapids: Revell. ISBN: 0-8007-1758-9 {SA}
- Hertlein, K., Weeks, G., Sendak, S. (2009). *A Clinician's Guide to Systemic Sex Therapy*. NY: Routledge. ISBN: 978078903823. (Paperback) {SS}
- Leiblum, S., ed. (2010). *Treating Sexual Desire Disorders: A Clinical Casebook*. NY: Guilford. ISBN: 978-1-60623-636-9. {SD}
- Leiblum, S. & Rosen, R. (2006). *Principles and Practice of Sex Therapy, 4th edition*. NY: Guilford. ISBN: 9781593853495. {PP}
- McCarthy, B. & McCarthy, E. (2003). *Rekindling Desire: A Step-by-Step Program.... NY: Brunner-Routledge*. ISBN: 0-415-93551-2. (Paperback) {RD}
- McCluskey, C. & McCluskey, R. (2004). *When Two Become One*. Grand Rapids, MI: Revell. ISBN: 0-8007-1794-5. {TO}
- Penner, C., Penner, J., Collins, G. (1990). *Counseling for Sexual Disorders*. Dallas: Word. ISBN: 0-8499-0482-X. {CP/JP}
- Rosenau, D. (2002). *A Celebration of Sex*. Nashville: Nelson. ISBN: 9780785264675. {CS}

ASSIGNMENTS:

Reading all assigned books. (10%) At the end of the semester, you will be asked to honestly report how much of the assigned reading you actually did read.

Class Participation. (10%) Students are expected to participate in class discussions and role plays.

Personal Sexual Genogram. (10%) Create a three-generation genogram of your family. Include messages you received about sex, marriage, intimacy, infidelity, divorce, cases of sexual abuse, and homosexuality. Please create your genogram using no more than 3 – 8" x 10" papers taped end to end.

Response Paper. (10%) A Response Paper is assigned for this course and is **Due on Sep. 8th**. Write your opinions of the book *When Two Become One*. **Please see the grading rubrics**, which will correspond to the following "guidelines." Include your answers to the following questions when you write your response paper:

- ✓ Why did you choose this book?
- ✓ What did you learn?
- ✓ How did this book impact you personally?
- ✓ How will you use information in this book in your therapy?

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Personal Sexual Journey. (25%) Write a 5-6 page paper that ***courageously explores your sexual self***, including sexual education or lack thereof, sexual experiences in childhood, adolescence and adulthood. Share your feelings about your sexual journey. *Your information is sacred and will be treated with the same confidentiality as you would expect in a therapy session.*

Theology of Sexuality. (35%) Write an 8-10page paper that explains your current theology of sexuality including Scriptural support for your beliefs. Discuss you belief about the beginning of humankind, principles of sexual health and wholeness. Discuss issues of marriage, including gender(s) in marriage, affairs, divorce, pre-marital sex, sexual pleasure, homosexuality, fantasy, oral and anal sex.

All assignments are to be **typed** in *New Times Roman 12 point font, using 1.5 spacing (not single or double spaced).*

Late Work Policy: All assignments are to be completed and turned in **on the date due**, at the beginning of class. Except for extenuating circumstances, having been discussed with the professor beforehand, assignments submitted after the due date will be reduced one letter grade for each week it is late.

Grading for the course:

Reading Report	10%	_____ x .10 = _____
Class Participation	10%	_____ x .10 = _____
Personal Sexual Genogram	10%	_____ x .10 = _____
Response Paper	10%	_____ x .10 = _____
Personal Sexual Journey	25%	_____ x .25 = _____
Theology of Sex	35%	_____ x .35 = _____
		TOTAL

