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**LEWIS & CLARK COLLEGE**

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**GRADUATE SCHOOL OF EDUCATION AND COUNSELING  
CPSY 578: SEX THERAPY  
SPRING - 2011**

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Time & Day: Wednesdays, 9:00 am- 4 pm, 1/19, 1/26, 2/2, 3/2 & 3/9

Instructor: Teresa McDowell, Ed.D.

Room: SCCC 115

Office: 310 Rogers Hall/ Office hours Mon/Tues 4-6pm

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 be 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; and
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

Hertlein, K., Weeks, G., Gambescia, N. (2009). *Systemic Sex Therapy*. Routledge: NY.

Additional readings as outlined in syllabus and available on Moodle.

### 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 9, 2011) and is due three weeks after the class ends (March 30, 2011). *50 points*

### GRADING

93-100 = A  
90-92 = A-  
88-89 = B+  
83-87 = B  
80-82 = B-  
78-79 = C+  
73-77 = C  
70-72 = C-

### COURSE SCHEDULE

#### **Class 1: January 19th**

##### *Topics:*

AM

Course overview

Social construction of sex

Feminist critique

PM

Bio-psycho-social spiritual approach to sex therapy

Sexual development, anatomy, and sexual functioning

The brain and desire

Intimacy

##### *Readings:*

Text, Chapters 1-4, 14, & 17

## **Class 2: January 26<sup>th</sup>**

### *Topics:*

AM

Gender & sexuality: Concepts and continuums

Sexual narratives

Sexual orientations and sex therapy

Self of the sex therapist - awareness of own assumptions and biases

PM

Sex abuse and adult sexual functioning

Sexual addictions

Spirituality

Sex and resilience

### *Readings:*

Text, Ch 12

Brooks, G. (2001). Challenging dominant discourses of male (hetero)sexuality: Foregrounding the politics of sex. In P. Kleinplatz (Ed.) *New Directions in Sex Therapy: Innovations and Alternatives*, Ch 3, pp 50-68, Edwards Brothers: Ann Arbor, MI.

Maltz, W. (2001). Sex therapy with survivors of sexual abuse. In P. Kleinplatz (Ed.) *New Directions in Sex Therapy: Innovations and Alternatives*, Ch 12, pp 258-278, Edwards Brothers: Ann Arbor, MI.

Lasenza, S. (2004). Multicontextual sex therapy with lesbian couples. In S. Green & D. Flemons (Eds.) *Quickies: The Handbook of Brief Sex Therapy*, Ch 2, pp 15-25. Norton: NY.

Laughlin, M. & Warner, K. (2004). Re-membering the self: A relational approach to sexual abuse treatment. In S. Green & D. Flemons (Eds.) *Quickies: The Handbook of Brief Sex Therapy*, Ch 2, pp 15-25. Norton: NY.

## **Class 3: February 2<sup>nd</sup>**

### *Topics:*

Overview of treatment approaches

### *Readings:*

Text, Ch 13, 15 & 16

Malz, W. (2001). Beyond and forever after: Narrative therapy with lesbian couples. In P. Kleinplatz (Ed.) *New Directions in Sex Therapy: Innovations and Alternatives*, Ch 13, pp 279-301, Edwards Brothers: Ann Arbor, MI.

Hertlein, K., Weeks, G. & Sendek, S. (2009). A Clinician's Guide to Systemic Sex Therapy. Ch. 2 & 11, Routledge: NY.

**Class 4: March 2<sup>nd</sup>**

Topics: Group presentations

\*\*Please read all text chapters related to presentation topics prior to class. We will confirm these on February 2<sup>nd</sup>.

**Class 5: March 9<sup>th</sup>**

Topics: Group Presentations

\*\*Please read all text chapters related to presentation topics prior to class. We will confirm these on February 2<sup>nd</sup>.

Discussion and review  
Final exam given  
Wrap-up and Evaluation

COURSE OBJECTIVES-MCFT CORE COMPETENCIES EVALUATION SHEET  
Upon Completion of Lewis & Clark CPSY 578: Sex Therapy

TERM: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

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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

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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;

1                      2                      3                      4

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;

1                      2                      3                      4

5. Learn primary treatment approaches and techniques for resolving sexual problems and consider their use within specific cultural and social contexts;

1                      2                      3                      4

6. Consider treatment issues specific to sex therapy with heterosexual, lesbian, gay, trans, and bi-sexual couples/families;

1                      2                      3                      4

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

1                      2                      3                      4