

Human Sexuality, PSYC5322

Fall 2015

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#### Mission Statement of the New Orleans Baptist Theological Seminary

The mission of the New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

#### Core Values and Curriculum Competencies:

New Orleans Baptist Theological Seminary highlights five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. While all five core values are emphasized, the primary focus for the 2015-2016 academic year is Mission Focus; We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries. Our confessional commitments are outlined in the Articles of Religious Belief and the Baptist Faith and Message 2000. Throughout this course students will be encouraged to consider how the core value of "Mission Focus" impacts their development as a Christian counselor called to operate in the local church. This course will address the curriculum competency component of Christian Counseling in both the M. Div. and MAMFC degrees.

#### Course Description:

This course is designed as a study of human sexual development, sexual practices, and treatments for the sexual dysfunctions and paraphilias. Theological and Christian practice issues are applied to human sexuality. Students learn techniques of sex therapy with a systemic perspective. Students are also challenged in their growth and development in this area.

#### Student Learning Outcomes:

1. The students will develop a Christian theological foundation for human sexuality.
2. The students will be able to describe sexual reproductive anatomy and physiology.
3. The students will examine and be able to delineate developmental aspects of human sexuality.
4. The students will be able to diagnose sexual problems, and examine treatment strategies, particularly with sexual dysfunctions and relationship issues.

The students will be encouraged to understand and become comfortable with their own sexuality as they integrate a Biblical sexual theology into their lives and counseling practice.

The students will develop an in-depth understanding of sexual biology, psychology and Biblical values so that each student becomes at ease talking and counseling in the sexual area of personality and relationships.

#### Required Textbooks:

McCluskey, C., & McCluskey, R. (2004). *When two become one: Achieving sexual intimacy in marriage*. Grand Rapids, MI.: F.H. Revell.

Rosenau, D.E. (2002). *A celebration of sex*. Nashville, TN: Thomas Nelson, Inc.

Yarhouse, M. A. & Tan, E. S. N. *Sexuality and sex therapy: A comprehensive Christian appraisal*. Downers Grove, IL: InterVarsity Press.

Optional Textbooks:

Hyde, J. S., DeLamater, J. D. (2006). *Understanding human sexuality*, (9th Edition). Boston, MA: McGraw Hill.

Balswick, J. K. & Balswick, J. O. (1999). *Authentic human sexuality*. Downers Grove, IL: InterVarsity Press.

\*Some of the reading for this course does not come from a specifically Christian perspective. This reading is required because it is representative of the thought in the field of sexology. Time will be spent in class discussing and critiquing the material from a Biblical Christian perspective.

Content of the Course:

The course will address the following content areas:

1. Christian Theology and Biblical Foundations for Sexuality
2. Sexual and Reproductive Anatomy
3. Love, Relatedness, Commitment, and Sexual Response
4. Contraception and Abortion
5. Sexual Dysfunctions, Paraphilias, and Therapies to treat them
6. Sexual Orientation
7. Sexual Victimization

Methodology:

In-Class:

Class discussion  
Lecture  
Discussion groups  
Role-plays  
Videos

Outside-of-Class:

Reading assignments  
Writing assignments  
Therapy research  
Group Process

Requirements and Grading:

Sexual Integration Paper: Theology of Sexuality	20%
Parts I and II (15%) <b>(Due October 7)</b>	
Part III (5%) <b>(Due November 18)</b>	
Book Review / Resource Presentation	10%
Treatment Plans	10%
Topic Presentation	10%
Mid-Term Examination	15%
Final Examination	15%
Class Participation (Role Plays, Group Exercises, etc.)	20%

Assignment Policies:

All assignments are to be submitted in the manner which is listed on the syllabus by the assigned date and time. Any late assignments will incur a penalty of four points per weekday. No assignments will be accepted later than one week after the due date. Assignments are not to be emailed to either instructor without prior permission.

Sexual Integration Paper

This three-part paper is designed for your growth into sexual health and maturity. It will only be helpful if you are willing to be courageously open in exploring your own sexual self and theology.

Parts I and II are due on October 7. Part III is due on November 18.

