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CO 611 Dynamics of Human Sexuality

Asbury Theological Seminary

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Syllabus

Course: CO611 W1 (JA 2009)

Title: Dynamics of Human Sexuality

Hours: 3.00

Published: Yes, on 12/09/2008

Prerequisites:

PM642

- or -

CO601

Department: Counseling

Faculty: Mr. Michael Sytsma



Email: michael.sytsma@asburyseminary.edu

Office: SH

SPO:

Meetings:

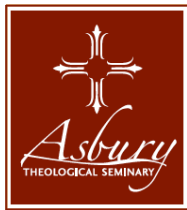
During 01/05/2009 to 01/09/2009 on Monday, Tuesday, Wednesday, Thursday and Friday from 8:00a to 5:00p in SH404.

Maximum Registration: 30

Catalog Description: Examines the issues and problems of human sexuality as they are encountered in oneself and in the counseling relationship. Sexual problems experienced by individuals, couples, and families will be studied with attention given to treatment of these difficulties.

Objectives:

Please visit the course web page for the latest information: <http://sexualwholeness.com/isw/CO611.htm>



CO611

Dynamics of Human Sexuality

January 2009

**Course Description:**

Dynamics of Human Sexuality (CO611) is a masters level course designed for professional and pastoral counselors. This course sets out to help students define a practical and Biblical theology of sex in an open and honest manner. Within the overall context of ministering to others, students explore basic concepts of human sexuality (physiology, development, fertility, sexual response), sexual behavior (typical and atypical), sexual problems (addiction, dysfunction) and methods of intervention for pastors and clinicians. Students are also challenged in their own growth and development in this area.

In addition to receiving ATS credit, this course is the foundational course for the Institute for Sexual Wholeness program (<http://sexualwholeness.com/isw>). This course meets half of the educational requirements for certification as a Clinical Sexual Addiction Specialist through the American Association of Certified Christian Sexual Addiction Specialists. It is also the first of five courses ISW offers toward meeting educational requirements to become certified as a sex therapist.

Prerequisite: CO601 (or permission of professor and advisor) **Class Limit:** ~40 students

Credit Hours: 3

Professor:

Michael R. Sytsma, Ph.D.

Office: 770-822-4505

Fax: 404-935-0081

Email: michael@intimatemarriage.org

Office hours: One hour after each class and by appointment during the week of class. By phone or email before and after the week of lectures.

Course Goals:

1. Students will increase in their understanding of and comfort with their own sexuality as they integrate a Biblical sexual theology into their lives, ministry and counseling practice.
2. Students will be oriented to God's design in human sexuality through studying sexual physiology, conception, sexual development, fertility, birth control and sexual functioning. Students will discuss and explore these topics through the use of current research and theories, case stories, and scriptural principles.
3. Students will develop a basic understanding and competence in using a model of sexual counseling designed for the counseling office. Students will have basic skills in a) exploring the issues while maintaining appropriate boundaries in sexual dialogue, b) educating in theological, biological and relational aspects of sexuality, c) coaching others through basic interventions, and d) knowing when and how to refer.
4. Students will have been exposed to atypical and dysfunctional sexual behavior while providing a Biblical context for response that includes compassion, correction and intervention.
5. Students will have a basic competence and confidence in identifying sexual disorders currently recognized in professional sex therapy as well as an initial understanding of available treatment models and efficacy studies on these models.

Course Textbooks and Articles:

- Students should check the course webpage for updated reading requirements and links to the downloadable articles and chapters. Course webpage can be found at: <http://sexualwholeness.com/isw/CO611.htm>

NOTE: Some of the reading for this course does not come from a specifically Christian perspective. Some of it may be inconsistent with the statement of beliefs for ATS. This reading is required because it is representative of the thought in the field of sex therapy and sexology. Time will be spent in class discussing the reading and critiquing it from a Biblical Christian perspective that is in line with the stated theology of ATS.

Hyde, J. S. (2006). *Understanding Human Sexuality*, (9th Edition), Boston: McGraw Hill. (Chapters 1-12, and 20 required – other chapters recommended)

Laaser, M. (2004). *Healing the Wounds of Sexual Addiction*. Grand Rapids, MI: Zondervan.

Rosenau, D. (2002). *A celebration of sex* (Rev. and updated. ed.). Nashville: Thomas Nelson.

Rosenau, D., & Wilson, M. T. (2006). *Soul virgins : redefining single sexuality*. Grand Rapids, Mich.: Baker Books.

