

Dr. Michael Sytsma, Dr. Jim Childerston,
Dr. Debra Taylor, Dr. Gary Barnes
Institute for Sexual Wholeness
SWI Office (310) 294-235
Admin Email: iswadmin@sexualwholeness.com

Intermediate Sex Therapy Protocols (2 hrs.)
June 21-22, 2024, 8:30am – 6:30pm (CST)
June 23, 2024, 8:30am – 4:30pm (CST)
Dallas Theological Seminary Campus
3909 Swiss Ave. Dallas, TX 75204



Intermediate Sex Therapy Protocols

Academic Syllabus

I. COURSE DESCRIPTION

This course teaches students classical and current theories and techniques in treating sexual dysfunction, sexual addiction and compulsivity, and paraphilias. 2 credit hours.

II. COURSE OBJECTIVES

- A. Students will be able to identify diagnostic criteria for sexual dysfunctions (both DSM and non-DSM recognized dysfunctions).
- B. Students will be able to summarize standard treatment protocols for sexual pain, arousal and orgasmic disorders.
- C. Students will recognize the complexity of working with desire disorders and be able to identify some common etiologic and diagnostic considerations as well as common therapeutic approaches.
- D. Students will have an initial understanding of current perspectives on sexual addiction/compulsivity, including diagnostic considerations, differential diagnoses, treatment models and therapeutic interventions.
- E. Students will have an initial understanding of current perspectives on paraphillias, including diagnostic considerations, differential diagnoses, treatment models and risk assessment.
- F. Student will also demonstrate an in-depth understanding of one of the areas above, assessed by researching and writing a term paper on the topic.

III. COURSE MATERIALS

Students are responsible for additional information and materials (i.e., Power Point files, media, etc.) distributed through the ISW course page in class. Required/recommended reading and the included bibliography does not necessarily represent the position of ISW. These materials do represent some of the best information in the field on this subject. 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 ISW.

A. Required Texts

Carnes, P. (2001). *Out of the shadows: understanding sexual addiction* (3rd ed.). Center City, MN: Hazelden Information & Edu.

Goldstein, A., Pukall, C. F., & Goldstein, I. (2023). *When sex hurts: A woman's guide to banishing sexual pain* (2nd ed.). New York, NY: Hachette Books. (p. 3-316)

Levine, S. B., Risen, C. B., & Althof, S. (Eds.). (2016). *Handbook of clinical sexuality for mental health*

professionals (3rd ed.). New York, NY: Routledge. (Note: Chapters 15-20, 23-25, and 27, 29, 30, 33, & 34 are *not* required for this course. These topics are covered in other courses).

Metz, M. E., & McCarthy, B. W. (2003). *Coping with premature ejaculation: How to overcome PE, please your partner & have great sex*. Oakland, CA: New Harbinger Publications.

Metz, M. E., & McCarthy, B. W. (2004). *Coping with erectile dysfunction: How to regain confidence and enjoy great sex*. Oakland, CA: New Harbinger.

Weiner, L., & Avery-Clark, C. (2017). *Sensate focus in sex therapy: The illustrated manual*. New York, NY: Routledge.

B. Required Articles

Joyal, C. C. (2018). Controversies in the definition of paraphilia. *Journal of Sexual Medicine*, *15*(10), 1378-1380.

Parish, S. J., Meston, C. M., Althof, S. E., Clayton, A. H., Goldstein, I., Goldstein, S. W., Heiman, J. R., McCabe, M. P., Segraves, R. T., & Simon, J. A. (2019). Toward a more evidence-based nosology and nomenclature for female sexual dysfunctions—Part III. *The Journal of Sexual Medicine*, *16*, 452-462. doi:10.1016/j.jsxm.2019.01.010

C. Recommended Readings & References

Al-Abbadey, M., Lioffi, C., Curran, N., Schoth, D. E., & Graham, C. A. (2016). Treatment of Female Sexual Pain Disorders: A Systematic Review. *Journal of Sex & Marital Therapy*, *42*(2), 99-142.

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC: American Psychological Association.

Giraldi, A., Rellini, A. H., Pfaus, J., & Laan, E. (2013). Female Sexual Arousal Disorders. *Journal of Sexual Medicine*, *10*(1), 58-73. doi:10.1111/j.1743-6109.2012.02820.

Heiman, J., & LoPiccolo, J. (1988). *Becoming orgasmic: a sexual and personal growth program for women* (Rev. and expanded ed.). New York: Prentice Hall.

