I. COURSE DESCRIPTION

This course is designed to explore the physiological, psychological, and socio-cultural variables associated with sexual identity, sexual orientation, and sexual behavior. Students will develop an understanding and appreciation of all aspects of human sexual behavior throughout the lifespan and how the variables of ethnicity, culture, gender, orientation, and other demographics impact that behavior. Attention will also focus upon clinical issues most often presented in social work practice by individuals and couples, e.g. low sexual desire and extramarital affairs. Specific sexual dysfunctions identified in the DSM will be explored in terms of their etiology and the current treatment models used to address them. The field of Sex Therapy will be discussed, past and present, as well as the evidence base for treatment. Neurobiology and the new research on brain chemistry will be highlighted as it relates to human sexuality and emotional relationships.

The sexual component is often given short shrift or ignored altogether in clinical work, primarily due to the social worker’s own discomfort in dealing with these issues. Aside from their own countertransference, clinician reluctance is often due to lack of knowledge regarding sexual problems since it is not included in the regular curriculum. Nevertheless, sexuality is an essential component of human life. A healthy sex life has been found to increase longevity, enhance life satisfaction, reduce chronic pain, lower the risk of psychiatric disorders and, of course, increase relationship satisfaction. Students of all concentrations, but most especially those in the Mental Health, Family and Children, and Health concentrations will add to, and deepen, their understanding of human behavior. This course is not designed to create sex therapists but to help social workers feel more comfortable dealing with the sexual concerns of their clients.
II. COURSE OBJECTIVES

After completing the course students are expected to be able to do the following:

1. Describe male and female anatomy and the physiology of the human sexual response.

2. Identify areas of the brain and chemistry implicated in the human sexual response and be able to describe the evolutionary roots of sexuality.

3. Describe the biological, psychological, and social determinants of gender identity, sexual behavior and sexual disorders. These include the psycho-historical and socio-cultural contexts, as well as racial/ethnic, gender, and other demographic variables.

4. Identify and describe the range of human sexuality in terms of erotic attraction, behavior, identity and expression across the lifespan.

5. Apply explanatory and practice theories to working with clients with sexual issues and know when to refer to a certified sex therapist.

6. Describe the effects of aging on sexual functioning and how to counteract them.

7. Identify the DSM-IV classification of sexual disorders, their etiology and the current treatment models used to address them.

8. Differentiate particular health and mental health issues and their impact on sexual functioning (e.g. the use of psychotropic medications).

9. Describe the effects of childhood trauma on adult sexual functioning, i.e. the sexual consequences of incest and rape.

10. Identify sexually oppressed groups such as the disabled, the elderly, and LGBTI.

11. Apply knowledge of erotic transference and countertransference in clinical work.

12. Describe research currently going on in the field, as well as the methodological issues related to carrying out research in Human Sexuality.

Note: This course meets the Board of Behavioral Science requirement for licensure.

III. COURSE FORMAT

The format of the course will be didactic, interactive, and experiential. Students will be able to role play working with clients who present with sexual difficulties, particularly those clients with various types of sexual expression/orientation. Video clips, DVDs, and case material will be
utilized to highlight concepts presented in class. Speakers with expertise in a particular area will also be invited to present. Students are encouraged to bring in sexual issues related to clinical practice.

IV. COURSE EVALUATION AND GRADING

All students are expected to regularly attend class and be on time. A student with more than two unexcused absences during the course of this class may receive a no credit. A student who is tardy three or more times to class may receive a grade of no credit. If a student receives a no credit grade in this seminar, they will be required to repeat this class.

