Course Description:

FT 542 is a basic introduction course to counseling for sexual issues. Students are introduced to a theology of sexuality, a basic model of addressing sexual issues in counseling, basics of sexual biology and psychology, sexual development, sexual dysfunction, and basic intervention techniques for sexual problems. Students are also challenged in their own growth and development in this area.

In addition to being a required MFT course at RTS, this course is the foundational course for the Institute for Sexual Wholeness program (http://sexualwholeness.com/isw). This course also meets half of the educational requirements for certification as a Clinical Sexual Addiction Specialist through the American Association of Certified Christian Sexual Addiction Specialists (the Institute for Sexual Wholeness course 7582 is the other half). RTS students taking this course receive ISW credit toward either the Sex Therapy training program or the Sexual Addiction Specialist program at ISW.

Professors:

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Course Goals:

1. To encourage and assist each student in understanding and becoming comfortable with their own sexuality, as they integrate a Biblical sexual theology into their lives and counseling practice.

2. To create an in-depth understanding of sexual biology, psychology and Biblical values, as desensitization takes place so that each student is at ease talking and counseling in the sexual area of personality and relationships.

3. To impart an understanding of common sexual questions, myths and problems, as basic therapeutic answers and interventions are developed with the ability to diagnose, treat and strategically refer when needed.

Course Textbooks and Articles:

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 PSI and the Institute for Sexual Wholeness. 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 PSI and ISW.


The following articles and chapters are also required reading for this course. Students can download these chapters from the ISW website. Go to http://www.sexualwholeness.com/isw/. Click on “Student Resources”, then the “Course Resources” button. Follow the instructions to get to the reading list for CPSY 6512.


**Course Requirements and Grading:**

1. **Class Attendance:** Attendance is crucial, not just for the content, but to get the value of different professors and viewpoints. Attendance is obligatory.

2. **Reading assignments:** Students are expected to have completed reading assignments before coming to class. Reading assignments will be evaluated by self-report. The percentage of reading completed will determine the grade. (20%)

3. **Sexual Integration Paper:** Two-part paper which will encourage personal growth and integration of Biblical values. Paper will be detailed in another handout. Note: This handout is available online at http://sexualwholeness.com/isw/courses/course_info/7090.htm. It is listed at the bottom of the page. (40 %)

4. **Hyde exams:** Exams on the content of Hyde will be given the day before the Rosenau and Sytsema lecture sets. The test questions will be drawn from the test banks provided by the publishers of the text. These questions are available on the internet computer in the control room. (Each exam: 20%)
Class Outline/Class Schedule*

September 9, 2005

Dr. Hurley - Theology of sex 8AM-5PM

September 15, 2005

Sexual Anatomy exam
Hyde Exam 1: Chapters: 1-6, 10-15, 23

September 16, 17, 2005 8AM – 5PM

Dr. Rosenau - Hyde, Chapters: 1-6, 10-15, 23; Rosenau (2002) Chap’s: 1, 2, 13-14, 19-21, 26 - 29; DEC-R article; Extramarital Affairs article

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. DEC-R Introduction
      1. Introduction to the DEC-R
      2. Personal development of the Sex Counselor
      3. Guidelines for Sexual Integrity in the Clinical Setting

II. Dialogue
   A. Language in sex therapy
   B. Anatomy and Sexual functioning
   C. Assessment in Sex therapy
      1. Sexual history taking
      2. Self-report questionnaires

III. Education
   A. Sexual Education
   B. Sexuality across the life-span (Developmental sexuality)
      1. Developmental Sexuality
      2. Single sexuality
      3. Sex and aging
   C. Gender and gender identity issues (Homosexuality)
   D. Extramarital Affairs

IV. Coaching
   A. An Intro to Sexual Addiction
November 17, 2005
Hyde Exam 2: Chapters: 7-9, 16-22

November 18, 19 - 8:00 am – 5:00 pm
Dr. Sytsma – Hyde Chapters:; Rosenau (2002) Chapters 4-8, 10 -12, 15-18, 22-25, Sytsma article

I. Introduction
   A. Yada sex

III. Education – cont.
   F. Toward a Biblical view of Birth Control
   G. Infertility
   E. Sexual Behaviors and Values Clarification

IV. Coaching – cont.
   A. Atypical Sexuality
      1. Paraphillias/Fetishes
      2. Segrue Model
      3. Assessing dysfunctional behaviors
   B. Models of Sexual Response
   C. 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

VI. Conclusion
A Personal Journey into Sexual Understanding and Wholeness

(This two-part paper is designed for your growth into sexual healing and maturity. It will only be helpful if you are willing to be courageously open in exploring your own sexual self and theology. Most students find this the most vital part of the course.)

I. An Autobiography (8-10 pages)

Write out your sexual history. Start with your earliest sexual memory and develop key experiences and situations that shaped who you are as a sexual person.

A. What people, relationships and influences helped shape your attitudes/values about your body, masculinity/femininity and sex in elementary, high school, college and post-college? Can you remember specific messages or incidents that created some of your attitudes, values and priorities? How was your family system influential?

B. As you develop your sexual history, relate which events you have struggled with and wish could have been different. Which have brought you insight and growth? In sorting through these experiences, is there still some unfinished business that may need healing or further growth? (How might you accomplish this?)

II. A Personal Theology of Sex (4-6 pages)

Briefly develop the following questions, as you create your own personal sexual theology to guide and protect you. Hopefully this can be the foundation of some great counseling and teaching, as you assimilate this wisdom.

A. What five Scriptural concepts would you select to unfold God’s sexual economy? Develop your own sexual theology that you could use to coach others into sexual understanding and wholeness.

B. What sexual sin are you most vulnerable to and how could you be best approached so you would fall? What is your next most vulnerable area? What things would God have you do to make yourself less vulnerable and protect yourself? What Scripture passages should you be taking to heart?

C. Briefly describe what a sexually whole person would be like in God’s eyes? How do you measure up to your ideal? What are your strengths and rough edges? What do you need to do to achieve greater sexual wholeness?

If someone wrote a eulogy at your death, how would you like to be remembered sexually? [Rosenau and Sytsma, Professors]