Komisaruk, B. R., Beyer, C., & Whipple, B. (2006). *The science of orgasm*. Baltimore: Johns Hopkins University Press. (Pages 1-291).

Laan, E., Rellini, A. H., & Barnes, T. (2013). Standard Operating Procedures for Female Orgasmic Disorder: Consensus of the International Society for Sexual Medicine. *Journal of Sexual Medicine*, *10*(1), 74-82. doi:10.1111/j.1743-6109.2012.02880.

Maletzky, B. M. (1998). The Paraphilias: Research and Treatment. In P. E. Nathan & J. M. Gorman (Eds.), *A guide to treatments that work* (pp. 472-500). New York: Oxford University Press.

Meston, C., & Stanton, A. M. (2019). Understanding sexual arousal and subjective-genital arousal desynchrony in women. *Nature Reviews Urology*, *16*, 107-120.

Moura, C. V., Tavares, I. M., Nobre, P. J. (2020). Cognitive-affective factors and female orgasm: A comparative study of women with and without orgasm difficulties. *The Journal of Sexual Medicine*, *17*, 2220-2228.

Nelson, Ahmed, Valenzuela, Parker & Mulhall (2007). Assessment of penile vibratory stimulation as a management strategy in men with secondary retarded orgasm. *Urology* *69* (3):552-555.

Penner, J.P and Penner, C.L. (2005). *Counseling for Sexual Disorders*.
To order: www.passionatecommitment.com

Robbins-Cherry, S. A., Hayter, M., Wylie, K. R., & Goldmeier, D. (2011). The experiences of men living with inhibited ejaculation. *Sexual & Relationship Therapy, 26*(3), 242-253. doi:10.1080/14681994.2011.621939

Rosenberg, K. P., Carnes, P., & O'Connor, S. (2014). Evaluation and Treatment of Sex Addiction. *Journal of Sex & Marital Therapy, 40*(2), 77-91. doi:10.1080/0092623X.2012.701268

IV. COURSE REQUIREMENTS

A. Reading Assignments: 25% (due July 26)

All reading is *highly* recommended to be completed by June 21 (the beginning of classroom lectures). However, reading grades will be determined from the reading report form completed on July 26.

B. Zoom Meeting & Class Participation: 15% (report due July 26)

Students are responsible for contributing to discussions on a follow up two-hour live Zoom meeting with one of the professors after the June 21-23 class time. Students must spend at least 2 hours reading through selected topics to prepare for the Zoom discussion. During the class, students will be given the Zoom link and time of meeting as well as the selected topics list to prepare. This 4 hour assignment is necessary to meet the total time requirements of instruction for the course.

C. Final Exam: 25% (due July 26)

A final exam will be given. This exam will be objective (multiple choice, true/false, etc.) and will be taken online. The final exam is open book (you may use your texts and notes), must be taken in one sitting and must be completed within two hours. Exam will cover all content, therapeutic applications, and integration. Students will access the exam through the ISW online course platform.

D. Term Paper: 35% (due July 26)

Students will research and write a term paper on some aspect of sexual dysfunction for this course. The paper should be 8-12 pages (excluding title page, abstract, and references). Papers must be written in APA format with sufficient bibliographic references to support the student's thesis and evidence the research done for the paper. It is expected that these papers be close to publishable quality. Again, title page, abstract, and reference pages do not count toward the 8-12 page guideline. Subjects other than sexual dysfunction must be approved by an instructor prior to leaving class the weekend of the intensive.

Grading:

Papers will be evaluated on the following (30 points for each):

- **Adherence to APA format:** Including title page, abstract, running heads, heading formats, citations, bibliography, etc.
- **Spelling, grammar, style:** Writing is expected to be at a Masters level. Professional language and style is expected, including APA guidelines. Papers should be clear, easy to read and well developed. Points should be clearly presented and supported.
- **Clear presentation of appropriate thesis:** This is NOT a research paper where you simply report on what is already out there. Students are expected to write and integrate their research into a unique paper. To receive the highest grade, students will develop a thesis (main idea or argument) for their paper and support it from the literature.
- **Effectiveness of support of the thesis:** Next, papers will be evaluated on how well the writing supports the thesis. Did you support it well from current literature? Did you heavily cite the paper? Are there obvious holes in your argument? Have you addressed arguments for the antithesis?
- **Bibliography:** In addition to adherence to APA format, reference sections will be graded on how well they fit the paper. Some papers may be well supported with a minimal number of references. Most will need a comprehensive list to show that the subject was well researched.

