"We walk through ourselves, meeting robbers, ghosts, giants, old men, young men, wives, widows, brothers-in-love. But always meeting ourselves."
-James Joyce, Ulysses

Course Instructor

Sharon A. Hersh M.A., LPC has been a therapist for over fifteen years and continues with an active practice that has an emphasis in addiction, relationships, adolescents, and personal transformation. She is an author, speaker, teacher, and certified life coach. She earned her a Master’s of Arts in Counseling from Colorado Christian University. She is the author of several books, including The Last Addiction, the award-selling Bravehearts, and her most recent book - Begin Again, Believe Again. She has written five parenting books including the award-winning Bible Study, Mothering Without Guilt. She is a frequent speaker and teacher at universities, seminaries, conferences, and retreats.

Course Description

This course will investigate spiritual, psychological, and social-cultural variables associated with sexual identity, sexual behavior, and sexual disorders, including diagnosis and treatment for the individual and couples seeking therapy. We will address both healthy and unhealthy practices from a Christian worldview. Classes will be in seminar format and will include lectures, readings, film, and discussion.

Course Objectives

Through class assignments, students will demonstrate the following:

1. Understanding of the terms, language, and concepts of human sexuality, both in the United States and in other countries.
2. Knowledge of sexual development, as well as experiences, family dynamics, and cultural roles in impacting sexual development.
3. An in-depth understanding of their individual sexual history integrated with their Christian faith and practice, for the purpose of preparation for working with others.
4. An ability to identify common sexual questions, myths, and problems and provide a “language” to discuss questions, answers, and possible interventions for both individuals and couples seeking help.
5. Provide daily discussion in small group format with facilitators to help further use class material to apply to the lives and ministries of those in the group. (The small groups will be during the last 2 hours of class and are required.)

“The question for our lives is not whether we will surrender, but rather, to what or whom? Surrender to Jesus does not mean putting on rose-colored glasses, but rather, daring to face head-on the world’s brokenness – even in yourself.”
Gordon Dalbey, Healing the Masculine Soul

Course Content, Topics and Schedule

01/25/16 Course overview & syllabus review
Sexuality
- Sex as Sign
- John 4:1-38
- Sex Appeal
- Sex & Community

Come to class having read:
Wendell Berry, Sex, Economy & Freedom (pages 117-173)

“. . . but of all the damaged things probably the most precious is sexual love. For sexual love is the heart of community life.”
Wendell Berry, Sex, Economy, Freedom & Community

“The desire to be with another person is a desire, a longing, and a passion deep within our bodies so that we can know and believe in the love of God.
We will look at this mystery over and over again. A class on sex and Jesus? Absolutely. Thank goodness.
. . . because I know that God uses every story to romance us to His love and His longing to fill our emptiness with love, forgiveness, and healing.”
Sharon Hersh, Mom, Sex is No Big Deal!
01/26/16
- Fictions About Sex
- Sex & Adolescents
- Sex & Singles
- 1 Corinthians 7:1-35

Come to class having read:
Smedes, *Sex For Christians* - especially Chapters 5-7 or
Hersh, *Mom, Sex is NO Big Deal!*

“. . . Christian sex and secular sex, as they are imagined in popular culture, have far more in common than is generally recognized.”
Amy Frykholm – *See Me Naked*

01/27/16
- The Subject of Abuse
- Sex & the Church
- Romans 1:18-27

Come to class having read:
Amy Frykholm, *See Me Naked* and/or G.R.A.C.E (www.netgrace.org) Read the blogs “False Narratives of Christian Leaders” and “An Abuse Survivor Speaks Out”

“10-52 percent of all men and 25-63 percent of all women have sexual problems. . . . An intimacy-based approach is a 180-degree shift from traditional therapy.”
Schnarch, *Resurrecting Sex*

01/28/16
- Sex & Marriage
- The Crucible
- The Healthy Sexual Cycle
- Genesis 2:24-26
- Affairs & Addiction

Come to class having read:
Schnarch: *Resurrecting Sex*

“But as I read more deeply in the Bible, I ran across a passage that made me stop and think . . . . it revealed that Sodom was indicted for materialism and neglect of the poor and needy – and, that homosexuality was a symptom and an extension of these sins.”
Butterfield, *The Secret Thoughts of An Unlikely Convert*

01/29/16
- Same-SexAttraction
- The Passion of the Spiderman
- The Passion of Christ
- John 2:1-11

Come to class having read:
Hill: *Washing and Waiting* or Butterfield: *The Secret Thoughts of An Unlikely Convert*
Course Requirements

Attendance is mandatory for all class days. Since a significant part of this class is the required reading, students will be asked to sign a Reading Requirement form at the end of the class. You will benefit from the class material much more if you can complete the reading as assigned. Your final grade will be an average of the class participation, including discussion, as well as the Individual Sexual Development paper. Missing class hours may result in the loss of a letter grade in the class.

Reading: Students are asked to read all required texts by the dates shown on the course schedule, if possible. Texts not listed specifically in the course content and schedule will be referred to throughout the course.

"Fairy tales are more than true; not because they tell us that dragons exist, but because they tell us that dragons can be beaten."
-G.K. Chesterton, Tremendous Trifles

Paper

1. Students will write a 12-14-page paper on the development of their individual sexuality addressing both psychological research and Christian ethical standards surrounding that development. Issues to be addressed include (but are not limited to):
   * How sexuality was presented in your family.
   * Issues that led up to specific behaviors.
   * Your emotional response to specific behaviors.
   * How specific behaviors/emotions impacted your spiritual life and growth.
   * How gender identity and gender roles were presented and integrated.
   * How you overcame or will overcome any destructive patterns, beliefs, or consequences.
   * How your own sexual development will contribute to your counseling.

