

MHS 6470 - Counseling & Human Sexuality

This syllabus is a representative sample for this course. Specific information such as texts, assignments, and schedule may vary by semester.

Catalog Description:

Prerequisite: permission of instructor

Human sexuality issues will be explored with an emphasis on assessment and intervention in mental health counseling practice.

Course Description:

This course is designed for counseling and human service professionals whose work will bring them into contact with clients experiencing problems and concerns with their sexuality. The course is designed to develop: a) students' knowledge base related to human sexuality, b) an understanding of the varied sexuality issues which may be encountered in professional counseling practice, c) students' skills in assessment and intervention skills with sexuality issues and d) increased awareness of one's personal perceptions, attitudes and affect related to sexuality issues. Course participants will become more effective in identifying, assessing and intervening with human sexuality related counseling issues.

Required Text & Supplemental Materials:

Readings as assigned.

You are expected to access library resources to complement the textbook

Competencies: (i.e. Florida DOE, CACREP, CORE)

CACREP: A2, A6, C1, C2, C3, C4, C7

Course Objectives:

1. To introduce students to the many facets of human sexuality and promotion of healthy knowledge and attitudes in relation to sexuality in both preventive and intervention.
2. To help students to desensitize to the issues related to human sexuality which historically has been a taboo topic in our society and to understand the impact of culture on sexuality attitudes and behaviors.
3. To develop and improve students' clinical interviewing, assessment and counseling skills related to sexuality issues.
4. To encourage student reflection about their own sexuality and the impact this has on their own life, both as an individual and in an intimate relationship.
5. To develop student awareness of role and function of mental health counselors in the assessment and treatment of sexuality issues in counseling practice with individuals and couples.
6. To develop knowledge of the assessment, diagnosis and treatment of sexuality related concerns in counseling including the paraphilias, sexual dysfunctions and relationship issues.

Course Requirements:

1. **Class Participation:** Students are expected to attend all class sessions and participate in in-class learning experiences.
2. **Sexuality History & Assessment:** Each class participant will conduct a sexual history and assessment report. Following outlines provided in class, you are to interview a member of the class (anonymity must be maintained!) regarding his or her sexual history and then prepare a written assessment report identifying: 1) significant perceptions, attitudes and assumptions regarding gender roles and sexuality issues, 2) a treatment plan indicating how you, as the therapist, might be most helpful to this individual regarding their sexuality issues. The objective of this assignment is to: a) learn to become more comfortable (desensitized), and to help others become more comfortable, discussing sexuality topics in counseling, b) practice conducting a sexuality interview and history and c) for the interviewee to have an opportunity to reflect upon his/her own sexuality issues and how they may affect his or her performance as a professional counselor when working with a client presenting with sexuality related concerns... Reports are to be typed and double spaced..... Due Nov 7th (submit via email attachment file)
3. **Self-Directed Learning Experience:** Each student is to identify one human sexuality issue to explore in more complete depth than might be possible during class time. Students should design a self-directed learning experience to increase their knowledge and skills in working with clients experiencing concerns or adjustment difficulties around this particular issue. Research reviews, professional books, conference attendance, interviews with experts in the field, and other learning experiences should be combined so as to create a meaningful learning experience on a topic of interest to you. Proposal due via email by Sept 17th.
Final Paper Due Dec 3rd (submit via email attachment file in MSWord format) with brief class presentations and "key points" summary for each class member on Dec 4th.
5. **Reaction Papers:** For each reading assignment section beginning with module two, a discussion topic will be posted under the group discussion board section of blackboard. Each student will be expected to submit, via attachment file, a 5-6 page reaction paper to the posted topic from the readings assigned. In addition, each student will provide feedback to the papers submitted by their other discussion group members. Grading will be based on the thoroughness of your comments and the extent to which you've integrated the text readings into your reaction paper. (Due dates: Sept 30, Oct 30 and Nov 30th with comments on classmate papers due within next 7 days.)

Assessment Procedures:

Class Participation	10 points
Reaction Papers (10 each)	30 points
Discussion comments (5 each)	15 points
Sexual History & Assessment	15 points
Self-Directed Learning Experience	30 points
Total	100 points

Grade Criteria: (FAU- Counselor Ed Grade)

A = 94% to 100% of points	C = 74% to 76% of points
A- = 90% to 93% of points	C- = 70% to 73% of points
B+ = 87% to 89% of points	D+ = 67% to 69% of points
B = 84% to 86% of points	D = 64% to 66% of points
B- = 80% to 83% of points	D- = 60% to 63% of points
C+ = 77% to 79% of points	F = 60% and below of points

Course Outline:

Module 1: Understanding Sexuality

- Class Session Read Text: Part I (chapters 1-4)
- Submit Self-Directed Learning Experience proposal via email ..

Module 2: Sexuality Issues & Relationships

- Class Session Read Text: Part II (chapters 5-10)
- First reaction paper due on blackboard

Module 3: Couples Counseling & Sexuality Issues

- Class Session
- Read Text: Part III & IV (chapters 11-19)
- Second Reaction Paper due
- Sexual History & Assessment Report.(email attachment file)

Module 4: Diagnosis and Treatment of Problems in Human Sexuality

- Class Session
- Self-Directed Learning Experience Reports (via email attachment file)
- Read Text: Parts V & VI (chapters 20-25)
- Third Reaction Paper due

Module 5: Victims and Perpetrators of Sexual Assault & Abuse

- Class Session
- Self-Directed Learning Experience (submit via email attachment file in MSWord) with presentations in class

Attendance Policy:

Due to the modular format of the course meetings, students are expected to attend all class sessions.

Bibliography:

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- Geer, J.H. & O'Donohue, W.T. (1987). *Theories of Human Sexuality*. New York: Plenum Press
- Kaplan, H.S. (1974). *The new sex therapy: Active treatment of sexual dysfunction*. New York: Brunner/Mazel.
- Kelly, G. F. (2004). *Sexuality Today: The human perspective*, 7th Ed. Boston, MA: McGraw-Hill.
- Mims, F. H. & Swenson, M. (1980). *Sexuality: A nursing perspective*. New York: McGraw-Hill
- O'Connor, J.F. (1984). *Sexual Compatibility: A practical approach to solving problems*. New York: Perigree Books.
- Oaks, W. W., Melchiodi, G. A., Ficher, I. (1976). *Sex and the Life Cycle*. New York: Grune & Stratton.
- Weil, M.W. (1990). *Sex and Sexuality*. New York: University Press of America