

**Human Sexuality**  
CPSY 565  
Summer - 2016  
Lecture Friday, 1:30pm - 4:30pm  
Rogers Hall, Room 219  
Department of Counseling Psychology Lewis and Clark College Graduate School

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*“Although people can be intolerant, silly, or pushy about what constitutes proper diet, differences in menu rarely provoke the kinds of rage, anxiety, and sheer terror that accompany differences in erotic taste.” -- Gayle Rubin*

*“Biological sexuality is the necessary precondition for human sexuality. But biological sexuality is only the precondition, a set of potentialities, which is never unmediated by human reality.” -- Robert Padgug*

### **COURSE DESCRIPTION**

Sexualities are not simply something we possess; they are constructed, performed, restricted and controlled, all within the historical and cultural setting in which we live. This course will examine the intersections among sexuality, culture, gender and the body. Our goal will be to explore a variety of sexualities emphasizing the multifaceted nature of power, privilege and oppression inherent in *human* sexuality. There will be a specific focus on the role counseling/therapy plays in cultivating sexual discourses and the impact those discourses have on our lives. For example, students will learn to critically investigate how and why some sexual behaviors become pathologized and later normalized by mental health practitioners. Finally, an important part of this course includes the consideration of our own histories and vulnerabilities as they influence our capacity to support others' sexual health.

The reading assignments outlined below are the **expected minimum readings**. These readings will be used to facilitate early class discussions. However, there is an expectation of our cooperative investment and involvement in collecting and sharing information, community resources, and personal expertise. In this way, this class supports your career-long development as a counselor/therapist who considers and reflectively supports the sexual health of the clients you serve.

### **STUDENT LEARNING OBJECTIVES**

This course promotes the following student learning outcomes:

- SLO 1: Students will demonstrate integrity, compassion and commitment to working with diverse groups.
- SLO 2: Students will demonstrate excellent therapeutic skills with individuals, couples, and families.
- SLO 3: Students will demonstrate dedication to social justice and global citizenship.

### **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. Learn to assess sexual issues from a bio-psycho-social spiritual perspective that includes an analysis of power imbalances relative to sex.
4. Learn primary treatment approaches and techniques for resolving sexual problems and consider their use within specific cultural and social contexts.
5. Develop fluency and comfort talking about sex and sexual functioning with individuals and couples.
6. Consider treatment issues specific to sex therapy with heterosexual, lesbian, gay, trans, and bi-sexual couples/families, as well as other diversity issues.
7. Explore own biases relative to sexual orientation and sexual practices that are likely to influence work with clients.

## REQUIRED TEXTS

1. Hertlein K, Weeks G, Gambescia N. (2009). *Systemic Sex Therapy*. Routledge: NY
2. Tristan Taormino (2008). *Opening Up: A Guide to Creating and Sustaining Open Relationships*. Cleis Press
3. Staci Haines (2008) *Healing Sex: A Mind-Body Approach to Healing Sexual Trauma*. Cleis Press; 2 edition
4. Kleinplatz P. J. (2012) *New Directions in Sex Therapy: Innovations and Alternatives*. Philadelphia: Brunner-Routledge.

## RECOMMENDED READINGS

1. Christopher Ryan (2012) *Sex at Dawn: How We Mate, Why We Stay, and What It Means for Modern Relationship*. Harper Perennial.
2. Anne Fausto-Sterling (2008) *Sexing the Body: Gender Politics and the Construction of Sexuality*. Basic Books.
3. Michael Makai (2013) *Domination & Submission: The BDSM Relationship Handbook*.
4. Kaufman, Silverberg & Odette (2003). *The Ultimate Guide to Sex and Disability*. [KSO]
5. Esther Perel (2006). *Mating in Captivity*. New York: Harper Collins
6. Dossie Easton (2011) *Ethical Slut*. Clestial Arts; 2<sup>nd</sup> Edition
7. Easton and Hardy(2011) *The New Bottoming Book*. Greenery Press. 2<sup>nd</sup> Edition
8. Paul Joannides (2009). *Guide to Getting It On*.
9. Amara Charles (2007) *Sexual Agreements*.  
<http://amaracharles-com.myshopify.com/products/sexual-agreements-by-amara-charles-e-book>

## ATTENDANCE

The success of this class depends on your attendance. 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 may be 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.

## COURSE REQUIREMENTS AND EVALUATION

### *Attendance and Participation (worth 10 points)*

Note: While adults have a variety of learning styles, it is still important that you attend and actively participate in class activities (including discussion of assigned reading).

### *News of the Day (worth 10 points):*

Each student will sign up for a date to class something from the popular media (print, electronic, audio/video) on sexuality. You will present the material (in whatever format 5-10 minutes) and then lead a discussion (5-10 minutes) with an emphasis on clinically relevant issues: "How might this information influence people who have concerns about their sexual functioning and/or relationship(s)?"

### *Self of the Therapist (worth 40 points – first draft 20; second draft 20):*

Arguably, one of the most important and impactful elements of therapy is the relationship cultivated between the client and therapist. This assignment requires the student to examine her/his/their social location (e.g. Race/ethnicity, spirituality, age, orientation, gender, etc.) and the ways in which these intersections may inform the ability to form a therapeutic connection. Students will be asked to explore her/his/their lived experience as it relates to biases, privileges, and oppression.

## **COURSE DESCRIPTION FROM CATALOGUE**

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 orientation; and common sexual dysfunction experienced by rape and incest victims and modes of treatment.

## **RELATED AUTHORIZATIONS**

Successful completion of this course as an elective is necessary for fulfillment of degree requirements for any of the specialty areas in the Counseling Psychology Department. If chosen to fulfill elective credit, completion of this course is

## **SCHEDULE (the following outline is subject to change)**

5/13/16

*Introduction: What is Sexuality?*

**Reading:** Kimmel, Introduction

5/20/16

*Approaches to the Sexual*

**Reading:** Kleinplatz, chapters 2 and 5; Hertlein, et al. chapter 1

5/27/16

*Challenging the Normative*

**Reading:** Taormino, Intro & chapters 1, 2; Hertlein, et al. chapter 13,

**Guest Speaker:** Alder (Pain Sex Disorders & Rape/Sexual Violence)

6/3/16

*The Body and its Complications*

**Readings:** Kleinplatz, chapter 11; Hertlein, et al. chapter 11; Haines, chapters 2,3,4

**Guest Speaker:** AJ, She Bop ED Coord. (BDSM)

6/10/16

*Identities and Desires*

**Readings:** Kleinplatz, chapters 10, 19, 17; Hertlein, et al. chapters, 12

6/17/16

*Let's Get it On*

**Readings:** Haines, chapters 5, 6, 7, 8; Taormino, chapters 5, 7

**Guest Speaker:** Madelaine (Pelvic Floor Therapy)

**Rough Draft Due:** Self of Therapist

6/24/16

*What Cums up must Cum down*

**Readings:** Kleinplatz, chapters 14, 15; Hertlein, et al. chapters 6,7,8

**Guest Speaker:** Laura and Loren (Sex toys & STI safety)

7/1/16

**Readings:** TBD

**Guest Speaker:** Caitlin and Ben (Orgasmic Meditation)

7/8/16

*Class, Identity Politics, and Desire*

**Readings:** Skin, by Dorothy Alison

**Guest Speaker:** Cristy (Polyarmory)

7/15/16

*Sexual Baby Steps...Learning New Ways to Get It On*

**Guest Speaker:** Stella (Sex Coaching)

**Final Draft Due:** Self of Therapist