Do not attempt to write this paper before the class begins. Class discussion will be an important component of writing this paper.

This paper is due 3/01/16.
Papers should be left with Kathie Earl and be sealed in a manila envelope. She will then mail the papers to me for grading. If you want your paper to be returned to you, please included a self-addressed, stamped envelope.
Completing the paper is 50% of your grade, however these papers will not receive a letter grade.

All late papers may receive one letter grade lower for each calendar day that they are late.
Course Textbooks & Articles

Required:

Chapter 8 – “Sex, Economy, Freedom, and Community.” (Important philosophical perspective on sex and culture. Highly recommended. We will discuss this chapter on the first day of class.)

Schnarch, David, *Resurrecting Sex*, (2002), ISBN: 0060931787. This book explains that passionate sex, in marriage, does not happen easily or naturally. The author explains the difference between the intimacy that creates a desire for each other vs. a desire for the “act of sex.”

Smedes, Lewis B., *Sex for Christians* (1994), ISBN: 0802807437 Although this book has a terrible name, it is a classic and yet remains provocative in thinking through a sexual ethic from a Christian perspective.

You may choose one of the following books:

Beautifully written book about a university professor whose world was turned upside down when she considered the idea that the Christianity she had regarded as problematic and sometimes down-right damaging, might be right about who God was and what he had to say about sex might be right too.

This book tells the stories of sexual scandals in churches, suggesting that a deeply-rooted problem plagues American Christianity. Frykholm discusses the harm she believes has been done by the rules-based sexual ethic that alternately denies and romanticizes sexuality.

G.R.A.C.E. (Godly Response to Abuse in a Christian Environment). Students can choose to explore this website (www.netgrace.org) and read the following blogs by Boz Tchividjian, “False Narratives of Christian Leaders,” and “An Abuse Victim Speaks Out.”

This is Hill’s theological memoir on temptation, loneliness, and the future hope of healing for gay men and women who want to be faithful to Christ.

This book looks at sex from the perspective of the issues in the adolescent world.
Course Policies

1. Grading Policy:
   Class Discussion  25%
   Small Group Discussion  25%
   Term Paper  50%

2. Grading Scale:
   A  94-100
   B  93-85
   C  84-76
   F  75 or below
### Course Objectives Related to MAC Student Learning Outcomes

**Course:** Sexuality & Sex Therapy - 02PSY573/01  
**Professor:** Sharon A. Hersh, M.A., LPC  
**Campus:** Orlando, FL  
**Date:** January 25 – 29, 2016

#### Rubric

- **Strong**
- **Moderate**
- **Minimal**
- **None**

#### Mini-Justification

**Articulation (oral & written)**  
Broadly understands and articulates knowledge, both oral and written, of essential Biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks to develop a sexual ethic as a paradigm to look at the questions about sexuality that are in the church and in the culture today.

**Scripture**  
Significant knowledge of the original meaning of Scripture. Also, the concepts for and skill to research further into the original meaning of Scripture and to apply Scripture to a variety of modern circumstances. (Includes appropriate use of original languages and hermeneutics; and integrates theological, historical, and cultural/global perspectives.)

**Reformed Theology**  
Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.

**Sanctification**  
Demonstrates a love for the Triune God that aids the student’s sanctification, especially when it comes to developing a sexual ethic that not only encourages purity, but also encourages a love for sex – in the right context.
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<tr>
<th>Category</th>
<th>Description</th>
<th>Level</th>
<th>Notes</th>
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<tr>
<td>Desire for Worldview</td>
<td>Burning desire to conform all of life to the Word of God.</td>
<td>Strong</td>
<td>Especially the area of sexuality and, thus, sex therapy. Also addresses fictions of sex and the danger of a rule-based sexual ethic. Specifically addresses sexual abuse in the church and same-sex relationships and our responsibility to remain committed to 100% truth and 100% grace.</td>
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<td>Winsomely Reformed</td>
<td>Embraces a winsomely Reformed ethos. (Includes an appropriate ecumenical spirit with other Christians, especially Evangelicals; a concern to present the Gospel in a God-honoring manner to non-Christians; and a truth-in-love attitude in disagreements.)</td>
<td>Strong</td>
<td>Students will learn through film and current day stories, including their own, about using this category of sex to represent Christ to an unbelievers.</td>
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<td>Preach</td>
<td>Ability to preach and teach the meaning of Scripture to both heart and mind with clarity and enthusiasm.</td>
<td>Strong</td>
<td>Whether to the individual (n counseling) or to a larger Body, students will see sexuality as a category to most powerfully represent the Gospel. Students will also have a Biblical foundation to offer grace to those who have experienced sin, woundedness and confusion in this area.</td>
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<td>Worship</td>
<td>Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.</td>
<td>Strong</td>
<td>Through classroom experiences and discussions, student will have an opportunity to lead work and construct a skill uses categories with sexuality (gender, marriage, waiting on God, etc.) as reason to worship.</td>
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<td>Shepherd</td>
<td>Ability to shepherd the local congregation: aiding in spiritual maturity; promoting use of gifts and callings; and encouraging a concern for non-Christians, both in America and worldwide.</td>
<td>Strong</td>
<td>Student will be able to shepherd individual hearts or the hearts of congregations about a subject that impacts their relationships and families frequently, specifically addressing the shame that is often part of this conversation and the good news that God uses our stories to romance us to Himself so that He might fill our emptiness.</td>
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<td>Church/World</td>
<td>Ability to interact within a denominational context, within</td>
<td>Strong</td>
<td>Discussions of marriage and same-sex relationships will</td>
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<td>the broader worldwide church, and with significant public issues.</td>
<td>certainly prepare the student to interact within a denominational context with significant public issues.</td>
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