
SYLLABUS

I. Content

A specific study of some of the more common psychological problems people face. The causal background, dynamics, and process of treatment will be the main emphases of the course. The focus will be on eating disorders and sexual disorders.

II. Purpose

- A. To study several psychological difficulties which present special problems in understanding and treatment:
 - 1. Eating disorders: anorexia and bulimia
 - 2. Sexual disorders: heterosexual, gender identity, and paraphilias
- B. To promote flexibility in thinking about human functioning by studying some of the more common problems experienced by women and men, and integrate them with the IBC model.
- C. To provide a forum where we can reflect and attempt to deepen a Christian response as we relate to persons who are entangled in these kinds of struggles.

III. Course Texts

A. Eating Disorders

Hope, Help, & Healing for Eating Disorders by Gregory L. Jantz, 1995.

or

The Golden Cage by Hilde Bruch, 1978, revised 2001

B. Sexual Disorders

1. *Intended for Pleasure* by Ed Wheat, 1977, 4th edition 2010
(Recommended if you are married)
or
Singles at the Crossroads by Albert Y. Hsu, 1997 **or**
Real Sex: The Naked Truth About Chastity by Lauren F. Winner, 2005
(Recommended if you are single)
2. *Out of the Shadows: Understanding Sexual Addictions* by P. Carnes, 1992
or
Healing the Wounds of Sexual Addictions by Mark Laaser, 2004

- C. Skim *DSM-5 Eating Disorders* (pp. 338-354)
Skim *DSM-5 Sexual Dysfunctions, Gender Dysphoria, & Paraphilic Disorders*
(pp. 423-459; 685-705)

IV. Course Requirements

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| A. Attend all lectures and take notes. | 50% |
| B. Write a one-page reflection for the Eating Disorders text. | 10% |
| C. Write a one-page reflection for Sexual Disorders text #1. | 10% |
| D. Write a one page reflection for Sexual Disorders text #2. | 10% |
| E. Inform professor when finished reading DSM-5. | 10% |
| F. Additional reading: 10% of the course is based on approximately 200 pages of additional readings. Selections may be made from: | |
| 1. The books not selected as text readings, and | |
| 2. The Recommended Readings sections | |

Recommended Readings: Eating Disorders

1. *Conversations with Anorexics*, edited by Czyzewski and Suhr with Hilde Bruch, 1994, 1998
2. *Eating Disorders: A Handbook of Christian Treatment* by Cumella, Eberly and Wall, Remuda Ranch, 2008
3. *Feminist Perspectives on Eating Disorders*, edited by Fallon, Katzman and Wooley, 1994
3. *Males with Eating Disorders* by Dr. Arnold Anderson, 1990
4. *The Monster Within: Overcoming Bulimia* by Cynthia Joye Rowland with others, 1984, reprinted 1996
5. *Love Hunger: Recovery from Food Addiction* by Minirth, Meier, Henfelt and Sneed, 1990, 2004
6. *Love to Eat, Hate to Eat* by Elyse Fitzpatrick, 1999
7. *Mom, I Feel Fat* by Sharon Hersh, 2001

8. *Sexual Abuse and Eating Disorders*, edited by Schwartz and Cohn, 1996

Recommended Readings: Sexual Disorders and Human Sexuality

1. *The Broken Image*, by Leanne Payne, 1996
2. *The Complete Christian Guide to Understanding Homosexuality*, edited by Joe Dallas and Nancy Heche, 2010
3. *Crisis in Masculinity* by Leanne Payne, 1995
4. *His Needs, Her Needs: Building an Affair-proof Marriage*, by Willard F Harley, Jr., 1986, 1994.
5. *Men and Sex: New Psychological Perspectives*, edited by Levant & Brooks, 1997
6. *The Quick-Reference Guide to Sexuality and Relationships Counseling*, by Dr. Tim Clinton and Dr. Mark Laaser, 2010
7. *The Sexual Man: Masculinity without Guilt* by Dr. Archibald D. Hart, 1994
8. *Sexuality and Sex Therapy: A Comprehensive Christian Appraisal*, by Mark Yarhouse and Erica Tan, 2014
9. *Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed*, by Debra Laaser, 2008

Recommended Readings: Singleness

1. *Devoted: Reflections on Biblical Singleness* by Dorcas Layman, NYM Ministries, 2012
2. *Redeeming Singleness* by Barry Danylak, Crossway, 2010
3. *Single, Whole and Holy*, by Joy Jacobs and Deborah Strubel, 1996
4. *Soul Virgins: Redefining Single Sexuality*, by Doug Rosenau and Michael Wilson, 2006

Other Recommended Readings

None of These Diseases by Dr. S. I. McMillen and Dr. David E. Stern, Baker Publishing Group, 1963, 1984, revised 2000

V. Class Dates:

VI. Class Times: 8:45-12:00; 1:00-5:00 (4:00-5:00 and evenings are for reading and writing assignments)