



INSTITUTE FOR SEXUAL WHOLENESS

Introduction to Human Sexuality & Sex Therapy

Syllabus

DTS: CM5605 HUMAN SEXUALITY (3 CREDIT HOURS)

I. COURSE DESCRIPTION

CM5605 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 taught at DTS, this course is the foundational course for the Institute for Sexual Wholeness program (<https://www.sexualwholeness.com/isw-main>) for certification as a sex therapist (ABCST – American Board of Christian Sex Therapist).

II. COURSE OBJECTIVES

- Students will be able to discuss the basics of sexual anatomy and physiology, sexual response, psychology of sexuality, and Biblical sexual values.
- Students will develop and demonstrate greater comfort talking and counseling in the area of sexuality and sexual relationships.
- Students will identify and describe human sexuality issues (e.g., sexual functioning, sexual compulsivity, gender and sexual orientation) and their impact on couple and family functioning.
- Students will develop greater clarity and comfort with their own sexuality, as well as develop and integrate a Biblical sexual theology into their lives and counseling practice.
- Students will be able to discuss and utilize the DEC-R model to address common sexual problems.

III. COURSE TEXTBOOKS

A. Required Texts

- Rosenau, D. (2002). *A Celebration of Sex* (Rev. and updated. ed.). Nashville: Thomas Nelson. (pp. 1-293).
- Hyde, J. S. (2020). *Understanding Human Sexuality*, (14th Edition), Boston: McGraw Hill. (Chapters 4-10, 17-18)
- Laaser, M. R. (2004). *Healing the Wounds of Sexual Addiction: Sexual Integrity in a Fallen World*. Grand Rapids, Mich.: Zondervan.

McCluskey, C., & McCluskey, R. (2004). *When Two Become One: Enhancing Sexual Intimacy in Marriage*. Grand Rapids, Mich.: F.H. Revell. (pp. 16-132).

Rosenau, D. (2023). *Single & Sexually Whole: Soulfully Celebrating the Dance of the Sexes*. Atlanta, GA: Sexual Wholeness Resources.

Note: The reading from Hyde does not come from a specifically Christian perspective and may be inconsistent with the statement of beliefs for DTS 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 DTS and ISW.

B. Required Articles & Chapters

Rosenau, D.E., Sytsma, M., and Taylor, D.L. (2001). Sexuality and Sexual Counseling: Learning and Practicing the DEC-R Model. In T. Clinton, and G. Ohlschlager (Eds.), *Competent Christian Counseling*, Colorado Springs: Waterbrook.

Sytsma, M. (2018). Strategies for Couple Sexual Problems. In J. Thomas (Ed.), *Counseling Techniques: A Comprehensive Resource for Christian Counselors*. Grand Rapids, NY: Zondervan.

Yarhouse, M.A. (2010). Round Peg, Square Hole: Being an Evangelical Christian in GLB Studies.

Note: These articles and chapters will be made available to download

IV. COURSE REQUIREMENTS

A. Attendance and Participation: 10% of grade **Due: 7/31/24 11:59pm CST**

Attendance is crucial, not just for the content, but to get the value of different professors and viewpoints.

B. Reading Assignments: 35% of grade **Due: 7/31/24 11:59pm CST**

Students are expected to have completed reading assignments by the end of the grading period. Reading assignments will be evaluated by self-report. The percentage of reading completed will determine the grade.

C. Written Assignments: 30% of grade **Due: 7/31/24 11:59pm CST**

Sexual Autobiography

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. (8-10 pages: not to be turned in but completed and read by you. You will only turn in a reflection report on the process).

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?

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?)

Theology of Sex Paper

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.

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.

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?

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?

D. Exam: 25% of grade

Due: 7/31/24 11:59pm CST

Final exam: this online exam consists of objective (multiple choice) questions taken from the Hyde text and required ISW Lecture Notes. The Exam Link will be posted on the course website along with directions.

V. COURSE POLICIES

A. Weighing of Course Requirements for Grading

The final grade for this class will be assigned in the following manner:

Reading Assignments	35%
Written Assignments	30%
Final Exam	25%
Attendance & Participation	10%

B. Class Participation, Presentations & Attendance

Active participation and consistent attendance are critical for meeting the course objectives.

C. Late Assignments

All work must be due by July 31, 2024 11:59pm CST.

D. Absences

Attendance is mandatory. In a course such as this, a student simply cannot miss more than one day without it making a significant difference in the learning outcome. Unexcused absences will result in a grade deduction from final grade according to the Student Handbook. Unexcused absences greater than 6 hours will result in an incomplete grade for the course.

