COURSE SYLLABUS for HUMAN SEXUALITY

SEMESTER: Spring, 2012
INSTRUCTOR: Jack Morin, Ph.D. PHONE: 415-552-9560
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COURSE #: MCP6101-02 COURSE TITLE: Human Sexuality

CLASS MEETING DATES AND TIMES: One Saturday and two Sundays:
10am-4pm; April 14, 15 & 29. 2012.

Room Number: TBA

DESCRIPTION OF COURSE CONTENT
An examination of the intrapsychic, interpersonal, cultural, and
transpersonal dimensions of sexual experience, including learning,
attitudes, meaning, physiology and response, fantasy, erotic
variations, sexual problems and counseling techniques. Emphasis will
be on eroticism as an expression of the total person, especially the
search for wholeness and self-affirmation.

SUMMARY OF EDUCATIONAL PURPOSE
To increase students’ understanding of and comfort with sexual
expression in all of its forms, both positive and problematic.

LEARNING OBJECTIVES
After completing this course, students will be able to:
1. Describe the physiology and psychology of sexual response.
2. Discuss sexual behaviors and fantasies comfortably.
3. Assess common sexual problems and make appropriate basic
interventions.

LEARNING ACTIVITIES
Lecture and Discussion = 100%

CRITERIA FOR EVALUATION
Attendance and Participation: 30% of grade
Writing Project: 70% of grade. This is a 6–8 page paper integrating
theory, personal experience, readings, and practical applications.

Level of Instruction: MA Open to all CIIS students Class Size: 25
Grading: Letter Grade

REQUIRED TEXTS
NOTE: READ ENTIRE TEXT BEFORE THE FIRST MEETING.)
2. Course Reader (available at Simply Brilliant Press, 110 Sutter & Montgomery).

**Recommended Readings**


**Course Topics**

- Physiology of arousal and orgasm
- Sexuality and the life cycle
- Fantasy and masturbation
- Male and female sexuality
- Psychology of eroticism
- Sex roles, sexual orientation, and gender identity
- Social/cultural influences on sexual attitudes and behavior
- Erotic variations and diversity
- Introduction to sex therapy: desire, arousal, and orgasm problems
- Troublesome turn-ons: understanding erotic conflicts and paraphilias

**Research Bibliography**

*Items in bold are especially recommended*


**PROFESSIONAL JOURNALS**

*Journal of Sex Research*. Published by The Society for the Scientific Study of Sexuality (included with membership).

*Archives of Sexual Behavior*. Plenum Press.

*Journal of Sex Education And Therapy*. Guilford Press.

**PROFESSIONAL ORGANIZATIONS**


American Association of Sex Educators, Counselors and Therapists (AASECT), certifies sex educators and therapists [www.aasect.org](http://www.aasect.org).
WEB RESOURCES
listed alphabetically within each category

**General Sexuality**

Female Anatomy from Right Health. [www.righthealth.com/topic/Female%20Anatomy](http://www.righthealth.com/topic/Female%20Anatomy).
If you’d like to learn more about the intricacies of female anatomy, this is a one-stop portal for articles, books, blogs, illustrations, videos, and more. But if you hate ads, look elsewhere.

Information about ambiguous genitalia—it’s prevalence, various forms, and support resources.

Started by the great sex research pioneer, Alfred Kinsey, this center continues to conduct original research at a dizzying pace. Its archives are unrivaled.

As expected, this is probably the top resource for exploring all birth control options, but it’s also loaded with additional info about STDs, sexual practices, and much more.

Sex Smart Films: Promoting Sexual Literacy. [www.sexsmartfilms.com](http://www.sexsmartfilms.com).
A large collection of sex-related films made over the past 70 years covering virtually every subject. Many are free, while others are inexpensive via pay-per-view or subscription. Searching for the exact subject(s) you want is easy. A great resource for sex educators.

Sexual Intelligence Newsletter. [www.sexualintelligence.org](http://www.sexualintelligence.org).
A free online monthly newsletter published by sexologist Marty Klein, Ph.D. Each issue is filled with current happenings in the worlds of sex and politics with incisive analysis.

The best, most up-to-date source of information and research about effective sex education. The online newsletter is a “must” for those concerned about what works and what doesn’t.

The World Professional Association for Transgender Health. [www.wpath.org](http://www.wpath.org).
WPATH, formerly known as the Harry Benjamin International Gender Dysphoria Association, is a professional organization devoted to the understanding and treatment of gender identity concerns. It offers a wide variety of publications and resources for transgendered people.

**Sex Toys & Supplies**


Good Vibrations. [www.goodvibes.com](http://www.goodvibes.com).

