



CPSY 565: Human Sexuality and Counseling
Summer Semester 2010

“For many of us...intimate relationships have become the new wilderness that brings us face to face with our gods and demons...when we approach it in this way, intimacy becomes a path—an unfolding process of personal and spiritual development” (Brussat & Brussat, 1996, p. 417)

Class Dates and Times

Saturday, June 12th, 2010
Sunday, June 13th, 2010
Saturday, June 19th, 2010
Sunday, June 20th, 2010

Instructor: Dr. Jason J. Platt
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Office hours: Please email or call to arrange a time to meet

Catalog Description:

Recent research on sexual health issues of importance to counselors. Issues include sexual health in childhood, adolescence, adulthood, and aging; review of recent research on sexual preference; and common sexual dysfunction experienced by rape and incest victims and modes of treatment.

Prerequisite: CPSY 503.

Credit: 2 semester hours.

Course description:

This is a graduate level course designed to help students further their understanding and clinical abilities in working with couples, with special emphasis on the role of intimacy and sexual relationships. A systemic approach to couple's functioning and sexual issues will be used, as well as the adaptation of sex therapy techniques to be consistent with a systemic perspective. As a graduate level course, in addition to consuming knowledge, you will be asked to produce it, in the form of class discussions, presentations and written assignments. A second purpose of this course involves *Self of the Therapist* work, which

involves encouraging you to examine your attitudes, beliefs, and understanding about human sexuality and human intimacy.

Goals of the course:

By the end of this course, students will have a framework for addressing clinical issues involving sexual components. They will be able to critically discuss the complexities to be considered in cases involving sexuality and be able to articulate a rationale for the choices they make. They will be aware of contextual variables that effect human sexuality and will have increased awareness of “self of the therapist’ issues (Class, culture, gender, ethnicity, Etc) impact their clinical work.

Learning objectives:

Specifically, upon completion of the course, students should have a basic understanding:

- A. Theory and methods of sex-related psychotherapy, including several different models.
- B. Techniques of sex-related assessment and diagnosis of the Psychosexual Disorders described in the DSM-III-R.
- C. Theory and methods of approach to intervention in relationship systems experiencing sex and intimacy problems.
- D. Theory and method of approach to medical intervention in the evaluation and treatment of psychosexual disorders.
- E. Principles of consultation, collaboration, and referral.
- F. Ethical issues in sex therapy.
- G. Techniques for evaluating clinical outcomes.
- H. Sociocultural factors in sexual values and behavior.
- I. Marital and family dynamics.
- J. Medical factors that may influence sexuality including illness, disability, drugs, pregnancy, contraception and fertility, and sexually transmitted diseases.
- K. Sex research.
- I. Ideas for addressing the needs of sexual minorities.

Required Readings:

1. Leiblum, S.R., & Rosen, R.C. (2000). Principles and Practice of Sex Therapy. Guilford Press: NY.

Recommended Readings:

- 1) Schnarch, D.M. (1991). Constructing the Sexual Crucible: An Integration of Sexual and Marital Therapy. Norton: NY.
- 2) CSPP 565: Human Sexuality and Counseling Reading Packet

Course Requirements:

1. **Attendance & participation.(20 Points).** This class will meet in person four times in an intensive format; therefore attendance is a vital component in order to pass the course. Participation in the class represents more than just being present; it also involves your contributing to the dialogical nature of learning. Please also complete the readings *and* take an active role in class conversations. Participation points will be based on whether you both meet the basic requirements of the class and the depth of your involvement.
2. **Shoebox Assignment: (30 Points).** Construct a shoebox in which the exterior captures how you believe the world sees you or how you would like them to see you. On the inside, attempt to capture what people may not know about you. What informs you? Focus particularly on those factors that inform your views, biases, opinions, thoughts, etc. about human sexuality and intimacy. You will present your creations during the last class. This assignment will be graded based on whether the directions are followed, level of effort, thoughtfulness and creativity, but not on the specific content.
3. **Human Sexuality Application Paper: (40 pts).** Please choose a topic from the list provided. Drawing from textbooks, recent journal articles and other relevant sources (i.e. Do not get all your material from WebPages). On the due date, please email a copy of your paper to plattjason@hotmail.com. The paper should be approximately 5-6 pages and should follow the outline below.
 - a) Introduction to the topic
 - b) Relevant and current statistics
 - c) A Systemic explanation of the problem
 - d) Treatment approaches. (Include possible applications of concepts from course readings and also how other MFT models might be applied in addressing the presenting problem.
4. **Human Sexuality Journal: (10 points).** Please keep a journal (to begin following the second class meeting) for one month. In the journal you are asked to write at least 2 paragraphs per week about your experience in learning more about sex therapy and the topic of human sexuality. You might include reactions, questions, conversations you have had with friends or family members, dreams, or anything related to the topic of human sexuality. On July 8th please email Dr. Platt at plattjason@hotmail.com and report what score you have learned.

Please choose an area of interest from the following list. If you wish to research a topic that is not on the list, please check with me.

Potential Topic Areas for Presentations.

