

GORDON CONWELL THEOLOGICAL SEMINARY

CO 602 - HUMAN SEXUALITY

Professor: Carolyn Sinclair, DMin, LPC, CSAT

Summer 2019

June 3 – June 7, 2019 9:00 AM - 4:30 PM

COURSE DESCRIPTION:

This course provides students with an overview of biological, psychological, behavioral, and theological material concerning human sexuality. Topics will cover the basics of theology of sexuality, human anatomy, sexual cycles/phases, sexual problems, dysfunctions, and treatments. Special topics may include sexual abuse, disability, aging, pornography, commercial sex, contraception, pregnancy, abortion, sexually transmitted infections, sex and the media, the connection between sexuality and spirituality, with considerations of theological perspectives on the preceding topics.

COURSE OBJECTIVES:

The learning objectives for this course include students achieving an understanding of:

1. Biblical and theological perspectives on human sexuality
2. Their own sexual development integrated with their faith and practice, for the purpose of preparation for working in a therapeutic setting.
3. The biological process of the male and female reproductive system and how it changes across the lifespan
4. The sexual response and experiences of men and women
5. How to talk to children and help parents talk to children about sex
6. Identifying common sexual questions, myths, and dysfunctions how they develop and are overcome
7. Various topics related to atypical sexual behavior
8. The symptoms, process of transmission, diagnosis, treatment, and risk management of sexually transmitted infections
9. Sex therapy techniques and treatment planning

TEXTBOOKS

Allender, D.& Longman, T. (2014). *God Loves Sex*. Grand Rapids, MI: Baker. ISBN-978-0-8010-1566-3.

Balswick, J. & Balswick, J. (2008). *Authentic Human Sexuality; An Integrated Christian Approach*. Downers Grove, IL.: Intervarsity. ISBN- 978-0-8308-2883-8.

Dawn, M.J. (1993). *Sexual Character: Beyond Technique to Intimacy*. Grand Rapids MI: William B. Eerdmans Publishing Company.

McMinn, L.G. (2004). *Sexuality and Holy Longing: Embracing Intimacy in a Broken World*. San Francisco CA: Jossey-Bass. ISBN-13: 978-0787968182

Schnarch, D. (2011). *Intimacy & Desire: Awaken the Passion in Your Relationship*. New York NY: Beaufort Books. ISBN-13:978-08255305672.

Stringer, Jay. (2018). *Unwanted*. Colorado Springs, CO: NavPress. ISBN 978-1-631-46-672-4.

Podcasts and Recordings:

Andy Stanley on Designer Sex

<https://www.youtube.com/watch?v=d2IK5Wh8DrU>

Joshua Butler- Communicating Beauty of Christian Sexual Ethics

<https://www.thegospelcoalition.org/podcasts/tgc-podcast/communicate-beauty-christian-sexual-ethics/>

Gospel Coalition

<https://media.thegospelcoalition.org/audio/2018%20West%20Coast%20Conference/2018%20West%20Coast%20PreConference/Gospel%20and%20Sexuality.mp3>

Sam Alberry- 7 Ways to Navigate a Sexuality Shifting Culture

<https://www.thegospelcoalition.org/podcasts/tgc-podcast/7-ways-navigate-sexually-shifting-culture/>

Tim Keller on Love and Lust

<https://www.youtube.com/watch?v=jUWnE6GeOiE>

Yarhouse on Gender:

<https://www.youtube.com/watch?v=0-l2eMpHfo8>

Affair Recovery Website:

https://www.affairrecovery.com/newsletter/founder/ending-an-affair-step-one-make-the-decision?utm_source=Article+of+the+Week&utm_campaign=8b74ad6efd-aotw_08_07_2018_COPY_01&utm_medium=email&utm_term=0_ba782628b7-8b74ad6efd-313271909

Additional Recommended Reading:

Carnes, P. (2001). *Out of the Shadows; Understanding Sexual Addiction*. Center City, MN.: Hazelden Publishing ISBN-978-1-56838-621-8.

Hollinger, D. (2009). *The Meaning of Sex; Christian Ethics and the Moral Life*. Grand Rapids, MI: Baker. ISBN 9780801035715

Laaser, M. (2004). *Healing the Wounds of Sexual Addiction*. Grand Rapids, MI.: Zonderan. ISBN-978-0-310-25657-1.

Lakin, D. (2003). *God on Sex; The Creator's Idea about Love, Intimacy, and Marriage*. Nashville, TN.: B&H Publishing. ISBN 9780805425963.

Leiblum, S.R. (2006). *Principles and Practice of Sex Therapy, Fourth Edition*. NY: Guilford Press.

Manley, G. (2013). *Assisted Loving; The Journey through Sexuality and Aging*. Kingston Springs, Tenn.: Westview, Inc. ISBN- 978-1-937763-93-0
978-0830815951

Yarhouse, M. (2010). *Homosexuality and the Christian*. Bethany House. ISBN 9780764207310.