Class grades will be based on the following:

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<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>3.85 – 4</td>
<td>A</td>
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<tr>
<td>3.60 – 3.84</td>
<td>A-</td>
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<tr>
<td>3.25 – 3.59</td>
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<td>2.90 – 3.24</td>
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<td>2.60 – 2.87</td>
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<td>2.25 – 2.50</td>
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<td>1.90 – 2.24</td>
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Final Grade:

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<th>Grade</th>
<th>Percentage</th>
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<tbody>
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<tr>
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<td>87 – 89</td>
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<td>83 – 86</td>
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<td>73 – 76</td>
<td>C</td>
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<tr>
<td>70 – 72</td>
<td>C-</td>
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Mid Term Assignment 40%
Final Assignment 50%
Class Participation 10%

**Assignments**

The mid-term assignment will be a reaction paper to a book or film of the student’s choosing. The final assignment will be either (a) a clinical paper integrating theory and practice and demonstrating mastery of the course material or (b) a library research paper exploring in depth a topic in which the student is interested (e.g. pornography). Detailed instructions for these assignments will be handed out in class.
V. ATTENDANCE POLICY

Students are expected to attend every class and to remain in class for the duration of the session. Failure to attend class or arriving late may impact your ability to achieve course objectives which could affect your course grade. Students are expected to notify the instructor by telephone or email of any anticipated absence or reason for tardiness.

University of Southern California policy permits students to be excused from class, without penalty, for the observance of religious holy days. This policy also covers scheduled final examinations which conflict with students’ observance of a holy day. Students must make arrangements in advance to complete class work which will be missed, or to reschedule an examination, due to holy days observance.

VI. COURSE EXPECTATIONS AND GUIDELINES

Students are expected to attend class sessions, complete all reading assignments, participate in class discussions and activities, submit work on the date and time specified by the instructor, and contribute to an atmosphere of mutual respect and civil discourse.

VII. REQUIRED TEXTS


All required articles are posted on ARES. Books are on reserve at Leavey Library.

VIII. ACADEMIC ACCOMMODATIONS

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to the instructor as early in the semester as possible. DSP is located in STU 301 and is open from 8:30 a.m. to 5:00 p.m., Monday through Friday. The phone number for DSP is (213) 740-0776.
IX. ACADEMIC INTEGRITY

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one’s own academic work from misuse by others as well as to avoid using another’s work as one’s own. All students are expected to understand and abide by these principles. Scampus, the Student Guidebook, contains the Student Conduct Code in Section 11.00, while the recommended sanctions are located in Appendix A: http://www.usc.edu/dept/publications/SCAMPUS/gov/. Students will be referred to the Office of Student Judicial Affairs and Community Standards for further review, should there be any suspicion of academic dishonesty. The Review process can be found at: http://www.usc.edu/student-affairs/SJACS/.

X. EMERGENCY RESPONSE INFORMATION

To receive information, call main number (213)740-2711, press #2. “For recorded announcements, events, emergency communications or critical incident information.”

To leave a message, call (213) 740-8311
For additional university information, please call (213) 740-9233
Or visit university website; http://emergency.usc.edu

If it becomes necessary to evacuate the building, please go to the following locations carefully and using stairwells only. Never use elevators in an emergency evacuation.

University Park Campus
City Center
MRF – Lot B
Front of the building (12th & Olive)
SWC – Lot B
Orange County Campus
WPH – McCarthy Quad
Faculty Parking Lot
VKC – McCarthy Quad
Skirball Campus
Front of building

Do not re-enter the building until given the “all clear” by emergency personnel.
X. COURSE OUTLINE

Week 1: Introduction: Sex, Love, and Intimacy
- The psycho-historical and cultural contexts of human sexuality: range and diversity of attitudes and practices: (e.g. masturbation, oral sex, etc.)
- Sex positive and sex negative cultures
- Sex research: methods, limitations, and ethical issues
- The case for a good sex life – and what is it?
- Film clip: Secrets of Sexual Ecstasy

Required Reading:
Psychological Perspectives on Human Sexuality.
Chapter 1: Research in Human Sexuality (Wagstaff, D; Abramson, P; and Pinkerton, S.)

Principles and Practice of Sex Therapy
Chapter 1: Sex Therapy Today: Current Issues (Leiblum)
Chapter 14: Sexuality and Culture (McGoldrick, Loonan, and Wohlsifer)

Optional Reading:

This session addresses objective #12 and partially addresses #3.

