



**MCFT 570: ADVANCED SEX THERAPY  
FALL 2019**

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Time & Day: Thursday 2:00-5:15 October 10-December 12 (no meeting on 11/28)

Place: Lewis and Clark Community Counseling Center 205C

Instructor: Maegan Megginson, MA, LMFT, LPC, AASECT CST

Office: hours: Email to schedule an appointment.

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**CATALOG DESCRIPTION**

Advanced knowledge and practice of sex therapy from a systemic, relational perspective. The course includes a focus on the professional context and educational requirements for eventual certification as a sex therapist.

**Prerequisites:** Enrolled in the MCFT program and MCFT 504, MCFT 560, MCFT 562, MCFT 526, and MCFT 569 are prerequisites.

**Credit:** 2 units (30 contact hours)

**MCFT STUDENT LEARNING OUTCOMES**

SLO 1.2 Students recognize the interconnections among biological, psychological, social systems in people’s lived experience

SLO 1.3 Students apply systems/relational theories to case conceptualization and treatment planning.

SLO 2.1 Students self-reflect on the implications own and others’ social location in clinical practice.

SLO 2.2 Students’ clinical practice demonstrates attention to social justice and cultural democracy.

SLO 3.2 Students draw on the research literature relevant to family therapy in case planning

SLO 4.1 Students apply ethical decision-making processes to clinical dilemmas

SLO 4.2 Students provide competent service according to the AAMFT code of ethics and core competencies

SLO 4.3 Students demonstrate integration of family therapy theory, equity, and social location in clinical practice.

## **COURSE OBJECTIVES**

1. Practice applying advanced methods of sex-related psychotherapy, including several different models.
2. Learn principles of consultation, collaboration, and referral relative to the practice of sex therapy.
3. Become familiar with techniques for evaluating clinical outcomes in sex therapy.
4. Understand the educational and practice requirements for membership in AASECT.
5. Gain exposure to treatment of clinical sex therapy cases through observation, demonstration, videotape presentation, role-playing, etc.
6. Explore theory and approach to medical intervention in the evaluation and treatment of psychosexual disorders.

## **COURSE DESCRIPTION**

This course will prepare participants to assess sexual issues, create appropriate treatment plans, and integrate sex therapy interventions with clients who want to improve their sexual health and/or overcome sexual dysfunction. Participants will also become more familiar with the broader professional context and requirements for becoming certified sex therapists.

This course will utilize a combination of in-person and live online learning to facilitate lectures, class discussions, and experiential exercises. Classes will be held in-person at the Lewis and Clark Community Counseling Center on October 10<sup>th</sup>, December 5<sup>th</sup>, and December 12<sup>th</sup>. Classes will be held online via Zoom on October 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, November 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup>. The instructor will provide students with a link to access the Zoom classroom before each online meeting. You can access the Zoom classroom from any location in which you have access to a private space, high speed internet, and headphones to minimize audio feedback.

## **REQUIRED TEXTS**

1. Buehler, S. (2016). *What every mental health professional needs to know about sex*, 2<sup>nd</sup> Ed. New York, NY: Springer Publishing Co.
2. McCarthy, B. (2015). *Sex made simple: Clinical strategies for sexual issues in therapy*. Eau Claire, WI: PESI Publications & Media.
3. Weiner, C. & Avery-Clark, C. (2017). *Sensate focus in sex therapy: The illustrated manual*. New York, NY: Routledge.

**COURSE OBJECTIVES, STUDENT LEARNING OUTCOMES, AND EVALUATION ACTIVITIES**

<b>Course Objective</b>	<b>MCFT Student Learning Outcomes</b>	<b>AAMFT Core Competencies &amp; AMFTRB task statements</b>	<b>Evaluated by</b>
1.Practice applying advanced methods of sex-related psychotherapy, including several different models.	SLO 1.2 SLO 1.3	CC 1.1.2 CC 2.2.3 CC 2.3.1 CC 3.3.1 CC 4.1.1 CC 4.5.3 CC 2.2.5 CC2.3.7  TS 01.01 TS 01.02 TS 02.02 TS 02.21 TS 02.03 TS 03.04 TS 02.08 TS 03.11	Group role-play Final case conceptualization
2. Learn principles of consultation, collaboration, and referral relative to the practice of sex therapy.	SLO 2.1 SLO 4.1 SLO 4.2	CC 3.4.5 CC 5.2.1 CC 5.2.2 CC 5.4.1 CC5.4.2  TS 04.01	Course discussion Final case conceptualization
3. Become familiar with techniques for evaluating clinical outcomes in sex therapy	SLO 2.2 SLO 3.2	CC 1.1.3 CC 2.1.6 CC 2.3.8 CC 4.1.2 CC 4.4.1 CC 4.4.6 CC 3.1.1 CC 5.3.8 CC 6.1.1 CC 6.3.2	Course discussion

		TS 02.20 TS 03.11 TS0 3.23 TS 05.09	
4. Understand the educational and practice requirements for membership in AASECT.	SLO 4.2	CC 5.1.1 CC 5.1.2	Course discussion
5. Gain exposure to treatment of clinical sex therapy cases through observation, demonstration, videotape presentation, role-playing, etc.	SLO 4.2 SLO 4.3	CC 2.1.4 CC 4.3.8 CC 4.5.3 CC 5.4.2 TS 03.04 TS 03.11 TS 03.23	Group role-play Instructor's case examples and associated group role-plays Final case conceptualization
6. Explore theory and approach to medical intervention in the evaluation and treatment of psychosexual disorders.	SLO 1.2 SLO 3.2 SLO 4.3	CC 2.1.1 CC 2.1.2 CC 2.2.5 CC 2.3.7 CC 3.1.1 CC 3.3.1 CC 4.5.3 CC 6.4.1  TS 03.11 TS 04.01 TS 05.09 TS02.06	Group discussion Instructor's case examples and associated group role-plays

## CLASS ASSIGNMENTS

### 1. **Participation** (50 points)

This course emphasizes shared reflection on the personal and professional implications of the assigned readings and the implications of these for the practice of sex therapy.