Yarhouse, M. (2015). *Understanding Gender Dysphoria; Navigating Transgender Issues in a Changing Culture*. Downers Grove, IL.: Intervarsity Press. ISBN-978-0-8308-2859-3

Required Reading:

To develop an adequate foundation in understanding human sexuality, students are expected to read from a variety of sources. In addition to the textbooks, readings may be chosen from the appended bibliography, the bibliographies in the textbooks, or books or articles from the primary literature selected by the students provided they pertain to the topics covered by this course. Appropriate video viewing or seminar attendance may also count towards this assignment, at the rate of 33 pages per hour of viewing/attending, with a maximum of 6 hours.

The student will keep account of these readings by means of a log that shall include the following components, using APA style format:

1. Author(s), Title of the book, chapter, or journal article, Publisher and year of publication
2. Number of pages read by source (total pages read should also be tallied on first page)
3. Brief summary of the central ideas and concepts presented. Journal articles can be summarized in a paragraph (at least 200 words), and books can be summarized in one-half to one page, typed single spaced.

Although the core of the grade for this assignment is based on the number of pages read, the nuance (+/-) is based on the quality of the annotation.

Grading will be as follows:

A = 1800+ pages read

B = 1500-1799 pages read

C = 1100-1499 pages read

D = 800-1099 pages read

Due date: August 16,2019

COURSE REQUIREMENTS:

WRITING ASSIGNMENTS:

File names of submitted assignments should include the student's name.

Lateness will be penalized 1 point for each day an assignment is late. Excessive or insufficient length will be penalized 1/2 letter grade per page over/under limits. Failure to use APA format will be penalized 1/2 to 1 letter grade, depending on the errors. Assistance with correct APA format is available on line in [Counseling Central](#), under [Program Documents](#) (see also <http://owl.english.purdue.edu/owl/section/2/10/>). Plagiarism is considered a serious academic offense at GCTS. Please note the guidelines at <http://www.indiana.edu/~wts/wts/plagiarism.html>.

Attendance and full participation is expected during all class meetings. If you miss up to three hours of class for any reason, you can either choose to (1) Have five points deducted from your final course grade or (2) Submit an annotation for an additional 500 pages of reading pertaining to course content as well as making up any pertinent assignments related to missed content to be decided by professor.

1. Theology of Sexuality: One paper will be a summary of the student's theology of sexuality. This will include biblical and theological references, and include perspectives on normative sexuality, sexuality in marriage, and an explication of sin and sexuality.

FORMAT: Ten to twelve (10-12) pages double spaced, plus a bibliography presented in APA style.

Due date: August 9,2019

2. Area of interest paper: Pick an area around sexuality that you interested in learning more about. Research that topic and write a five to seven (5-7)-page paper, double spaced plus bibliography presented in APA style. The topics you can choose from are; normal sexual development, sexual abuse, homosexuality, transgender, infidelity, sexual dysfunction, sexuality and aging, sexual addiction, sexual betrayal, etc. (if there is a topic you are interested in that is not listed please discuss with Dr. Sinclair). Your paper should include; current research and information on the topic, your theological understanding of the topic, your recommendations and role with the topic ie pastor/counselor, your course of action with the client.

Due date: July 5,2019

3. Reflection paper: Students are to submit a reflection paper on their personal sexual development and impact it may have on their comfort and approach to sexual topics when they come up in counseling sessions.

FORMAT: 1-2 page reflection paper.

Due date: June 21,2019

4. Discussion forums: Participate in discussion forums listed in Canvas. Listen to the podcast and respond to questions presented. Interact with at least 3 other classmates in each discussion forum.

GRADING:

The student's final grade in this course is based on writing assignments and exams, distributed as follows:

Discussion Forums	10%
Topical Paper	30%
Reflection paper	10%

Theology of sex paper 30%
Annotated bibliography 20%

COURSE OUTLINE:

Prior to intensives read: Authentic Human Sexuality by Balswick and Balswick

Day 1-2 Biblical and theological studies of sex, sexuality and sexual behavior
Basics of human sexuality, including biological and psychological development

Readings: Dawn, *Sexual Character*
Allender & Longman, *God Loves Sex*
McMinn, *Sexuality and Holy Longings*

Day 3-4: Sexual anatomy and expression, including physical and emotional patterns of sexual response, differences in responses of men and women

Ancillary topics in sexuality, including some of the following: contraception, ART, abortion, commercialization, gender, orientation, violence and pornography

Readings: Schnarch, *Intimacy & Desire*
Lecture references: Yarhouse, *Homosexuality and the Christian*

Day 5: Sexual problems and dysfunctions, including male and female diagnoses, and sexually transmitted diseases Sex therapy

Lecture references: Balswick & Balswick, *Authentic Human Sexuality*
Stringer, Jay. *Unwanted*

CONTACT INFORMATION:

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READING LIST

Arterburn, S. & Stoeker, F. (2000) *Every Man's Battle*. Colorado Springs CO Waterbrook Press.

Bader, M. (2003). *Arousal; The Secret Logic of Sexual Fantasies*. New York, NY: Thomas Duanne Books.

Brown M.L. (2011). *A Queer Thing Happened to America: And What a Long, Strange Trip It's Been*. Charlotte NC: EqualTime Books.

