WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Human Sexuality Counseling

COURSE NUMBER: MCC 8030

I. RATIONALE:

The course consists of three major components: 1) presentation of facts regarding sexuality and sexuality issues, 2) promotion of counselors’ awareness of their own sexuality, sexual attitudes, and sexual values so as to increase their comfort level in assisting clients with sexual concerns, and 3) training in the basic counseling skills necessary to sensitively discuss sexuality issues with clients. **This course does not prepare students to be sex therapists.** It is intended to educate students regarding the breadth of sexuality issues they may experience as counselors in various types of counseling practice.

Because of the highly personal and sensitive nature of human sexuality, it is expected that students will sometimes feel uncomfortable with the explicit material and/or the educational exercises. Any student may choose not to participate in an experiential component of the course and may negotiate with the instructor an alternative assignment to achieve the desired learning. However, we will work to establish an atmosphere of mutual trust and acceptance such that the risk of experiencing discomfort can be offset by growth and learning

II. MAJOR INSTRUCTIONAL GOALS:

**GOAL A:**
Understand basic sexual anatomy and sexual physiology.

**Learning Outcomes:** The student will:

A-1. Demonstrate knowledge of male sexual anatomy and physiology.
A-2. Demonstrate knowledge of female sexual anatomy and physiology.

**GOAL B:**
Understand the variety of human sexual behavior

**Learning Outcomes:** The student will:

B-1. Demonstrate knowledge of heterosexual sexual behavior.
B-2. Demonstrate knowledge of homosexual sexual behavior.
B-3. Demonstrate knowledge of sexual variations and atypical sexual behavior.

**GOAL C:**
Understand the impact of social and cultural influences on human sexuality.

**Learning Outcomes:** The student will:

**C-1.** Identify historical, social and cultural influences on gender roles.
**C-2.** Identify historical, social and cultural influences on sexual attitudes, sexual values, sexual behaviors, and legal issues related to human sexuality.

**GOAL D:**
Understand sexuality issues at various stages of human and family development across the lifespan.

**Learning Outcomes:** The student will

**D-1.** Demonstrate knowledge of childhood sexuality issues.
**D-2.** Demonstrate knowledge of adolescent sexuality issues.
**D-3.** Demonstrate knowledge of adult sexuality issues.
**D-4.** Demonstrate knowledge of sexuality issues related to aging.

**GOAL E:**
Demonstrate knowledge of the assessment, diagnosis and treatment of sexual dysfunction.

**Learning Outcomes:** The student will:

**E-1.** Understand the difference between sexual problems and sexual dysfunctions according to the criteria specified in the DSM-IV-TR.
**E-2.** Understand different strategies for assessing the sexual functioning of individuals and couples.
**E-3.** Identify various survey instruments to assess sexuality and sexual functioning.
**E-4.** Perform a sexual history interview.
**E-5.** Understand treatment strategies for individuals with sexual problems and sexual dysfunctions.
**E-6.** Understand systemic treatment strategies for couples with sexual problems and sexual dysfunctions.

**GOAL F:**
Demonstrate knowledge of legal and ethical considerations related to human sexuality counseling.

**Learning Outcomes:** The student will

**F-1.** Identify ethical principles related to sexuality counseling.
**F-2.** Apply ethical principles and legal considerations to sexuality counseling situations.

**GOAL G:**
Demonstrate knowledge of other health and mental health related sexuality counseling issues.

**Learning Outcomes:** The student will

- **G-1.** Identify the sexuality counseling issues related sexually transmitted diseases.
- **G-2.** Identify sexuality counseling issues related to reproduction, fertility, and termination of pregnancy.
- **G-3.** Identify sexuality counseling issues related to chronic illness and disability.
- **G-4.** Identify sexuality counseling issues related to alcohol and drug abuse.
- **G-5.** Identify sexuality counseling issues related to rape and childhood sexual abuse.
- **G-6.** Identify sexuality counseling issues related to paraphilia-related disorders.

**GOAL H:**
Understand personal values and attitudes related to sexuality counseling issues.

**Learning Outcomes:** The student will

- **H-1.** Identify the impact of personal sexual history on values and attitudes toward sexuality counseling issues.
- **H-2.** Increase professionalism and personal comfort in discussing sexuality issues with clients.