

Reformed Theological Seminary
PSY573 Sexuality & Sex Therapy
3 credit hours
January 12-16, 2009
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“The question for our lives is not whether we will surrender, but rather, to what or whom? Surrender to Jesus does not mean putting on rose-colored glasses, but rather, daring to face head-on the world’s brokenness – even in yourself.”

Gordon Dalbey, *Healing the Masculine Soul*

Course Description

This course will investigate spiritual, psychological, and social-cultural variables associated with sexual identity, sexual behavior, and sexual disorders, including diagnosis and treatment for the individual and couples seeking therapy. We will address both healthy and unhealthy practices from a Christian worldview. Classes will be in seminar format and will include lectures, readings, film, and discussion.

Course Objectives

Through class assignments, students will demonstrate the following:

1. A knowledge of the terms, language, and concepts of human sexuality.
2. An understanding of sexual development.
3. An in-depth understanding of their individual sexual history integrated with their Christian faith and practice.
4. An awareness of the responsibilities and ethics of the counselor.
5. An ability to identify common sexual questions, myths, and problems and provide therapeutic answers and interventions to both individual and couples seeking counseling.

Course Textbooks & Articles

Rosenau, D.E., *A Celebration of Sex*, Nashville: Thomas Nelson, 1994.
ISBN-13: 9780785264675

Rosenau, D.E., Sytsma, M., & Taylor, D.L., *Sexuality and Sex Therapy: Learning And Practicing the DEC-R Model*. In T. Clinton and G. Ohlschlager (Eds.), *Competent Christian Counseling*, Colorado Springs: Waterbrook, 2002.
ISBN-13: 9781578565177

Schnarch, David, *Resurrecting Sex: Solving Sexual Problems and Revolutionizing Your Relationship*. NY: HarperCollins, 2002.
ISBN-13: 9780060931780

Smedes, Lewis B., *Sex for Christians: The Limits and Liberties of Sexual Living*. Grand Rapids: William B. Eerdmans, 1994.
ISBN-13: 9780802807434

Berry, Wendell, *Sex, Economy, Freedom & Community: Eight Essays*. NY: Pantheon Books, 1993, Chapter 8 – “Sex, Economy, Freedom, and Community.”
ISBN-13: 9780679756514

Winner, Lauren, *Real Sex: The Naked Truth about Chastity*, Grand Rapids, MI: Brazo Press, 2005.
ISBN-13: 978-1587431975

Course Content, Topics and Schedule

1/12/09	Course overview & syllabus review Sexuality <ul style="list-style-type: none">- Sex as Sign- Sex Appeal- Sex & Community- John 4:1-38	<i>Come to class having read:</i> Wendell Berry, “Sex, Economy, Freedom, and Community”
1/13/09	Sex & Adolescents Sex & Singles The Subject of Abuse Romans 1:18-27	<i>Come to class having read:</i> Smedes, Chapters 57 Lauren Winner, <i>Real Sex</i>
1/14/09	Sex & Marriage <ul style="list-style-type: none">- The Crucible- Affairs & Addiction- The Last Idol Matthew 22:23-40	<i>Come to class having read:</i> Schnarch Rosenau, “Sexuality & Sex Therapy”
1/15/09	Homosexuality Sexuality, Sex & the Counselor “The Passion of the Christ/The Passion of the Spiderman” John 2:1-11	Smedes, Chapter 3
1/16/09	Class Presentations	

Course Requirements

Attendance is mandatory for all five class days. Your final grade will be an average of the class participation, sexual self-study term paper, and final presentation. Missing class hours may result in the loss of a letter grade in the class.

Reading: Students are asked to read all required texts by the dates shown on the course schedule. Texts not listed specifically in the course content and schedule should be referred to throughout the course.

Class Presentation: Students will present to the class a 3-5 minute presentation reflecting personal response to the course. Presentations may include information from class texts, current literature, novels, films, Scripture, and personal experience. This presentation should take into consideration “real issues and problems, as they are experienced and suffered in people’s lives”. The presentation is for the sake of the class community’s “mutuality of interests” to “live and act by the common virtues of trust, goodwill, forbearance, self-restraint, compassion, and forgiveness” (Berry). Further details will be given in class.

Term Paper:

1. Students will write a 12-14-page paper on the development of their individual sexuality addressing both psychological research and Christian ethical standards surrounding that development. Issues to be addressed include (but are not limited to):
 - How sexuality was presented in your family.
 - Issues that led up to specific behaviors.
 - Your emotional response to specific behaviors.
 - How specific behaviors/emotions impacted your spiritual life and growth.
 - How gender identity and gender roles were presented and integrated.
 - How you overcame or will overcome any destructive patterns, beliefs, or consequences.
 - How your own sexual development will contribute to your counseling.
2. Since this is a research paper, students will need to demonstrate knowledge of the subject matter by citing a minimum of six sources.
3. Papers will be in APA format (typed, double-spaced, 1” margins top and bottom And 1.25” margins left and right.)
4. **Papers are due in Earlene's office 2/02/2009. I will not accept papers via electronic media.**

5. Papers should be sealed in a manila envelope with your name written on the envelope. Earlene will mail the envelopes to me, and then I will mail the graded papers back to Earlene to distribute in your mailboxes. If you would like your paper mailed to your home, please include a stamped, self-addressed envelope. Please note that under no circumstances will I show anyone the papers.
6. A late paper will receive one letter grade lower for each calendar day that it is late.

Course Policies

1. Grading Policy:

Class Participation	25%
Term Paper	50%
Presentation	25%

2. Grading Scale:

A = 97-100points	B- = 86-87 points	D+ = 75-77 points
A- = 94-96 points	C+ = 83-85 points	D = 72-74 points
B+ = 93-91 points	C = 80-82 points	D- = 70-71 points
B = 88-92 points	C- = 78-79 points	F = below70 points