



*Professional Christian Training in Sex Therapy*

**CPSY 7582**  
**Advanced Sexual**  
**Addiction Counseling**

Summer 2009



**Course Description:**

CPSY 7582 takes an in-depth and advanced look at current theories and treatment approaches to addressing sexual addiction. Students will explore the diagnosis, etiology, disease process, treatment, recovery process, and current research findings for sexual addictions in males and females.

CPSY 7582 is one of the advanced specialization courses in the Institute for Sexual Wholeness curriculum. This course meets requirements for advanced specialization in Sexual Addiction for ISW sex therapy students. Students receive 2 hours of graduate credit for this course through Richmond Graduate University.

**School of Counseling Mission Statement**

Richmont Graduate University School of Counseling provides graduate programs that integrate counselor education and Christian faith. We are committed to academic and clinical excellence through educating counselors to be spiritually sensitive practitioners.

**Professors:**

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Office Hours: Twenty minutes after class and by appointment. Questions will also be answered via the Sexual Wholeness Discussion Board.

**Course Prerequisite:**

Students are required to have taken CPSY 6512 before registering for this course.

**Course Web page:**

The most current information about this course (including updated syllabus, reading list, Discussion Board requirements are available on the course web page:

[http://sexualwholeness.com/isw/courses/course\\_info/7582.htm](http://sexualwholeness.com/isw/courses/course_info/7582.htm)

**Course Goals:**

1. Students will be able to identify the diagnostic characteristics and criteria for sexual addiction.\*
2. Students will be able to explain the etiological roots of addiction, emotionally, spiritually, and physically.\*
3. Students will be able to lead clients through interventions useful in treating sexual addicts and spouses.\*\*
4. Students will be able to create treatment plans for the healing of sexual addiction that are biblically and clinically based.\*\*

\*Assessed by final Exam. \*\*Assessed by class projects.

## Course Textbooks and Articles

NOTE: Some of the reading for this course does not come from a specifically Christian perspective. Some of it may be inconsistent with the statement of beliefs for Richmond 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 Richmond and ISW. **Items will be added to this list** (typically late journal articles). Reading will not be less than 1000 or more than 1200 pages for this class. Students should monitor the Discussion Board and Course Web page for updates.

- Carnes, P. (1991). *Don't call it love : recovery from sexual addiction*. New York: Bantam Books.
- Carnes, P. (1997). *The betrayal bond : breaking free of exploitive relationships*. Deerfield Beach, FL: Health Communications.
- Blankenship, R. & Laaser, M.R. (2004) Sexual Addiction and ADHD: Is There A Connection? *Sexual Addiction & Compulsivity*, 11(1), 7-20.
- Ferree, M. C. (2001). Females and sex addiction: Myths and diagnostic implications. *Sexual Addiction & Compulsivity*, 8(3), 287-300.
- Sexabolics Anonymous* (1989). (New and rev. ed.). Simi Valley, CA: SA Literature.
- Laaser, M. R. (2004). *Healing the wounds of sexual addiction : sexual integrity in a fallen world*. Grand Rapids, Mich.: Zondervan.
- Laaser, D. (2008). *Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed*. Grand Rapids, MI: Zondervan Publishers.

## Course Schedule

All ISW courses are taught as intensive weekend courses at the Richmond campus in Atlanta. Students should monitor the course forum on the Discussion Board for updates on classroom.

Friday July 17 – 9:00a – 7:00 p

Saturday July 18 – 9:00a - 7:00p

Sunday July 19 – 8:00a – 4:00p

(lunch and breaks will be taken based on the flow of the teaching and class need)

Note: Classroom hours listed above are less than the 30 hours advertised for this course as students are expected to utilize the Discussion Board for a minimum of 4 hours of class discussion during the semester. This time is considered an important part of the learning and application of the material taught in the lectures.

## Course Requirements:

### 1. Class Attendance.

In the block format, attendance of all four classes is crucial. Students will lose 5% of course grade for each hour of class time missed. Students missing more than four hours may receive a failing grade for the course. Make-up work may be provided in unusual and emergency circumstances. Contact Dr. Sytsma if you have questions.