Xandria Collection. [www.xandria.com](http://www.xandria.com).
These are all quality sites for browsing and buying sex toys, pleasure supplies of every imaginable type, plus books and DVDs.

[www.665leather.com](http://www.665leather.com).
A good source for leather and fetish supplies, including nitrile gloves for popular for fisting (handballing).

**Sensual & Erotic Massage**

New School of Erotic Touch. [www.eroticmassage.com](http://www.eroticmassage.com).
This valuable site offers training to the general public in many aspects of sensual and erotic touch. An impressive faculty provides a changing collection of courses.

Sexological Bodywork. [www.sexologicalbodywork.com](http://www.sexologicalbodywork.com).
Here’s the place to learn about the intensive training available for experienced massage therapists who wish to use their touch skills to help clients with sexual problems. Longtime sex educator, Dr. Joseph Kramer, launched this new field many years ago. Practitioners, who can be certified by the state of California, have a professional organization complete with ethical guidelines.
**Drug Information**

**www.12step.org.**
An excellent guide for those exploring the twelve-step approach (AA was the first) for a wide variety of addictions and other problems. Explains the steps, how they work, and offers resources for in-person and online support.

**www.cocaine-facts.org.**
The latest info on cocaine’s effects and current treatments for those who are dependant.

**LifeRing Secular Recovery. www.unhooked.com.**
Those seeking self-help support for getting sober who aren’t comfortable with AA should check out LifeRing. Its selection of meetings is puny compared to AA, but this site offers many additional resources, books, and 24/7 online chat.

**National Institute on Drug Abuse. www.nida.nih.gov.**
While run by a huge government agency (the National Institutes of Health), this site is a reliable source for the latest science on drugs of abuse. As far as I can see – and I’ve looked pretty closely – you won’t find any old-style scare tactics here.

**www.tweaker.org.**
A service of the SF AIDS Foundation and the Stonewall Project (a harm-reduction-based treatment program for gay men who use crystal meth), tweaker is an excellent, non-judgemental resource focusing on the links between crystal meth and sex. It’s explicit, real, and essential for crystal users.

**Health Concerns (including HIV & STDs)**

**American Social Health Association. www.ashastd.org.**
For the latest research and info on all STDs, ASHA is the premier resource available. Special services and newsletters for Herpes and HPV are just a few of their invaluable offerings.

**Centers for Disease Control. www.cdc.gov.**
This is the primary agency of the U.S. government charged with tracking the prevalence and treatments for infectious diseases. Their Website is a treasure trove of statistics and information.

**Healthfinder. www.healthfinder.gov.**
This searchable encyclopedia of diseases and conditions, with information and services, health tools, and news, is a service of the U.S. Department of Health and Human Services. Also available in Spanish.

**Hepatitis Foundation International. www.hepfi.org.**
This is the place to stay informed about all forms of hepatitis and their complications.

**Medline Plus. www.nlm.nih.gov/medlineplus.**
Provides the latest information on virtually all diseases and treatments (available in 40 languages). The site includes a medical encyclopedia with pictures and diagrams, a medical dictionary, service directories, and current health news.

**San Francisco AIDS Foundation. www.sfaf.org.**
One of the country’s premier HIV & AIDS service organizations is filled to the brim with useful information and resources.

**Stop AIDS Project. www.stopaids.org.**
Everything you need to know about HIV and safer-sex can be found here, plus a whole lot more. Their condom information is especially clear and concise.

**WebMD® Health. www.webmd.com.**
Among the most popular sites covering all major health problems and commonly-prescribed medications. It includes blogs, message boards, and chat rooms for sharing personal experiences. But be prepared for a barrage of ads, mostly from pharmaceutical companies.
This organization does similar things on the international level as the CDC does in the U.S. It's the best place for health statistics around the world.

**BDSM, Fetishes, and Kink**

Ambrosio’s BDSM Website. www.evilmonk.org/A/menu.cfm.  
Behind this site’s bland facade, you’ll find information and advice about every conceivable aspect of BDSM, including many questions you probably forgot to ask. It offers clear distinctions between abuse and SM play.

Training, Coaching, and DVDs for BDSM practitioners and the curious.

A small press specializing in books on kinky sex practices.

A free membership social networking site (similar to facebook) for BDSM, kink, and fetish enthusiasts. "For kinksters, by kinksters."

TES. www.tes.org.  
TES and Janus are the two oldest BDSM support organizations in the country. These sites offer a wealth of information, training programs, and events.

Use this site’s search function to find X-rated video clips (many XXX) depicting virtually any sexual activity imaginable. Not for the prudish. Adults only!