Divide the paper into three parts:

I. An Autobiography (4-5 pages)

A. 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.

B. 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? (*Although you may choose not to share **all** details of your sexual history, you are **strongly** encouraged to complete the exercise of writing about all significant experiences, even if you delete some aspects before submitting the paper. This assignment is for your growth.*)

C. 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 which areas do you experience shame and/or guilt? 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 (8-10 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 are 4-5 Scriptural concepts that you would 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 researchers do you agree or disagree with in terms of your sexual theology? (*This question implies that you have done research about what leading Christian researchers believe about sexual theology. Your paper should include at least 6 sources outside of your textbooks.*)

C. What sexual sin are you most vulnerable to and what circumstances could bring about personal failure in this area? 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?

D. 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?

III. Spiritual Vitality Component (4 pages or less)—This portion is due on November 18.

This portion is designed as to assist students in being comfortable discussing Biblical sexuality outside of the classroom context, as well as to minister to the local church by leading others to incorporate spirituality into sexuality.

A. Students will prepare a Bible study based on some aspect of sections II.A. and II.D. The topic should be narrowed enough that students can teach the Bible study in a 30-45 minute lesson. Special emphasis should be on God's plan for sexuality, as this is an often misunderstood topic in both the world and the church. Students should provide a brief outline of their Bible study (**2 pages or less**). Students will secure a setting in which they may teach this Bible study in order to educate, encourage, and challenge believers/unbelievers to serve God through the experience of Biblical sexuality. Suggested settings include Sunday School classes, Bible study groups, youth groups, and other settings approved by the professor.

B. Students will write **1-2 pages** describing their experiencing of teaching the Bible study, including emotions experienced (anxiety, fear, peace, boldness, etc.) and the student's perceived response to the Bible study by the audience.

It is recognized that the major benefit of the paper is in 1) exploring these issues so that you may know your strengths and vulnerabilities and take action to live with integrity; and 2) writing your story knowing someone will read it. In the course of your counseling ministry, you will ask clients to trust you by being transparent and honest about their struggles. This exercise will help you to recognize the courageous choice that clients make when they trust you to walk alongside them on their personal journey. Papers will be returned to students and complete confidentiality of the student's writing is assured by the instructor.

#### Book Review Presentation

Students will sign up to present a book related to human sexuality. The presentation will be given at the beginning of class and should last **no longer than 10 minutes**. Students may use the course bibliography as a guide for selecting books. The presentation should include the following elements:

1. Biographical Sketch of the Author
2. Statement of the Author's Purpose
3. **BRIEF** Summary of the Book's Contents
4. Unique Features, Strengths/Weaknesses of the Book
5. Concluding Evaluation (Would you recommend the book? Why or why not?)

Students are expected to do more than simply read PowerPoint slides or handouts. The student is expected to facilitate a dynamic learning environment. Any significant failure to give attention to these areas will result in a reduction in the credit given for the presentation. On the date of the presentation, students should also provide copies of a handout for the class. The handout should be **one page, front and back, or less**. The handout should include the following elements:

1. Reference Line for the Book Presented (in APA format)
2. Summary of the Book's Contents (3-4 paragraphs)
3. Would you recommend this book to others? If so, who specifically?
4. How would you use this book in ministry?

#### Treatment Plans

Students will be placed into groups of 3-4 that are selected by the instructors. Each group will choose three problems common to the area of sexuality in counseling. The group members will be responsible for coming up with a treatment plan and a role play regarding the problem. The treatment plan should be **two pages or less**. A format for the treatment plans will be handed out during the second week of class. Treatment plans should reference at least **three** current journal articles related to the treatment issue. The role play should be between 10-15 minutes. **Students will post treatment plans to the "Treatment Plan" discussion board on Blackboard by midnight the Wednesday prior to the class meeting** in which their chosen treatment issue is discussed and presented in a role play. Students should download and read the treatment plans posted by their classmates in preparation for class, as well as the midterm and final exam.

#### Topic Presentations

Each student will be required to research and present a 5-10 minute presentation to the class on a topic related to sexuality / sexual functioning. Students may use power point, handouts, or other methods useful for teaching the topic. Presentation topics will be assigned and presentations will take place throughout the semester. In order to make the presentation process flow more smoothly, email your Powerpoint presentation (if you are using one) to Brooke at

[mrs.osborn@hotmail.com](mailto:mrs.osborn@hotmail.com) no later than noon the Thursday before your scheduled presentation time.

### Attendance

Class attendance is extremely important, not just for the content, but to get the value of class interaction and different viewpoints. Any work missed due to absence or tardiness is the student's responsibility. Please obtain copies of notes or handouts from your colleagues. Although you are allowed 9 hours of absence in accordance with NOBTS attendance policy, please take this course seriously and attend all classes unless providentially hindered.