Week 2: The Biological component
- Male and female anatomy
- The sexual response
- The neurobiology and chemistry of love
- DVD: The Anatomy of Sex

Required Reading:
Chapter 4: Sex: the brain below the belt


Optional Reading:
Psychological Perspectives on Human Sexuality
Chapters 2, 3: Male Sexuality, Female Sexuality (Everaerd, W; Laan, E; and Spiering, M.)

This session addresses objectives #1, #2, and #12.
Week 3: Sexual Diversity

- Gender and sexual identity and gender dysphoria
- Sexual orientation as a social construct
- Transgendered and transsexual individuals
- Etiology: theoretical perspectives past and present: Nature vs. nurture?
- Gender dysphoria
- Video: For Better or for Worse

Required Reading:

*Psychological Perspectives on Human Sexuality*
  Chapter 4: Issues of Transgender (Cole, Denny, Eyler, and Samons)
  Chapter 5: Sexual Orientation (Ellis and Mitchell)

*Principles and Practice of Sex Therapy*
  Chapter 13: Therapy with Sexual Minorities: Queering Practices (Nichols and Shernoff)

Optional Reading:

*Principles and Practice of Sex Therapy*
  Chapter 16: Assessment and Treatment of Gender Dysphoria (Carol)


This session addresses objectives #3, #4, and #10.

Week 4: Theoretical explanations that inform work with sexual issues

- Contemporary typologies of love
- Attachment theory
- Object relations and the developmental model
- CBT
- Video: Middle Sexes

Required Reading:

*Psychological Perspectives on Human Sexuality*
  Chapter 6: Love Relationships (Regan)


Optional Reading:


This session addresses objective #5.

Week 5: Clinical Assessment of Sexual Dysfunction
- The DSM: organization and controversies
- The “New View” assessment model
- Co-occurring disorders (anxiety, depression, PTSD)
- Models of sex therapy (PLISSIT, Master’s and Johnson)
- Models of sexual expression
- Effects of medications on sexual functioning
- Using the “New View” assessment tool

Required Reading:

www.medscape.com/viewprogram/3437_pnt

This session addresses objective #7 and #8.
Week 6: Understanding and treating Desire and Arousal Phase disorders

- Hypoactive sexual desire
- Desire discrepancy couples
- Erectile Dysfunction
- Inhibiting factors: bio-psycho-social/cultural
  - Health/mental health
  - Medication
  - Attitudes
  - Cultural and religious proscriptions
  - Other contributing factors
- DVD: *Voice Therapy* (Working with negative internalized messages)

Required Reading:

*Principles and Practice of Sex Therapy*
- Chapter 2: Sexual Desire/Arousal disorders in Women (Basson)
- Chapter 7: Sexual Desire Disorders in Men (Maurice)
- Chapter 10: Erectile Dysfunction (Rosen)

  - Chapter 9: Voice therapy applied to problems in sexual relating.

Optional Reading:


*This session address objective # 7 and #12.*

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Week 7: Understanding and treating Orgasmic Phase disorders

- Erectile dysfunction and premature ejaculation
- Better loving through chemistry and other interventions
- Anorgasmia
- Film clip: *Orgasmic Expulsions* (documentary)

Required Reading:

*Principles and Practice of Sex Therapy*: (Parts of the following chapters)
- Chapter 4: Orgasmic disorders in women (Heiman)
- Chapter 8: Rapid Ejaculation (Althof)
- Chapter 9: Delayed Ejaculation (Hartman and Waldinger)
Optional Reading:


*This session addresses objective #7 and #12.*

**Week 8: Understanding and treating Pain Disorders and Paraphilias**
- Dyspareunia and vaginismus
- Paraphilias
- Sex Offenders – etiology and best practices

Required Reading:
*Psychological Perspectives on Human Sexuality.*
- Chapter 13: Paraphilias. (Feierman, J. and Feierman, L.)
- Chapter 14: Sexuality and the internet. (Cooper, A; Boies, S; Maheu, M; and Greenfield, D.)