The following articles and chapters are also required reading for this course. Students can download these chapters from the course webpage: <http://sexualwholeness.com/isw/CO611.htm>

senau, D.E., Sytsma, M., and Taylor, D.L. (2001). Sexuality and Sexual Counseling: Learning and Practicing the DEC-R Model. In T. Clinton, and G. Ohlschlager (Eds.) *Competent Christian Counseling*, Colorado Springs: Waterbrook.

march, D. M. (1995). A Family Systems Approach to Sex Therapy and Intimacy. In R. Mikesell, D. Lusteran, and S. H. McDaniel (Eds.), *Integrating Family Therapy: Handbook of Family Psychology and Systems Theory*. Washington, D.C.: American Psychological Association.

sma, M., Taylor, D. (2003). Current thinking in how to help couples and individuals struggling with low sexual desire. *Marriage and Family: A Christian Journal*, 5(3).

senau, D., Childerston, J., & Childerston, C. (2004). *A celebration of sex after 50*. Nashville, Tenn.: Thomas Nelson Publishers. (Chapters 1 and 20 only.)

nkman, S. (2004). *The Kinsey Corruption: an expose on the most influential "scientist" of our time*. West Chester, PA: Ascension Press. (See webpage for required pages.)

A handout packet will be available from Dr. Sytsma through the above website. Students are advised to print this packet and bring the handouts to class.

Class Schedule

January 5-9 - 8:00 am – 4:30 pm

Paper Due Midnight January 16.

Final Exam will be completed online and due Midnight January 23.

Course Requirements and Grading:

1. Class Attendance/Participation: Attendance is crucial, not just for the content, but to get the value of different professors and viewpoints. Students will lose 3% of total grade for each hour of class missed. Students are expected to participate in class through comments and questions.
2. Reading: **Students are expected to have completed reading assignments before coming to class.** There is a lot of reading for this course and since the lectures are early in the term, grace will be extended to allow for reading after the lectures. Focus on completing the articles and *Celebration of Sex* before the lectures. Reading assignments will be evaluated by self-report. The percentage of reading completed will determine the grade. (30%)
3. Sexual Integration Paper: Often identified as one of the most valuable parts of this course, this paper is designed to encourage personal growth and integration of Biblical values in sexuality. The specifics of this paper and grading are provided below. (30 %)
4. Final Exam: This exam consists of objective (multiple choice) and short essay questions. Students will be provided a link to take this exam online. There is no time limit, but the exam is closed book/notes. (30%)

Class Outline: (Note: specific lectures may not follow this exact order.)

I. Introduction

- A. Course Details
- B. Toward an integrated Theology of Sex
 - 1. The church and sex
 - 2. Developing a modern theology of sex
- C. Sex in American culture
- D. Personal development of the counselor
 - 1. Self of the counselor: exploring history and values formation
 - 2. Sexual Behaviors and Values Clarification
 - 3. Establishing boundaries: counter-transference, the clinical/pastoral setting
- E. DEC-R Introduction

II. Dialogue

- A. Opening dialogue
- B. Language in sex therapy
- C. Assessment in Sex therapy
 - 1. Sexual history taking
 - 2. Self-report questionnaires

III. Education

- A. Medical Aspects of Sexuality and Sexual Function
 - 1. Sexual and reproductive anatomy and physiology
 - 2. STD's
 - 3. Menstruation and Pregnancy
 - 4. The role of hormones
 - 5. Birth Control
 - 6. Infertility
 - 7. Sex and Medications

B. Sexual Education

C. Sexuality across the life-span (Developmental sexuality)

1. Developmental Sexuality
2. Single sexuality
3. Sex and aging

D. Sexual Infidelity and Affairs

E. Gender and gender identity issues

F. Same sex attraction and homosexuality

IV. Coaching

A. Atypical Sexuality

1. Paraphillias/Fetishes
2. Assessing dysfunctional behaviors

B. Sexual Compulsivity and Addiction

C. Models of Sexual Response

D. Sexual Dysfunction

1. DSM Diagnoses
2. Basic Sex Therapy interventions
3. Intro to treating male issues
4. Intro to treating female issues
5. Intro to desire issues

V. Referral

Sexual Integration Paper – Instructions

This paper, designed for your growth and healing, is a two-part assignment. Both parts should be turned in together.

Part One: An Autobiography (8-10 pages)

Write out your sexual history. Start with your earliest sexual memory and develop specific, key experiences and situations that shaped who you are as a sexual person. As you develop your sexual history, relate which events you have struggled with and wish could have been different. Class lectures in the "Personal Development of the Therapist" and "Dialogue" section will help students understand the nature of value of their sexual story.

This assignment will only be helpful if you are willing to be courageously open in exploring your sexual self. Many students state that this paper is the most impacting and valuable part of the course.

It is not required that you answer the following questions in your paper, they are provided to help you begin thinking about what you need to write. The lecture on "Taking a Sexual History" will provide additional direction on writing this paper.

1. What people, relationships and influences helped shape your attitudes/values about your body, masculinity/femininity and sex at various points of your development (elementary, high school, etc.).
2. Can you remember specific messages or incidents that created some of your attitudes, values and priorities?
3. How was sexuality handled in your family of origin?
4. What were your early sexual experiences like? How did they impact you?
5. What incidents brought insight and growth?
6. Is there unfinished business that may need healing or further growth?