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Course Calendar Fall 2011

CC837: SEXUAL FUNCTION & SYSTEMIC SEX THERAPY

<u>DATE</u>	<u>TOPIC</u>	<u>READING</u>	<u>ASSIGNMENTS DUE</u>
Class 1: Aug. 25	Overview of Course Chastity and Sexual Theology	<i>When Two Become One</i>	
Class 2: Sep. 1	Sexual Education Sexuality Over The Lifespan Sexual Research, Sexuality & Culture Sex Therapy Today The Christian Component	CS- Intro. & Chapter 1 PP- Chs. 1 & 14 CP/JP- Chs. 1 thru 4	Response Paper DUE
Class 3: Sep. 8	Genital Anatomy Physiology of Pleasure Human Sexual Response Natural Aphrodisiacs	CS- Chs. 2 thru 6 CP/JP- Ch. 5 RD- Chs. 1 thru 5 SD- Ch. 8	
Class 4: Sep.15	Sexual Intimacy Sexual Communication Creative Intercourse Sensuous Massage	CS- Chs. 7 thru 15 RD- Chs. 6 thru 10 SD- Ch .2	
Class 5: Sep. 22	Sex Therapy Ethics Therapist's Comfort Level Sex Therapy Interview Sexual Assessment	SS- Chs. 1, 2, 8 & 9 CP/JP- Chs. 6 thru 8 SD- Ch. 1 & 7	
Class 6: Sep. 29	Overview of Sexual Disorders DX- Sexual Dysfunctions Case Formulation Complications in TX Pharmacology	SS- Chs. 3, 4, 6 PP- Ch.17 CP/JP- Ch. 10 SD- Chs.11 thru 13	Sexual Genogram DUE
Class 7: Oct. 6	Desire Disorders TX Problems of Sexual Desire Sexual Frequency	SS- Chs. 5 PP- Chs. 2 & 7 CP/JP- Ch. 11 RD- Chs. 11 thru 14 CS- Ch. 18	
OCT. 13	READING WEEK	NO CLASS	
Class 8: Oct. 20	Arousal Disorders Body Image & Feeling Sexy Male Erectile Dysfunction Female Sexual Arousal Disorder	CS- Ch.16 PP- Chs. 3 & 10 CP/JP- Ch.12 SD- Ch. 4 & 5	Personal Sexual Journey DUE

Class 9: Oct. 27	Orgasmic Disorders TX Male Orgasmic Disorders TX Female Orgasmic Disorders	CS- Chs. 17, 21 & 22 CP/JP- Ch. 13 PP- Chs. 4, 8 & 9	
Class 10: Nov. 3	Pain Disorders Sex & Aging Sex With Disabilities & Illness Physical Therapy Pain Management	SS- Ch. 7 CS- Chs. 19, 20 & 23 CP/JP- Ch. 14 PP- Chs. 5, 6 & 11 SD- Ch. 14	
Class 11: Nov. 10	TX Options Handouts Exercises Homework Emotional Affairs Sexual Affairs Cybersex & Chat Rooms	SS- Chs. 10 & 11 CP/JP-Pgs. 177-178, Chs.10 & 15 SA- Chs. 1 thru 5 SA- Appendices SD- Chs. 3 & 9	
Class 12: Nov.17	Recovery From Infidelity Rules For Recovery Managing Resentment Forgiveness Reconciliation or Divorce STDs	SA- Chs. 6 thru 12 CS- Chs. 26 & 27 CS- pp.378 thru 382 SD- Ch. 6	
NOV. 24	THANKSGIVING	NO CLASS	
Class 13: Dec. 1	Paraphilia-Related Disorders Gender Dysphoria Transgender Issues Pornography	PP- Chs. 13, 15 & 16 CS- Ch. 28 & 29 CP/JP- Ch. 16 SD- Ch. 10	Personal Theology of Sex DUE
Class 14: Dec. 8	<u>Crimes of the Heart & Other Sorrows:</u> Non-Sexual Marriages Adult Survivors of Childhood Sexual Abuse Solo Sex to Avoid Intimacy Infertility Miscarriage Abortion	PP- Ch. 12 CS- Chs. 24 & 25	