Optional Reading:
*Principles and Practice of Sex Therapy*
- Chapter 5: Dyspareunia and Vaginismus (Binik, Bergeron, Khalife)
- Chapter 6: Physical Therapy of Sexual Pain Disorders (Rosenbaum)


*This session addresses objectives #4 and #7.*

**Week 9: Erotica, Pornography, and Sexual Addiction**
- Sexual compulsion and addiction
- Erotica and pornography
- Sexual Fantasies: meanings and functions
- Internet porn: is it harmful?
Required Reading:
*Psychological Perspectives on Human Sexuality.*
- Chapter 7: Sexual fantasy and erotica/pornography: internal and external imagery. (Byrne and Osland)

*Principles and Practice of Sex Therapy*
- Chapter 15: Paraphilia-related disorders: nonparaphilic hyper-sexuality (Kafka)

Optional Reading:
*Carnes, P; Griffin, E; Delmonico, D; Moriarty, J. (2001). In the Shadow of the Net. Arizona: Hazelden Information and Educational Services.*


*This session addresses objectives #4 and #7.*

**Week 10: Sexuality through the Lifespan: highlights**
- Childhood sexuality: what is “normal?”
- Adolescent sexuality: what are they doing now?
- Mid-life sexuality: effects of ageing
- Sex in the older years: myths and realities
- *Film clip: Trans-generation*

Required Reading:
*Psychological Perspectives on Human Sexuality.*
- Chapter 11: Adolescent Sexuality (Paikoff, McCormick, and Sagrestano)

- Chapters 11, 12 on mid-life sexuality

*This session addresses objective #6 and #10.*

**Week 11: The sexually discriminated: vulnerable groups**
- The mentally challenged
- The physically challenged
- The elderly

Required Reading:
*Psychological Perspectives on Human Sexuality.*
- Chapter 8. Disabled sexual partners. (Mona and Gardos)
- Chapter 9: Older adult sexuality (Kellet)

*This session addresses objective #10.*
Week 12: The sexually victimized: effects and treatments

- Child sexual abuse
- Rape
- Female Genital Mutilation
- Complex PTSD
- Film: Female Genital Mutilation (documentary)
- Film clips: Partners in Healing and Relearning Touch

Required Reading:
*Psychological Perspectives on Human Sexuality.*
  Chapter 15. The aftermath of child sexual abuse (Courtois)
  Chapter 16: Rape and sexual aggression Calhoun and Wilson)

*Principles and Practice of Sex Therapy*
  Chapter 12: Sexual Dysfunction and Childhood Sexual Abuse (Hall)

Optional Reading

This session addresses objective #9

Week 13: Affairs outside the relationship

- Meanings and functions of affairs
- Models of treatment

Required Reading:


Optional Reading
  Chapter 9: Treatment implications.


This session addresses objective #5.
Week 14: Issues of sexual health
- Working with client with HIV/AIDs
- STDs
- Chronic illness and sexuality

Required Reading:
*Psychological Perspective on Human Sexuality*
  Chapter 10: HIV/AIDS and Sexuality (Ross and Schonnesson)
  Chapter 14: Sexual Problems in Chronic Illness (Schover)

Optional Reading:
*Principles and Practice of Sex Therapy*
  Chapter 11: Sexuality and illness (Stevenson and Elliott)

This session addresses objective #8 and #12.

Week 15: Transference and Countertransference phenomena
- Erotic transferences/counter-transferences
- Dual relationships
- Enhancing sexual potential: shifting paradigms from “dysfunction” to “enhancement”
  What you can do and ….
- When to refer to a Sex Therapist

Required Reading:
*Psychological Perspective on Human Sexuality*
  Chapter 17: Therapists’ Sexual Feelings and Behaviors: research, trends, and quandaries.
  (Pope)


This session addresses objective #11.