What you turn in: After writing the paper students complete and turn in a reaction paper. **DO NOT TURN IN YOUR AUTOBIOGRAPHY.** You will only turn in the reaction. The form for the reaction paper is on ATS Virtual Campus and the course web page.

Part Two: Students have the choice of two options for the second paper.

Option A: A Personal Theology of Sex (6-8 pages)

Briefly develop your own theology of sex. Develop this theology however you wish. While it is not necessary you answer the following questions, they might be helpful in providing a guide for your thought.

1. What Scriptural concepts would you select to teach someone about God's design for sex and sexual intimacy from your perspective?
2. What sexual things are "off limits" for you? Why have you decided these things are unacceptable for you? Are they black/white (everyone must hold this value) or gray (might be ok for some Christians)? What boundaries do you keep in place to protect you from these things?
3. What sexual sin are you most vulnerable to? Under what circumstance would you be most likely to fall? What is your next

most vulnerable area? What could you do to make yourself less vulnerable and protect yourself?

4. Briefly describe what a sexually whole person would be like. How do you measure up to this ideal? What do you need to do (that you are not currently doing) to achieve greater sexual wholeness?

Option B: Teaching outline (6-8 pages)

For this option, you will develop a detailed outline of a talk on sexuality you could present at a church. The outline should include:

- The target audience (i.e., couples, parents, singles, Sunday School class, men, etc.)
- The intent of the talk (i.e., enrichment retreat, talking to your kids about sex, healthy sexuality for singles).
- The overall thesis of your talk. (I.e., what is the main message you want them to walk away with.)
- A detailed outline of topics to be covered.

Make sure this is detailed. Feel free to add thesis statements for your major points.

Submitting papers. Students are encouraged to submit their projects through Virtual.

Returning papers. Papers will be returned with a grade and comment in the same manner they were submitted.

ATS Required Information:

Online Section Descriptions and Communication Guidelines

The Virtual Classroom is built upon the open-source Moodle platform. By logging into <http://one.asburyseminary.edu> and clicking on the Virtual Campus tab (upper right corner) you will have access to this course and be able to collaborate with participant-colleagues and me throughout the course.

The following are functions with which you should familiarize yourself:

1. The **Course Information Center** contains many features to be used throughout the semester: a) **Course News and Announcements**, where I will post items important for the entire class; b) **Syllabus**, where a copy of the syllabus is provided; c) **To Professor**, which is a way for you to post a message directly to me and we can discuss an issue privately; d) **Course Questions**, which is a public forum where you can publicly post any questions you have regarding the course so others may see your message and respond. Anytime you have a question or comment about the course, the schedule, the assignments, or anything else that may be of interest to other participants and me you should post it to the Course Questions Forum; e) **Prayer Forum**, which is a public forum where you can post prayer concerns and praises for all to see. This is a way for us to build community; f) **Open Forum**, which is a public forum where you can post anything that is not course-related for all to see. Examples include someone getting married, an upcoming birthday, discussions on topics not course-related, etc. This is a way for us to build community.
2. **Modules**, which are located below the Course Information Center, will contain forums where group discussions will take place, documents or other files to download or view online, and assignment links where you will post your assignments to me. Modules will be clearly labeled so you can follow along during the semester.

Virtual Support Contact Information

For technical support, library research support, library loans and virtual media contact Information Commons:

Info.Commons@asburyseminary.edu Phone: (859) 858-2233; Toll-free: (866) 454-2733

For general questions and administrative assistance regarding the Virtual program, contact Dale Hale: ExL.Office@asburyseminary.edu
Phone: (859) 858-2393

Accessing Information Commons Materials

1. General Questions:

The Information Commons is a "one-stop shop" for all student research, circulation and technical needs. The Information Commons hours are posted here: <http://private.asburyseminary.edu/information-commons>

2. Materials Requests:

- a. To search the library catalog for available materials, click here: <http://private.asburyseminary.edu/information-commons>
- b. Virtual Students may request books, photocopies or emailed attachments of journal articles/portions of reference books from Asbury Seminary's Library. Please allow 3-10 business days for all requests to be filled. Contact the Information Commons for costs and instructions on how to make requests.
- c. Virtual students are encouraged to make use of local library resources. Students who live within a 50 mile radius of either the Florida or the Kentucky campus should come to campus to obtain their materials.

3. Research Questions:

Virtual students are encouraged to contact the Information Commons for research assistance including help determining the best sources to use for a paper, finding book reviews, or research questions about using the online databases or any other library materials.

4. Online Databases:

To access the online library resources including the library catalog and full-text journal databases, go to <http://www.asburyseminary.edu/information> and enter your 10-digit student ID# number in the login box. Your student ID# is provided on the biographical information section of the student registration webpage. Add a 2 and enough 0's to the front to make a

10-digit number (20000XXXXX where XXXXX = your student id).

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