



**GRADUATE SCHOOL OF EDUCATION AND COUNSELING  
MCFT 569: SEX THERAPY                      SPRING - 2015**

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Time & Day: Thursdays, 5:30 pm, 1/15/14 to 3/19/15  
Instructor: Layne A. Prest, PhD, LMFT  
Room: Rogers Hall Room 220  
Office: Office hours- by appointment before or after class  
[lprest@peacehealth.org](mailto:lprest@peacehealth.org); 360.514.7568

**CATALOG DESCRIPTION**

Sexual health and introduction to treatment of sexual issues. Topics include sexual development across the lifespan, sexual orientation and identity, critique of the social construction of sex, systemic bio-psycho-social spiritual assessment of sexual well-being, and systemic treatment of specific sexual problems.

**COURSE DESCRIPTION**

This is an advanced course with a focus on sexual issues, requiring participants to apply what they are learning about couple and family therapy to the specialized area of sex therapy with couples. Because the course relies heavily on family and couple therapy theory and practice, students must be in the MCFT program; CPSY 504 and CPSY 562 are prerequisites and CPSY 560 is a co-requisite to enroll in the course.

In this course, we will explore sexual development, the social construction of sex, gender, and sexuality continuums, feminist critiques of dominant sexual discourses, the question of “normative” sexual functioning, the impact of sex abuse on adult sexual functioning, major sexual dysfunctions and their treatments, a bio-psycho-social spiritual approach to understanding and treating sexual problems, and other important topics.

**STUDENT LEARNING OUTCOMES**

This course promotes the following student learning outcomes:

- SLO1: 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. Develop fluency and comfort talking about sex and sexual functioning with individuals and couples.
4. Learn to assess sexual issues from a bio-psycho-social spiritual perspective that includes an analysis of power imbalances relative to sex.
5. Learn primary treatment approaches and techniques for resolving sexual problems and consider their use within specific cultural and social contexts.
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.

### **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 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.

### **TEXTS AND MATERIALS** (PLEASE COMPLETE ALL READINGS PRIOR TO CLASS).

- \* Hertlein K, Weeks G, Gambescia N. (2009). *Systemic Sex Therapy*. Routledge: NY
- \* Green S & Flemons D. (Eds.) *Quickies: The Handbook of Brief Sex Therapy*. Norton: NY.

Additional readings as outlined in syllabus and available on Moodle.

## COURSE REQUIREMENTS AND EVALUATION

### ***Attendance and Participation***

**10 points**

Acknowledging that 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 (10-20 minutes)***

**10 points**

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

### ***Group Presentation (60 minutes)***

**40 points**

Groups of 3-4 students will chose from among the following topics and plan a presentation to the class.

Sexual Desire Problems	Ejaculation Dysfunction
Erectile Dysfunction	Genito-pelvic Pain/Penetration Disorder
Female Arousal Problems	Female Orgasm Difficulties

Each presentation should include 1) recent literature (including DSM V) on the disorder, including critiques of how these problems are constructed, 2) recent trends in medical treatments and the impact of these on therapy, 3) at least 2 systemic approaches that have been used or can be used in treatment, 4) any evidence based treatments and/or research that is relevant to treatment, and 5) consideration of diversity issues in treatment. You are welcome to add any additional information that you think is important for therapists to know. Make certain you emphasize treatment in your research and presentation so you and your colleagues can acquire in-depth, up to date knowledge of treatment approaches. Each presentation must include a "cheat sheet" for each class participant, which includes major points, resources, and references. The cheat sheet is intended to serve as quick references in practice so **the main thrust should be clinical treatment guidelines, tips, etc.** DO NOT include detailed diagnostic criteria (that's what the DSM V is for).

### ***Final Take-Home Exam***

**40 points**

The final exam requires you to answer 4 out of 5 essay questions. The exam will be distributed on 3/12/15 and is due on 3/19/15.

## GRADING

93-100 = A	80-82 = B-
90-92 = A-	78-79 = C+
88-89 = B+	73-77 = C
83-87 = B	70-72 = C-

## COURSE SCHEDULE

### **Class 1: 1/15**

#### **Course Overview**

#### **Understanding Sexuality & Defining Terms**

#### **Discussion & Critique of the Social Construction of Sex**

#### *Readings:*

\* SST Chapters 1-4

Q Ch 1

### **Class 2: 1/22**

#### **Gender & Sexuality**

#### **Sexual Orientations and Sex Therapy**

#### **Self of the Sex Therapist**

#### *Readings:*

SST Ch 18

Q Ch 2, 10, 12

Hertlein, K., Weeks, G. & Sendek, S. (2009). A Clinician's Guide to Systemic Sex Therapy. pp. 101-106. Routledge: NY.