E. Letter/Numerical Grade Scale

A+	99-100	B+	91-93	C+	83-85	D+	75-77	F	0-69
A	96-98	B	88-90	C	80-82	D	72-74		
A-	94-95	B-	86-87	C-	78-79	D-	70-71		

VI. COURSE SUPPLEMENTAL INFORMATION

DTS does not discriminate on the basis of disability in the operation of any of its programs and activities. To avoid discrimination the student is responsible for informing the Coordinator of Services for Students with Disabilities and the course instructor of any disabling condition that will require modifications.

About Your Instructors:

Dr. Gary Barnes is a Licensed Psychologist, a Certified Sex Therapist, and a Professor of Counseling at Dallas Theological Seminary. He is also an ordained Anglican Priest with the Anglican Church of North America and maintains a part-time private practice since 1995. Gary received his BS degree from Cornell University, his ThM degree from Dallas Theological Seminary, and his PhD from Columbia University in Counseling Psychology. He is the co-editor of the book, *Sanctified Sexuality: Valuing Sex in an Oversexed World* (2020), as well as authoring numerous articles and chapters on the integration of theology and psychology as applied to marriage, family and sexuality. He has recently become the Director of the Institute for Sexual Wholeness.

Debby Wade is a Licensed Marriage and Family Therapist, a Licensed Professional Counselor, a Certified Sex Therapist (by ABCST) and Certified Sex Addiction Therapist (by IITAP). Since receiving her M.A. degree from Hardin Simmons University in Marriage and Family Therapy, she has worked in both inpatient and outpatient settings. She founded ACTSolutions (Authentic Christian Therapeutic Solutions) in 1999 and offers two different therapy groups: for women recovering from sexual betrayal/infidelity and for women who struggle with sexual purity and/or sexual addiction. She has over 30 years of experience working with children, adolescents and adults in individual, group, marital and family therapy. She has taught with the Institute for Sexual Wholeness faculty since 2013.

Dr. Debra Taylor is a Licensed Marriage and Family Therapist and a Certified Sex Therapist. She teaches sex therapy courses through the Institute for Sexual Wholeness and has presented on various marriage and sexuality topics in graduate schools, conferences, and churches throughout the United States and internationally. She earned her MA in Marriage, Family, and Child Counseling from Azusa Pacific University, a Psy.D. in clinical psychology from California Southern University, and a Certificate in Human Sexuality from the Neuropsychiatric Institute at UCLA. Debra is a co-founder of Sexual Wholeness, Inc. and the Director of the American Board of Christian Sex Therapists. She is a co-author with Archibald Hart and Catherine Hart-Weber of *Secrets Of Eve: Understanding The Mystery Of Female Sexuality*.

(Video) Dr. Doug Rosenau went to be with his Lord on Palm Sunday, April 10th, 2022, at the age of 74. He became a licensed psychologist, marriage & family therapist, and certified sex therapist. In 2000 he joined with Debra Taylor, Michael Sytsma, and Chris McCluskey to found Sexual Wholeness, Inc. Through this ministry he taught hundreds of counselors, therapists, pastors, and educators in healthy sexuality and sex therapy. He was a professor at multiple graduate schools including Richmond Graduate University, Dallas Theological Seminary, Reformed Theological Seminary, and Denver Seminary. Doug called many to join him in being a “missionary for sexual wholeness” and today there are hundreds of students and supervisees who carry on his passion and legacy. He authored *A Celebration of Sex* in 1994 (revised in 2002), *Soul Virgins: Redefining Single Sexuality* (2006/2012), and *Total Intimacy* (2014), and several others. He was a frequent speaker at national conferences and loved teaching singles and couples in churches and seminars.

(Video) Dr. Michael Sytsma is a Licensed Professional Counselor in Georgia, a Certified Sex Therapist, and a Certified Sexual Addictions Specialist (trainer level). He is also an ordained minister with the Wesleyan Church and has served as a staff pastor for churches with attendance from 30 to over 1000. He is currently appointed to Building Intimate Marriages, inc. by the Wesleyan Church. Michael received his BS in Christian Ministry from Indiana Wesleyan University, an MS in Community Counseling from Georgia State University, and a Diploma in Christian Counseling from Psychological Studies Institute. Michael also has a Ph.D. from the University of Georgia in Child and Family Development/Marriage and Family Therapy where he specialized in Marital Sexual Therapy. His dissertation was on “Sexual Desire Discrepancy in Married Couples.” His book *Secrets of Sex & Marriage: 8 Surprises That Make All the Difference* was released in February 2023.