LEWIS & CLARK COLLEGE

GRADUATE SCHOOL OF EDUCATION AND COUNSELING

CPSY 578: SEX THERAPY

SPRING - 2013

Time & Day: Thursdays, 5:30 pm, 1/10/13 to 3/21/13
Instructor: Layne A. Prest, PhD
Room: South Campus Conference Center, Room 107
Office: 310 Rogers Hall    Office hours- by appointment before or after class

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 systemic treatment of specific sexual problems.

COURSE DESCRIPTION
This is an advanced course with a focus on sexual issues, requiring participants to apply what they are learning about couple and family therapy to the specialized area of sex therapy with couples. Because the course relies heavily on family and couple therapy theory and practice, students must be in the MCFT program; CPSY 504 and CPSY 562 are prerequisites and CPSY 560 is a co-requisite to enroll in the course.

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

**CPSY DEPARTMENTAL ATTENDANCE POLICY**

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness maybe seen as an absence that requires make-up work.

**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 (PLEASE COMPLETE ALL READINGS PRIOR TO CLASS).**


Additional readings as outlined in syllabus and available on Moodle.

**READINGS RELATED TO PRESENTATION TOPICS WILL BE CONFIRMED AT LEAST ONE WEEK PRIOR TO EACH PRESENTATION.**
COURSE REQUIREMENTS AND EVALUATION

Attendance and Participation  
10 points

Acknowledging that adults have a variety of learning styles, it is still important that you all attend and actively participate in class activities.

News of the Day  
10 points

Each student will sign up for a date on which you will bring to class something from the popular media on sexuality. You will present the material (in whatever form - @ 5 minutes) and then lead a discussion (@ 10 minutes) of the biopsychosocial aspects reflected in the material, with an emphasis on clinically relevant issues.

Group Presentation  
40 points

Groups of 3-4 students will choose from among the following topics and plan a presentation to the class.

Sexual Desire Problems  
Vaginismus  
Ejaculation Dysfunction
Female Arousal Problems  
Erectile Dysfunction  
Female Orgasm Difficulties

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, which includes major points, resources, and references. The cheat sheet is intended to serve as quick references in practice.

Final Take-Home Exam  
40 points

The final exam requires you to answer 4 out of 5 essay questions. The exam will be given at the end of the final day of class (March 21, 2013) and is due two weeks later (April 4, 2013).

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: 1/10
Course Overview
Understanding Sexuality & Defining Terms
Discussion & Critique of the Social Construction of Sex
Choosing Topics
Readings:
* SST Chapters 1-4
Q Ch 1

*****NO CLASS 1.17.13****

Class 2: 1/24
Sexual Dissatisfaction versus Dysfunction
Bio-psycho-social spiritual Approach to Sex Therapy
Medicalization of Sex Problems & Treatments
Readings:
SST Ch 14 & 17
Q Ch 3

Class 3: 1/31
Gender & Sexuality
Sexual Orientations and Sex Therapy
Self of the Sex Therapist
Readings:
SST Ch 18
Q Ch 2, 10, 12
Code of Ethics

Class 4: 2/7
Sex Abuse
Sexual Addictions
Readings:
SST Ch 12
Q Ch 13, 14

Class 5: 2/14
Group Presentation: Problems with Sexual Desire
*Readings:*
SST Ch 5, 15 & 16
Q Ch 4

Class 6: 2/21
Group Presentation: Inhibited Arousal in Women
*Readings:*
SST Ch 9
Q Ch 9

Class 7: 2/28
Group Presentation: Erectile Dysfunction
*Readings:*
SST Ch 12
Q Ch 6

Class 8: 3/7
Group Presentation: Female Orgasm Difficulties
*Readings:*
SST Ch 10
Q Ch 7

Class 9: 3/14
Group Presentation: Premature & Retarded Ejaculation
*Readings:*
SST Ch 7 & 8
Q Ch 8

Class 10: 3/21
Group Presentation: Vaginismus
*Readings:*
SST Ch 11, 13

**Discussion and review**
**Final exam**
**Wrap-up and Evaluation**
<table>
<thead>
<tr>
<th>COURSE OBJECTIVES-MCFT CORE COMPETENCIES EVALUATION SHEET</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upon Completion of Lewis &amp; Clark CPSY 578: Sex Therapy</td>
</tr>
<tr>
<td>TERM: ___________________ INSTRUCTOR: __________________</td>
</tr>
</tbody>
</table>

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;

   | 1 | 2 | 3 | 4 |
   --|--|--|--|--
   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 |
   --|--|--|--|--
   1 | 2 | 3 | 4 |

3. Develop fluency and comfort talking about sex and sexual functioning with individuals and couples;

   | 1 | 2 | 3 | 4 |
   --|--|--|--|--
   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 |
   --|--|--|--|--
   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 |
   --|--|--|--|--
   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 |
   --|--|--|--|--
   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 |
   --|--|--|--|--
   1 | 2 | 3 | 4 |