### Course Schedule

Reading schedule abbreviations: SST (Sexuality & Sex Therapy), CS (Celebration of Sex), TBO (When Two Become One), AS (Authentic Human Sexuality—on reserve at library).

Week #	Topics	Reading Assignments
1 8/26	Introduction/Syllabus	
2 9/2	Theology of Sexuality	SST: Chapter 1, 2 CS: Intro and Chap. 1 TBO: Chapter 1
3 9/9	Sexual Education for Kids/Adolescents	CS: Chapter 2
4 9/16	Sexual Anatomy Contraception and Abortion	SST: Chapter 3 CS: Chapters 3 TBO: Chapter 4
5 9/23	The Sexual Response Cycle Techniques of Arousal & Communication	SST: Chapter 4 CS: Chapter 4, 6-10, 18 TBO: Chapters 2, 5-9, 12
6 9/30	Sexual Disorders and Sex Therapy	SST: Chapter 5-9 DSM-IV-TR: p. 535- 564 CS: Chapter 21-22
7 10/7	Variations in Sexual Behavior Sexual Addiction	SST: Chapter 10, 11 CS: Chap 26-28
8 10/14	Mid-Term Exam	
9 10/21	FALL BREAK	

10 10/28	Relationship Issues Attraction, Intimacy, and Love	CS: Chapters 11-15, 26-28 AS: Chapters 6-9 TBO: Chapter 3
11 11/4	Fertility and Infertility Sexuality and the Life Cycle	CS: Chapter 19-20, 25
12 11/11	Gender and Sexuality Sexual Orientation	SST: Chapter 12, 13 CS: Chap 29 AS: Chapters 4-5
13 11/18	Sexual Coercion/Sexual Trauma	CS: Chapter 24 AS: 10-12
14 11/25	Thanksgiving Break	
15 12/2	Sexually Transmitted Diseases	SST: Chapter 14 CS: Appendix
16	Final Exam	

## Selected Bibliography

### Biblical Sexuality:

- Akin, D. (2003). *God on sex: The creator's ideas about love, intimacy and marriage*. Broadman & Holman. (BT 708 A356)
- Arnold, J. (1998). *A plea for purity: Sex, marriage & God*. Plough Publishing House. (BT 708 A766)
- Balswick, Judith & Balswick, J. (1999). *Authentic human sexuality: An integrated Christian approach*. Intervarsity Press. (HQ 21 B357)
- Cosby, M. (1984). *Sex in the bible: An introduction to what the scriptures teach us about sexuality*. Prentice-Hall. (BS 680. S5 C673)
- Gardner, T. A. & Stanley, S. M. (2002). *Sacred sex: A spiritual celebration of oneness in marriage*. Colorado Springs, CO: WaterBrook Press.
- Gold, M. (1992). *Does God belong in the bedroom?* Jewish Publication Society. (BM720. S4 G653)
- Gruber, T. (2001). What the bible "really" says about sex: A new look at sexual ethics from a biblical perspective. Trafford. (BS 680. S5 G783)
- Gudorf, C. E. (1994). *Body, sex, and pleasure: Reconstructing Christian sexual ethics*. Pilgrim Press. (BX 1795. S48 G836)
- Perry, F. (1982). *Sex and the bible*. Christian Education Research Institute. (BS 680. S5P477)
- Piper, J. (1990). *What's the difference?: Manhood and womanhood defined according to the bible*. Crossway Books. (BT 703.5 P574)
- Quay, P. M. (1985). *The Christian Meaning of Human Sexuality*. Credo House. (BT 708 Q39)
- Wheat, E. & Wheat, G. (1997). *Intended for pleasure*. Fleming H. Revell. (HQ 734 W52)

### Newlywed Resources:

- Penner, Clifford & Penner, J. (1994). *Getting your sex life off to a great start: A guide for engaged and newlywed couples*. Word Publishing. (HQ 31 P466)
- Rosenau, D. E. (2005). *A celebration of sex for newlyweds*. Nashville, TN: Thomas Nelson.

### Parenting Resources:

- Laaser, M. R. (1999). *Talking to your kids about sex: How to have a lifetime of age-appropriate conversations with your children about healthy sexuality*. Colorado Springs, CO: WaterBrook Press.