Carnes, P. (1997) *Sexual Anorexia: Overcoming Sexual Self-Hatred*. Center City MN: Hazelden.

Carnes, P. (2001). *Out of the Shadows: Understanding Sexual Addiction*. Center City MN: Hazelden.

- Daines, B. & Perrett, A. (2000). *Psychodynamic Approaches to Sexual Problems*. Philadelphia PA: Open University Press.
- Davidson, R. M. (2007). *Flame of Yahweh: Sexuality in the Old Testament*. Peabody, MA: Hendrickson Publishers.
- Fuchs, Eric. *Sexual Desire and Love: Origins and History of the Christian Ethic of Sexuality and Marriage*. NY: James Clarke & Co. 1979/1983.
- Gardella, P. (1985) *Innocent Ecstasy: How Christianity Gave America an Ethic of Sexual Pleasure*. NY: Oxford University Press.
- Heimbach, D.R. (2004). *True Sexual Morality: Recovering Biblical Standards for a Culture in Crisis*. Wheaton IL: Crossway Books.
- Heggen, Carolyn Holderread, (1993). *Sexual Abuse in Christian Homes and Churches*. Scottsdale PA: Herald Press. 208 p.
- Helman, J.R. & LoPiccolo, J. (1988). *Becoming Orgasmic: a Sexual and Personal Growth Program for Women, Revised and Expanded Edition*. NY: Simon & Schuster.
- Hersh, S.A. (2006). *Mom, Sex is NO Big Deal!*. Colorado Springs CO: WaterBrook Press.
- Jones, S.L. & Yarhouse, M.A. (2000). *Homosexuality: The Use of Scientific Research in the Church's Moral Debate*. Downers Grove IL: InterVarsity Press
- Jones, S.L. (2003) *Overcoming Impotence: A Leading Urologist Tells You Everything You Need to Know*. Prometheus Books
- Kaplan, H. S. (1987) *The Illustrated Manual of Sex Therapy*. NY: Brunner/Mazel Publishers.
- Keller, T. (2011). *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God*. New York NY: Dutton
- Levine S.B. (2010). *Handbook of Clinical Sexuality for Mental Health Professionals*. Routledge.
- Lue, T.F. (2005). *Contemporary Diagnosis and Management of Male Erectile Dysfunction*. Newtown PA: Handbooks in Health Care Co.
- Margolies, E. (2001). *Men with Sexual Problems and What Women Can Do to Help Them*. Northvale NJ: Jason Aronson Inc.
- McBurney, L & McBurney M. (2005). *Real Questions, Real Answers About Sex: The Complete Guide to Intimacy as God Intended*. Grand Rapids MI: Zondervan.

- Miles, C.A. (2006). *The Redemption of Love: Rescuing Marriage and Sexuality from the Economics of a Fallen World*. Grand Rapids MI: Brazos Press.
- Penner, C. & Penner, J. (1981). *The Gift of Sex: A Christian Guide to Sexual Fulfillment*. Waco TX: Word Books, Publisher.
- Rosenau, D.E. (2002) *A Celebration of Sex: A Guide to Enjoying God's Gift of Sexual Intimacy*. Thomas Nelson
- Neel, D.C. Rosenau, D.E. & Fox W.E. (2007). *A Celebration of Sex Guidebook*. Xulon Press
- Raskin, V.D. (2002). *Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids*. NY: Simon & Schuster.
- Rinehart, P. (2004) *Sex and the Soul of a Woman*. Grand Rapids MI: Zondervan.
- Rosen, R.C. & Leiblum, S.R. (1995) *Case Studies in Sex Therapy* NY: The Guilford Press
- Schnarch, D.M. (1991) *Constructing the Sexual Crucible*. NY: W.W. Norton & Company.
- Smedes, L. B. (1976). *Sex for Christians*. Grand Rapids MI: William B. Eerdmans Publishing Company.
- Stafford, T. (1991). *The Sexual Christian*. Wheaton IL: Victor Books.
- Stedman, R. (1993) *Pure Joy: the Positive Side of Single Sexuality*. Chicago: Moody Press.
- Stewart, D.E. & Robinson, G.E. (Eds.) (1997). *A Clinician's Guide to Menopause*. Washington DC: Health Press Int'l., APA.
- Weeks, G.R. & Gambescia, N. (2000). *Erectile Dysfunction: Integrating Couple Therapy, Sex Therapy, and Medical Treatment*. NY: WW. Norton & Company.
- Weeks, G.R. & Gambescia, N. (2002). *Hypoactive Sexual Desire: Integrating Couple Therapy, Sex Therapy, and Medical Treatment*. NY: WW. Norton & Company.
- Weiner Davis, M. (2003). *The Sex-starved Marriage: Boosting Your Marriage Libido*. NY: Simon & Schuster.
- Winner, L.F. (2005). *Real Sex: The Naked Truth about Chastity*. Grand Rapids MI: Brazos Press
- Wincze, J.P. & Carey, M.P. (2001) *Sexual Dysfunction: A Guide for Assessment and Treatment, Second Edition*. NY: The Guilford Press.