

COUPLES AND SEX THERAPY - MFTS 546

Spring, 2009

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Office Hours:

You are encouraged to see me during my office hours if you need any assistance in understanding the course material or need assistance with the class assignments. You can sign up for these hours outside my office door, or contact me by phone (619-260-6889) or e-mail (williams@sandiego.edu). See me after class or call me if you need to set up an appointment outside my regularly scheduled office hours.

Course Objectives:

This course has following objectives:

- 1) Be able to conceptualize and develop interventions in working with couples from multiple theoretical perspectives
- 2) Be able to assess and conceptualize couples from a transtheoretical model
- 3) Become comfortable in addressing sexual issues in therapy
- 4) Be able to assess sexual issues from a biopsychosocial perspective
- 5) Know the strategies for dealing with a variety of common sexual disorders
- 6) Explore how your self-as-therapist (e.g., values, assumptions) impacts your work with couples
- 7) Understand the ethical and legal issues that can accompany working with couples

Readings:

Required Text Book – The required text for the course is *Clinical Handbook of Couple Therapy* (4th ed.), published in 2008. The *Handbook* is an edited book (A. S. Gurman editor) published by Guilford Press. Unless specified otherwise, chapter and page numbers in the syllabus are for this text.

Optional Text – For those of you anticipating doing a lot of clinical work with couples and sexual issues, I recommend that you purchase *Principles and Practice of Sex Therapy* (4th edition), published in 2007. It is an edited book (S. R. Leiblum, editor) published by Guilford Press.

Additional Readings – In addition to the required texts, there are additional readings that are required. The readings are listed by authors' names in the schedule. (See the last

page for author and titles.) As a cost savings to students, these readings are available to on electronic reserves through the USD library. Follow the instructions below to access articles on electronic reserve:

1. Go to USD website (www.sandiego.edu)
2. Click on **Libraries** at the top of the web page.
3. Click **E-Res Electronic Reserves** (<http://copleylib.sandiego.edu/eres>).
4. Click **Electronic Reserves and Reserve Pages**.
5. Find the Couple & Sex materials by typing 546 in the open field. Hit **Search**.
6. Click MFTS546.
7. Enter the password – couple (all lower case letters). Click **Accept**.
8. Click the title of the article you would like to read.

Requirements and Evaluations:

Two Exams - There will be both a midterm and final exam. Each exam will be worth a total of 100 points each. The final exam is not cumulative. See the attached schedule for the exam dates.

Couple Assessment Project – You will conduct an assessment with a couple using various assessment methods. You will then provide a summary of the couple’s strengths and areas of growth based on your evaluation. A separate handout describing the details of the project will be provided later in the semester. This project will be worth 100 points.

Paper – This paper (details forthcoming) will allow you to explore a topic related to couples therapy that may be of special interest to you. It will be worth 100 points.

Your final course grade will be determined using the following scale:

<u>Grade</u>	<u>Minimum %</u>	<u>Total Points</u>
A	93	400-372
A-	90	371-360
B+	87	359-348
B	83	347-332
B-	80	331-320
C+	77	319-308
C	73	307-292
C-	70	291-280
D	60	279-240
F		239 or less

NOTE: A student who fails to fulfill the course requirements will receive an “Incomplete.” If requirements are not satisfactorily met by the end of the tenth week of the following regular semester, the Incomplete will revert to a grade of “F” (Fail). The grade of Incomplete is available only when the requirements for the course have been

substantially completed; the reason for the Incomplete is legitimate...and the record of the student gives promise of a passing grade.

Course Topics and Schedule

Week 1 (January 29th)

Introduction to course

General considerations in doing couples therapy

Week 2 (February 5th)

Couple assessment strategies

The 8 Cs

Birchler, Doumas, & Fals-Stewart, 1999

Week 3 (February 12th)

The 8 Cs

Week 4 (February 19th)

Gottman's approach to therapy

Chapter 5

Week 5 (February 26th)

Emotionally Focused Therapy

Chapter 4; Johnson, Makinen, & Milikin, 2004

Week 6 (March 5th)

Integrative Behavioral Couples Therapy

Chapter 3

Spring Break (March 12th)

Week 7 (March 19th)

Other approaches (as time permits)

TBA

Legal and ethical issues in couple therapy

TBA

ASSESSMENT PROJECT DUE

Week 8 (March 26th)

MIDTERM EXAM

Week 9 (April 2nd)

Same sex relationships
Premarital counseling
Remarital issues

Chapter 24
Williams, 2007
Chapter 17

Easter Break (April 9th)

Week 10 (April 16th)

Divorce and Separation

Chapter 15; Granvold, 1983

Week 11 (April 23rd)

Infidelity

Chapter 14

Week 12 (April 30th)

General Considerations in Sex Therapy

Chapter 21

Assessment and Treatment of
Inhibited Sexual Desire

Week 13 (May 7th)

Assessment and Treatment of Sexual Disorders

PAPER DUE

Week 14 (May 14th)

Assessment and Treatment of Sexual Disorders

Week 15 (May 21st)

FINAL EXAM