### Sexual Dysfunctions/Disorders:

- Charlton, R. & Yalom, I. (1997). *Treating sexual disorders*. Jossy-Bass Publishers. (RC 557 T743)
- Goodwin, A. & Agronin, M. (1997). *A Woman's Guide to Overcoming Sexual Fear & Pain*. New Harbinger Publications. (RC 560. S46 G663)
- Kaplan, H. (1989). *How to overcome premature ejaculation*. Brunner/Mazel. (RC560.P73 K375)
- Kaplan, H. (1987). *The illustrated manual of sex therapy*. Brunner/Mazel. (RC557K375)
- Leiblum, S. & Rose, R. (2000). *Principles and Practices of Sex Therapy*. Guilford Press. (RC 557 L453)
- Penner, Joyce & Penner, C. (1990). *Counseling for Sexual Disorders*. Word Publishers. (BV 4460.8 P466)

#### Sexual Addiction/Pornography:

- Carnes, P. J., Delmonico, D. L., Griffin, E., & Moriarity, J. M. (2007). *In the shadows of the net: Breaking free of compulsive online behavior*. Center City, MN: Hazelden.
- Carnes, P. J. (2001). *Out of the shadows: Understanding sexual addiction*. Center City, MN: Hazelden.
- Laaser, M. R. (2004). *Healing the Wounds of Sexual Addiction*. Grand Rapids, MI: Zondervan.
- Struthers, W. M. (2009). *Wired for intimacy: How pornography hijacks the male brain*. Downers Grove, IL: Intervarsity Press.

#### Sexual Abuse:

- Bromley, N. B. (2007). *Hush: Moving from silence to healing after childhood sexual abuse*. Chicago, IL: Moody Publishers.
- Carter, W. L. (2002). *It happened to me: A teen's guide to overcoming sexual abuse*. New Harbinger Publications.
- Cohen, J. A., Mannarino, A. P., Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York: Guilford Press.

#### Infertility:

- Saake, J. (2005). *Hannah's hope: Seeking God's heart in the midst of infertility, miscarriage, and adoption loss*. Colorado Springs, CO: Nav Press.
- Thompson, J. (2011). *Dear God, why can't I have a baby?: A companion guide for couples on the infertility journey*. Abilene, TX: Leafwood Publishers.

#### Extramarital Affairs:

- Carder, D. (2003). *Close calls: What adulterers want you to know about protecting your marriage*. Chicago, IL: Northfield Publishing.
- Carder, D. (2008). *Torn asunder: Recovering from an extramarital affair*. Chicago, IL: Moody Publishers.
- Laaser, D. (2008). *Shattered vows: Hope and healing for women who have been sexually betrayed*. Grand Rapids, MI: Zondervan.

#### Abortion:

- Reisser, T. & Reisser, P. (2000). *A solitary sorrow: Finding healing and wholeness after abortion*. Shaw Books.

#### Other Christian Resources:

- Foster, R. J. (1985). *The challenge of the disciplined life: Christian reflections on money, sex & power*. Harper & Row. (HB 72 F678)
- Kraft, W. (1998). *Whole & Holy Sexuality: How to Find Human and Spiritual Integrity as a Sexual Person*. Wipf and Stock. (HQ 32 K374)
- LaHaye, Tim & Lahaye, B. (1998). *The Act of Marriage: the Beauty of Sexual Love*. Zondervan. (BT 708 L343)

#### Other Secular Resources:

- Weeks, G. & Hof, L. (1987). *Integrating Sex and Marital Therapy: A Clinical Guide*. Brunner/Mazel. (RC 488.5 1584)
- Schnarch, D. (1998). *Passionate marriage: Love, sex, and intimacy in emotionally committed relationships*. H. Holt. (RC 557 S363)
- Sell, C. & Sell, V. (2003). *Making love meaningful: The purpose of marital intimacy*.

Broadman & Holman. (HQ 31 5455)

Cervenka, K.A. (2003). *In the mood again*. Oakland, CA: New Harbinger Publications.

McCarthy, B. & McCarthy, E. (2003). *Rekindling desire: A step-by-step program to help low-sex and no-sex marriages*. Brunner-Routledge. (HQ 31 M333)

Greenberg, J., Bruess, C., & Haffner, D. (2000). *Exploring the dimensions of human sexuality*. Jones and Barlett. (HQ 21 G744)

Journals:

Journal of Sex & Marital Therapy. Brunner/Mazel.

Journal of Sex Education and Therapy. American Association of Sex Educators and Counselors.