### 2. Participation. (10%)

- a) Students are expected to participate in class.
- b) Students are also responsible for registering for the Sexual Wholeness Discussion Board and are responsible for discussions in the ISW Class Discussion forum “7582: Advanced Sexual Addiction Counseling”. It is expected that student will spend at least 4 hours reading through the material available to them on the discussion board. Students are also expected to participate in discussions in the class forum. The Discussion Board can be accessed online at:  
<http://sexualwholeness.com/forums> . Read more at:  
<http://sexualwholeness.com/forums/viewtopic.php?p=1339>

3. Self-report of required reading. (40%)

Students will sign a statement that they have completed all reading assignments prior to the start of class. Extra time will be allowed for those registering late for the course.

4. In class projects. (25%)

Students will complete several self-report inventories and a trauma drawing assignment that will help them identify their own personal issues and gain understanding of the trauma healing process. Students will be graded on their level of participation in these assignments, not on the specific outcome or content of the inventories/assignments.

\*\*Please bring your own set of magic markers or crayons to class.

5. Final Exam. (25%)

A final exam will be an objective exam (T/F and multiple choice) administered online. The link will be provided on the Discussion Board after lectures are complete. Exam is closed book and must be taken before midnight (EST) on July 21<sup>st</sup>.

## Grading Scale:

Grades will be assigned on the basis of the following scale:

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

## Instructional Method:

The class will be taught using the following methods: lectures, modeling, case studies, video presentations, class/small group discussions, role playing, discussion of reading assignments, and guest speakers.

## Course Outline

- I. Definitions of Sexual Addiction
  - A. Does Sexual Addiction exist?
  - B. Normal, abusive and addictive sexuality
  - C. Biblical Views of Powerlessness and Unmanageability/The Relationship of Sin and Addiction
  - D. Symptoms of Addiction
  - E. Co-morbid Conditions
  - F. Differential Diagnosis
  - G. Addiction Interaction, Cross Addictions, and Multiple Addictions
- II. Assessment
  - A. Sexual Addiction Screening Test (SAST)
  - B. Sexual Dependency Inventory
  - C. Psycho-social interviews
    1. Sex history
    2. Fantasy assessment
  - D. Additional Assessment
- III. Etiological Factors
  - A. Trauma
  - B. Neurochemistry
  - C. Social Conditioning and Imprinting
  - D. Developmental Impairments Including Spiritual Immaturity
  - E. The Interaction of Loneliness, Anger, Boredom, and Spiritual Rebellion

- IV. Factors in Sexual Addiction
  - A. Gender distinctives
    - 1. Male sexual addiction
    - 2. Female sexual addiction
  - B. The Sexual Addiction Cycle
  - C. The Core Beliefs
  - D. The Ten Categories of Sexual Behaviors
  - E. The Person of the Therapist: Understanding How Your Issues Interact in therapy.
    - 1. Transference and Counter-transference
    - 2. Therapists in recovery and implications for treatment
- V. Treatment
  - A. Models
    - 1. 12 Step Model
    - 2. Behavioral Models
    - 3. Transformational Models
    - 4. Intensive treatment Models
  - B. Modes
    - 1. Individual
    - 2. Family
    - 3. Therapy group
    - 4. Support group
    - 5. Psycho-education
  - C. Comprehensive Treatment of the Addictive Cycle
    - 1. Underlying Issues
      - a) Addressing Trauma
      - b) Individual Therapy
    - 2. Precursors - Relapse Prevention Therapy
    - 3. Acting Out - Behavioral Interventions
    - 4. Fallout
      - a) Marriage/Family Therapy
      - b) Sex Therapy
    - 5. Developing a Treatment Protocol
  - D. Issues in treatment
    - 1. Dealing with resistance
    - 2. Dealing with relapse
    - 3. Acute care
- VI. The Healthy Sexuality Model
  - A. The Healthy Recovery Cycle
  - B. Physical Dimension
  - C. Behavioral Dimension/Accountability
  - D. Relational Dimension
  - E. Personal Dimension/Healing Wounds
  - F. Spiritual Dimension
    - 1. The Three Spiritual Questions
    - 2. The Three Acts of Surrender
    - 3. Creating a Vision