

GRADUATE SCHOOL OF EDUCATION AND COUNSELING CPSY 578: SEX THERAPY SPRING - 2010

Time & Day: Thursdays, 1:00 - 4:30 pm, 1/14, 1/21, 2/11, 2/18, 2/25, 3/4, 3/11 & 3/18 Instructor: Teresa McDowell, Ed.D. Room: SCCC 107 Office: 310 Rogers Hall/ Office hours Mondays 4:15-8pm

CATALOG DESCRIPTION

Sexual health and introduction to treatment of sexual issues. Topics include sexual development across the lifespan, sexual orientation and identity, critique of the social construction of sex, systemic bio-psycho-social spiritual assessment of sexual well-being, and treatment of specific sexual problems.

COURSE DESCRIPTION

This course introduces participants to working with sexual issues, primarily in couple relationships. Because the course relies heavily on family and couple therapy theory and practice, CPSY 504 and CPSY 562 are prerequisites and CPSY 560 is a co-requisite for this course. This is an advanced course that requires participants to apply what they are learning about couple and family therapy to the specific specialized area of sex therapy. Students must in the MCFT program to enroll in the course.

In this course, we will explore the social construction of sex, gender and sexuality continuums, feminist critiques of dominant sexual discourses, a bio-psycho-social spiritual approach to understanding and treating sexual problems, sexual development, the impact of sex abuse on adult sexual functioning, major sexual dysfunctions and their treatments, and other important topics.

COURSE OBJECTIVES

Participants in this course will:

- 1. Understand the social construction of sexuality and sexual functioning relative to social, historical, and cultural contexts, including how these contexts serve to privilege some expressions of sexuality while oppressing others.
- 2. Understand a variety of human sexuality issues (e.g., gender, sexual functioning, and sexual orientation), human development and sexuality, and the impact of sexuality/sexual issues on family and couple functioning.
- 3. Develop fluency and comfort talking about sex and sexual functioning with individuals and couples.
- 4. Learn to assess sexual issues from a bio-psycho-social spiritual perspective that includes an analysis of power imbalances relative to sex.
- 5. Learn primary treatment approaches and techniques for resolving sexual problems and consider their use within specific cultural and social contexts.
- 6. Consider treatment issues specific to sex therapy with heterosexual, lesbian, gay, trans, and bi-sexual couples/families.
- 7. Explore own biases relative to sexual orientation and sexual practices that are likely to influence work with clients.

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.

TEXTS AND MATERIALS

There are two texts for this course:

- Green, S. & Flemons, D. (Eds.) (2004). Quickies: The handbook of brief sex therapy. WW Norton: New York.
- Kleinplatz, P. (Ed.) (20010. New directions in sex therapy: Innovations and alternatives. Routledge, Philadelphia, PA.

COURSE REQUIREMENTS AND EVALUATION

In this course, you will be required to complete a group presentation and to take a final take home exam. Each is worth 50% of your grade.

Group Presentation Groups of 2-4 students will chose from the following topics: Treating issues rated to:

Sexual desire	Vaginismus	Premature ejaculation
Delayed ejaculation	Erectile dysfunction	Female orgasm

Each presentation should include 1) recent literature on the disorder, including critiques of how these problems are constructed, 2) recent trends in medical treatments and the impact of these on therapy, 3) at least 2 systemic approaches that have been used or can be used in treatment, 4) any evidence based treatments and/or research that is relevant to treatment, and 5) consideration of treatment with couples who are straight, gay, lesbian, trans, and/or bi-sexual. You are welcome to add any additional information that you think is important for therapists to know. Make certain you emphasize treatment in your research and presentation so you and your colleagues can acquire in-depth, up to date knowledge of treatment approaches. Each presentation must include a "cheat sheet" for each class participant. This should include major points, resources, and references. These are intended to serve as quick references in practice. 50 points

Final Take-Home Exam

The final exam requires you to answer 5 out of 6 essay questions. The exam will be given at the end of the final day of class (March 18, 2010) and is due two weeks after the class ends (April 1, 2010). 50 points

GRADING

 $\begin{array}{l} 93-100 = A \\ 90-92 = A- \\ 88-89 = B+ \\ 83-87 = B \\ 80-82 = B- \\ 78-79 = C+ \\ 73-77 = C \\ 70-72 = C- \end{array}$

COURSE SCHEDULE

Class 1: January 14th

Topics: Course overview Social construction of sex Feminist critique

Readings: Kleinplatz: Part I: Chapters 1, 2 & 4

Class 2: January 21st

Topics: Bio-psycho-social spiritual approach to sex therapy Sexual development, anatomy, and sexual functioning The brain and desire Intimacy

Readings: Kleinplatz: Part I: Chapters 5 & 6 Quickies: Chapter 4

Class 3: February 11th

Topics: Gender & sexuality: Concepts and continuums Sexual narratives Sexual orientations and sex therapy Self of the sex therapist - awareness of own assumptions and biases

Readings:

Kleinplatz: Chapters 3, 13 & 14 Quickies: Chapters 2, 10 & 14

Class 4: February 18th

Sex abuse and adult sexual functioning Sexual addictions Spirituality Sex and resilience

Readings: Kleinplatz: Chapters 9, 12 & 15, Quickies: Chapters 5 & 13

Class 5: February 25th

Topics: Overview of treatment approaches

Readings: Kleinplatz: Chapters 7 & 10 Quickies: Chapters 1, 7, 11 & 12,

Class 6: March 4th

Treatment approaches (continued)

Kleinplatz: Chapters 8, 11 & 16 Quickies: Chapters 3, 6, 8 & 9,

Class 7: March 11th

Topics: Group presentations

Class 8: March 18th

Topics: Group Presentations Final exam given Wrap-up and Evaluation

COURSE OBJECTIVES-MCFT CORE COMPETENCIES EVALUATION SHEET

Upon Completion of Lewis & Clark CPSY 578: Sex Therapy

INSTRUCTOR: TERM: Please rate each item according to how much you learned about the competency listed. Circle: 1=objective not met 2=objective somewhat met 3=objective adequately met 4=more than met 1. Understand the social construction of sexuality and sexual functioning relative to social, historical, and cultural contexts, including how these contexts serve to privilege some expressions of sexuality while oppressing others; 3 4 1 2 2. Understand a variety of human sexuality issues (e.g., gender, sexual functioning, and sexual orientation), human development and sexuality, and the impact of sexuality/sexual issues on family and couple functioning; 1 2 3 4 3. Develop fluency and comfort talking about sex and sexual functioning with individuals and couples; 1 2 3 4 4. Learn to assess sexual issues from a bio-psycho-social spiritual perspective that includes an analysis of power imbalances relative to sex; 4 2 5. Learn primary treatment approaches and techniques for resolving sexual problems and consider their use within specific cultural and social contexts; 4 1 2 3 6. Consider treatment issues specific to sex therapy with heterosexual, lesbian, gay, trans, and bi-sexual couples/families; 3 4

7. Explore own biases relative to sexual orientation and sexual practices that are likely to influence work with clients. 1 4

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