- Aging and Sexuality
- Cultural influences on intimacy and sexuality
- Clinical considerations with GLBT Clients
- Gender socialization and sexuality.
- Infidelity
- Oppression and Sexuality
- Pharmacology and sexuality
- Pregnancy and sexuality
- Contraception and fertility
- Sex and Disabilities
- Sexual addiction
- Spirituality and sexuality
- Infertility
- Substance abuse and sexuality
- The impact of children on sexuality
- Assisting Couples following a rape
- The internet age and sexuality
- Child Sexual abuse/Incest

Course Schedule:

CPSY 565: Human Sexuality and Counseling
Lewis and Clark College
Jason J. Platt, Ph.D.
Saturday, June 12th, 2010

Tentative Course Outline

9:00 a.m. to 10:45 a.m.

1. Introductions & Class Objectives
2. Dialogue about questionnaire
3. AASECT
4. Ranking Exercise
5. Epistemology

10:45-11:00 Break

11:00 a.m. to 12:30 p.m.

6. Anatomy Pop Quiz
7. PLLISSIT Model of Sex Therapy
Examples:
 - a. HIV and Aging
 - b. Index of Sexual Satisfaction
8. Six Steps to Approaching Sexuality
9. Ethics and Medical Considerations
10. Sex Histories

12:30-1:30 Lunch

1:30 p.m. to 3:00 p.m.

1. Dot Exercise
2. Burning Fire Vs. Steady Flame
3. Creating a Sexual Crucible
4. Internalized Other Interviewing
5. . Sexual satisfaction
6. Disability and illnessSexual desire disorders

3:00 p.m. to 3:15 Break

7. DyspareuniaVaginismus
9. Dilators
10. Kegal Exercises

11. 3:15-to 5:00

12. Premature Ejaculation
13. Erectile Disorder
11. Start Stop Technique & Squeeze technique

Sunday, June 13th, 2010

9:00 a.m. to 10:45 a.m.

1. Sexual Abuse
2. Relearning Touch

10:45-11:00 Break

11:00 a.m. to 12:30 p.m.

3. Sexual Addiction
 - a. Dragon Book
 - b. Diagram
 - c. 60 Min Video

12:30-1:30 Lunch

1:30 p.m. to 3:00 p.m.

4. Sexual Offender Treatment

3:00 p.m. to 3:15 Break

3:15-to 5:00

5. Sexual Offender Treatment Cont.

Saturday, June 19th, 2010

Course Outline

9:00 a.m. to 10:30 a.m.

1. Shoe-box exercise

10:30 a.m. to 10:45 a.m. Break

11:00 a.m. to 12:30 p.m.

2. Shoe-box exercise cont.

12:30-1:30 Lunch

1:30 p.m. to 3:00 p.m.

3. Homophobia/Anti-theism
4. GLBT Therapy?

3:00 p.m. to 3:15 Break

5. Transgenderism
- a. Stone butch blues

14. 3:15-to 5:00

6. Paraphilias
 7. Sexual masochism
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Sunday, June 20th, 2010

Course Outline

9:00 a.m. to 10:30 a.m.

1. Follow up and additions

10:30 a.m. to 10:45 a.m. Break

11:00 a.m. to 12:30 p.m.

2. 2. Follow up and additions

12:30-1:30 Lunch

1:30 p.m. to 3:00 p.m.

3. Dialogue Circles

3:00 p.m. to 3:15 Break

5. Dialogue Circles

3:15-to 5:00

6. Dialogue Circles & Closing thoughts

Scoring rubrics

Assignments will be graded based on the following criteria. **Please note that ALL of the criteria for a higher grade must be met to advance to that grade.**

Attendance & and participation.(20 Points).

Task	Satisfactory (10 point)	Unsatisfactory (0 points)
Participation	Actively engaged in course dialogues. Demonstrates familiarity with course text. Respectfully engages. Picks up and continue a thread, clarify differences, asks a question.	Doesn't respond. Makes only tangential comments. Surfs the web.
Attendance	Attends each of the four days for the full schedule.	Is absent from course. Is significantly late to arrive or leaves significantly early.

Shoebox Assignment: (30 Points).

Task	Satisfactory (10 point)	Unsatisfactory (0 points)
Shoebox construction	Constructs a showbox based on the instructions provided.	Does not construct a shoebox based on the instructions or puts little effort into the process.
Presentati on	Thoughtfully presents the project in class. Self reflects. Responds to questions and engages in dialogue.	Presents superficially. Does not engage in dialogue about the process. Shows lack of self-reflection.

Human Sexuality Application Paper (40 points)

Task	Satisfactory (10 point)	Unsatisfactory (0 points)
Introduction	Provides a comprehensive introduction to the topic selected. Draws from academic sources.	Does not comprehensively introduce the topic. Draws from non-academic sources.
Statistics	Gives detailed, current and relevant statistics regarding the topic.	Presents superficially. Does not provide sufficient statistics.
Systems explanation	Provides a systemic description for the presenting issues drawing on core systemic concepts (patterns, homeostasis, isomorphism, ect).	Does not provide a systemic explanation.
Treatment approaches	Outline the dominant approaches used to treat the topic as well as how an MFT theory might be applied in addressing the topic.	Does not outline treatment approaches or only draws from individualistic models.

Human Sexuality Journal.(10 Points).

Task	Satisfactory (10 point)	Unsatisfactory (0 points)
Journaling	Keeps a journal documenting their thoughts and reactions and questions about human sexuality. Sends an email with a brief summery of what they have learned.	Does not keep a journal. Does not email brief summary of learning.