V. COURSE SUPPLEMENTAL INFORMATION

ISW 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 Director of ISW and the course instructor of any disabling condition that will require modifications.

VI. COURSE POLICIES

A. Grading Scale (400 points):

Letter Grade	Equivalent Points	Percentage Points	Grade Scale
A	372-400	93-100	4.0
A-	360-371	90-92	3.7
B+	352-359	88-89	3.3
B	332-351	83-87	3.0
B-	320-331	80-82	2.7
C+	312-319	78-79	2.3
C	292-311	73-77	2.0
C-	280-291	70-72	1.7
F	0-279	0-69	

B. Weighing of Course Requirements for Grading

Assignment	Points	Percentage
Prep, Zoom Meeting & Participation	50	15%
Reading Report	100	25%
Final Exam	100	25%
Term Paper	150	35%
TOTAL	400	100%

C. Class Attendance & Participation

Attendance is crucial, not just for the content, but to get the value of different professors and viewpoints. Students will lose 5% of the total grade for each hour of class missed. CEU/Professional Participants are also required to attend all of the class and complete all assignments in order to earn credit and CEUs. Active engagement (allowing for differences in personal style) is expected for the benefit of both individual students and the class as a whole.

D. Late Assignments

Assignments will lose 2.5% grade for each day they are late without prior approval from the professor. The Term Paper will be submitted through the ISW online course platform. The final exam will also be taken through the online course platform.

E. Methodology

Primary method of instruction is lecture with guided discussion. The readings for this course are among the best available, and thus most of our time will be spent mastering the content and implications of the readings. Students will also spend time in role-play or practicing exercises useful in the conduct of therapy.

F. Writing Style

All papers written for ISW classes are to conform to the most recent edition of the Publication Manual of the American Psychological Association unless otherwise specified by the instructor(s). All written documents are to

reflect the highest standards of grammar, composition and style. Students are expected to have adequate computer skills to produce all course assignments and to conduct research for those assignments independently.

VII. COURSE LECTURES AND ASSIGNMENT SCHEDULE

Date	Lecture Topics	Assignment Due
6/21	Clinical Issues in Sex Therapy Practice	Attend all lectures
	Basic Principles of Sex Therapy	
	Desire Disorders	
	Sexual Aversion/Sexual Anorexia	
	Introduction to Female Sexual Dysfunctions	
	Introduction to Male Dysfunctions	
	Erectile Dysfunction and Treatment Protocol	
6/22	Female Sexual Arousal Disorders/ PGAD	
	Atypical Sexuality	
	Male Sexual Pain (Peyronie's, Priapism)	
	Sexual Addiction	
	Delayed Ejaculation with Protocol	
6/23	Premature Ejaculation	
	Female Orgasmic Disorder	
	Female Body Image and Protocol	
	Sexual Pain in Women	
*7/26		Group Zoom Meeting - Preparation & Participation: 15%
*7/26		Term Paper: 35%
*7/26		Reading Assignments: 25%
*7/26		Final Exam: 25%

***All Due Date Times are 11:59 pm CST (Central Standard Time). Please plan accordingly.**

Topics Covered:

- Theological Integration
- Nosology
- Desire Disorders
- Sexual Aversion/Sexual Anorexia
- Female Sexual Dysfunctions
 - Arousal Disorders/PGAD
 - Orgasmic Disorder
 - Genito-pelvic pain/penetration disorder
- Male Sexual Dysfunctions

- o Erectile Dysfunction
- o Ejaculatory Problems
- o Pain
- Body Image
- Atypical Sexuality
- Sexual Addiction
- Basic Protocols

About Your Instructors:

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.

Dr. James Childerston is a Clinical Psychologist specializing in a broad spectrum of psychological disciplines, including individual and couple therapy, as well as medical and pharmacological consulting. He is a nationally known author and a widely sought speaker who has led seminars and retreats across the United States on marital enrichment, managing emotions, communication skills and conflict resolution strategies, and fostering relational closeness. He also has demonstrated expertise in treating sexual dysfunction and addressing sexuality and aging. Dr. Childerston is Board Certified in Medical Psychology, Psychopharmacology, and Sex Therapy. He is a founder of the Academy of Medical Psychology and served as Vice President for several years before serving 10 years as President. He is on the faculty of the Institute for Sexual Wholeness and the Board of Directors of Sexual Wholeness, Inc. He is the co-author of *A Celebration of Sex after 50* and *Purity & Passion: Authentic Male Sexuality*.

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*.

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.