Lasenza, S. Multicontextual Sex Therapy with Lesbian Couples. Pp. 15-25

Hall M. (2001). Beyond and forever after: Narrative therapy with lesbian couples. In P. Kleinplatz (Ed.) *New Directions in Sex Therapy: Innovations and Alternatives*, Ch 13, pp 279-301, Edwards Brothers: Ann Arbor, MI.

Code of Ethics

### **Class 3: 1/29**

#### **Sexual Dissatisfaction versus Dysfunction**

#### **Bio-psycho-social spiritual Approach to Sex Therapy**

#### **Medicalization of Sex Problems & Treatments**

#### *Readings:*

SST Ch 14 & 17

Q Ch 3

Hertlein, K., Weeks, G. & Sendek, S. (2009). A Clinician's Guide to Systemic Sex Therapy. Ch. 2. Routledge: NY.

### **Class 4: 2/05**

#### **Group Presentation: Female Sexual Interest/Arousal**

#### *Readings:*

SST Ch 9

Q Ch 9

### **Class 5: 2/12**

#### **Group Presentation: Male Hypoactive Sexual Desire**

#### *Readings:*

SST Ch 5, 15 & 16

Q Ch 4

**Class 6: 2/19**

**Group Presentation: Premature & Retarded Ejaculation**

*Readings:*

SST Ch 7 & 8

Q Ch 8

**Class 7: 2/26**

**Group Presentation: Genito-pelvic Pain & Penetration Disorders**

*Readings:*

SST Ch 11, 13

Hertlein, K., Weeks, G. & Sendek, S. (2009). A Clinician's Guide to Systemic Sex Therapy. Ch. 11. Routledge: NY.

**Class 8: 3/5**

**Group Presentation: Erectile Dysfunction**

SST Ch 6

**Class 9: 3/12**

**Sex Abuse**

**Group Presentation: Female Orgasm Difficulties**

*Readings:*

SST Ch 10

Q Ch 7

Maltz, W. (2001). Sex therapy with survivors of sexual abuse. In P. Kleinplatz (Ed.) *New Directions in Sex Therapy: Innovations and Alternatives*, Ch 12, pp 258-278, Edwards Brothers: Ann Arbor, MI.

**Final Take Home Exam distributed**

**Class 10: 3/19**

**Final Take Home Exam due**

**Sexual Addictions**

*Readings:*

SST Ch 12

Q Ch 13, 14

Brooks, G. (2001). Challenging dominant discourses of male (hetero)sexuality: Foregrounding the politics of sex. In P. Kleinplatz (Ed.) *New Directions in Sex Therapy: Innovations and Alternatives*, Ch 3, pp 50-68, Edwards Brothers: Ann Arbor, MI.

**Discussion and review**

**Wrap-up and Evaluation**

\*SST= *SYSTEMIC SEX THERAPY*; Q= *QUICKIES*

COURSE OBJECTIVES-MCFT CORE COMPETENCIES EVALUATION SHEET  
Upon Completion of Lewis & Clark CPSY 578: Sex Therapy

TERM: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

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Please rate each item according to how much you learned about the competency listed.

Circle: 1=objective not met 2=objective somewhat met 3=objective adequately met 4=more than met

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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;

1                      2                      3                      4

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;

1                      2                      3                      4

3. Develop fluency and comfort talking about sex and sexual functioning with individuals and couples;

1                      2                      3                      4

4. Learn to assess sexual issues from a bio-psycho-social spiritual perspective that includes an analysis of power imbalances relative to sex;

1                      2                      3                      4

5. Learn primary treatment approaches and techniques for resolving sexual problems and consider their use within specific cultural and social contexts;

1                      2                      3                      4

6. Consider treatment issues specific to sex therapy with heterosexual, lesbian, gay, trans, and bi-sexual couples/families;

1                      2                      3                      4

7. Explore own biases relative to sexual orientation and sexual practices that are likely to influence work with clients.

1                      2                      3                      4