Toward this end, you are expected to:

- Attend and participate in **all** class meetings. In the event of illness or other emergency, please email the instructor in advance of class. Missed classes will be made up by written reflections on the required readings for the day.
- Come to class prepared (having read the assignments for the day).
- Give attention to the instructor and/or other students when they are speaking.
- Contribute to in-class discussion based on the topics of discusses and assigned readings.
- Participate in self-reflection exercises.
- Participate in small group discussions and role-plays.

Your participation in class activities will be evaluated according to the following:

CLASS PARTICIPATION EXPECTATIONS	Possible points	Points demonstrated
Prompt and dependable presence in the class	10	
Prepares for class by immersing self in course readings and reflecting on their application to personal practice	10	
Contributes to the reflection of other class members	10	
Participates in group role-plays and self-of-therapist reflection activities	10	
Helps to create an atmosphere of safety and mutual respect among all class members	10	
<b>TOTAL</b>	<b>50</b>	

## 2. Case presentation (50 points)

Create a 20-minute case conceptualization with accompanying PowerPoint presentation that illustrates your clinical work with a real or imagined sex therapy client. The goal of this presentation is to (a) demonstrate your assessment process, (b) outline your treatment plan, and (c) describe your use of sex therapy interventions with a psychotherapy client.

Your presentation should include the following slides:

- Client demographics and presenting concerns
- Response to DOUPE assessment
- Response to B/P/S/R assessment
  - including clinical synthesis of the information gathered
- Initial treatment goals and treatment plan
- Interventions used or to-be-used in the treatment process
  - including description of how you will use the intervention in session and what you will recommend the client do as homework outside of session
- Indicators that client has achieved treatment goals

Following your presentation, the class will ask clarifying questions and discuss alternative treatment plan strategies that could be used to support your client.

Your case conceptualization presentation will be evaluated according to the following rubric:

<b>Case Conceptualization Presentation</b>	<b>Points possible</b>	<b>Points demonstrated</b>
Presentation follows outline specified in syllabus	10	
Assessment procedures are utilized appropriately and clinician synthesizes the information effectively	10	
Clinician formulates treatment plan that aligns with treatment goals and integrates use of sex therapy treatment interventions appropriately	10	
Clinician accurately describes sex therapy interventions and understands intended treatment outcomes	10	
Clinician is receptive to feedback from peers and instructor	10	
<b>TOTAL</b>	<b>50</b>	

### **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.

### **DISABILITY SERVICES STATEMENT**

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

### **DISCLOSURE OF PERSONAL INFORMATION**

Each student should decide for him/herself what information to disclose. Students are advised to be prudent when making self-disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

### **CELL PHONES**

Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell.

### **EVALUATION AND GRADING**

Grades for this course will be determined as follows:

Participation	50 pts
Case Presentation	50 pts
Total	100 pts

94-100 = A    90-93.5 = A-    88-89.5 = B+

83-87.5 = B    80-82.5 = B-    78-79 = C+

73-77.5 = C    70-72 = C-

According to Graduate School policy, grades lower than B- may not apply to graduation.

## COURSE SCHEDULE

<b>DATE LOCATION</b>	<b>Topics</b>	<b>Readings /Assignments</b>
Oct 10 CLINIC	Introductions, Syllabus Review AASECT certification process Self-of-the-therapist in sex therapy Evolution of the field of sexology	Buehler: Chapters 1-4
Oct 17 ZOOM	Assessment in sex therapy Sexuality and mental health	Buehler: Chapters 5 & 11 McCarthy: Chapters 1-3
Oct 24 ZOOM	General sexual health problems Sex therapy with individual clients	Buehler: Chapters 6-7 McCarthy: Chapter 4-6 & 9
Oct 31 ZOOM	Sex therapy with couples	Buehler: Chapters 8 & 14 McCarthy: Chapters 7, 10, 12
Nov 7 ZOOM	Sex therapy with gender and sexually diverse clients OCSB in sex therapy	Buehler: Chapters 10, 18, & 19 McCarthy: Chapter 8
Nov 14 ZOOM	Sensate focus in sex therapy	Weiner: Chapters 2, 5-10
Nov 21 ZOOM	Medical sex therapy Sexuality and aging	Buehler: Chapters 13, 15, 16, & 17
Nov 28 NO CLASS	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
Dec 5 CLINIC	Sexual recovery in trauma survivors Ethical management in sex therapy	Buehler: Chapters 12, 20, & 21
Dec 12 CLINIC	Case presentations, general review, final questions, and next steps!	Case Presentations Today!