

Dr. Clifford and Joyce Penner, MN, RN
Institute for Sexual Wholeness
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Advanced Sex Therapy: Dysfunctions (Certificate)
March 1-2, 2023, 8:30 AM – 6:30 PM (CST)
March 3, 2023, 8:30 AM - 4:30 PM (CST)
Classroom: First Floor Conference Room
8401 N. Central Expressway
Dallas, TX 75225



I N S T I T U T E F O R
SEXUAL WHOLENESS

Advanced Sex Therapy: Dysfunctions

Non-Academic, Non-CEU Syllabus

(Certificate of Completion)

I. COURSE DESCRIPTION

This specialization course takes an in-depth look at treatment for sexual dysfunction. Areas of primary focus include the diagnosis and treatment of sexual dysfunctions specific to desire, pain, arousal, and orgasm.

Prerequisite:

Students are required to have completed two ISW courses or their equivalents: 1) Introduction to Human Sexuality & Sex Therapy; and 2) Intermediate Sex Therapy Protocols (formerly Sexual Dysfunctions, Addictive, Compulsive, and Paraphilic Sexuality).

This course is one of four advanced courses for the Institute for Sexual Wholeness. ISW provides Introductory, Intermediate, and Advanced CEU courses for certification as a sex therapist through ABCST (American Board of Christian Sex Therapist). For more information, please see <https://www.sexualwholeness.com/isw-main>.

II. COURSE OBJECTIVES

At the conclusion of this class, students will be able to:

- A. Provide advanced instruction in treating sexual dysfunction, including treatment protocols for male, female, and couple issues.
- B. Develop an assessment plan, including sex history forms, for use in assessing and developing treatment plans for sexual dysfunction.
- C. Review and discuss actual case studies, developing and fine tuning treatment protocols for these sexual dysfunction cases.

III. COURSE MATERIALS

Students are responsible for additional information and materials distributed through the ISW Advanced Sex Therapy: Dysfunctions class page and class lectures.

March 1-3, 2023

Recommended reading and the included bibliography does not necessarily represent the position of ISW. These materials do represent some of the best information in the field on this subject. Time will be spent in class discussing the reading and critiquing it from a Biblical Christian perspective that is in line with the stated theology of ISW.

A. Recommended Readings

Goldstein, Andrew, MD; Pukall, Caroline, PhD; Goldstein, Irwin, Jill Kropf (2023) When Sex Hurts: A Woman's Guide to Banishing Sexual Pain. New York: Hatchett Go.

Metz, Michael E., Epstein, Norman B., and McCarthy, Barry (2018). Cognitive-Behavioral Therapy for Sexual Dysfunction. New York: Routledge

Murgado-Willard, Kelli (2024). Neurodiverse Couple Therapy. New York: Routledge.

Penner, C.L., Penner, J.J. (2016) Restoring the Pleasure. Nashville, Word.

Penner, C.L., Penner, J.J. (2005) Counseling for Sexual Disorders. Nashville, Word.

Penner, C.L., Penner, J.J. (2017) ENJOY! The Gift of Pleasure for Women. Carol Stream, IL: Tyndale House.

Penner, C.L., Penner, J.J. (2017) The Married Guy's Guide to Great Sex. Carol Stream, IL: Tyndale House.

IV. COURSE REQUIREMENTS

A. Class Attendance & Participation (Required to obtain Certificate of Completion)

- a) Prepare a Case Study to present in class for staffing with Dr. Cliff and Joyce Penner.

PLEASE DO NOT USE CLIENT NAMES OR EASILY IDENTIFIABLE INFORMATION.

(Use first names only, changed names, or "Mrs. A & Mr. A" to de-identify client information).

Please list the following information for your case presentation to the Penners. **Keep one copy to use in class and one copy to be turned in by the beginning of class on Friday, March 1st.**

1. Age
2. Gender
3. Employment status
4. Years married (or years in relationship)
5. Number of marriages
6. Number of children and their ages
7. Presenting Problem
8. Important emotional, physical, spiritual, or other symptoms
9. Pertinent medical history, including medications
10. Alcohol or recreational drug use
11. Strengths and weaknesses in the relationship
12. How many sessions (or how long chronologically) have you been seeing this client/this couple?
13. Therapist's interventions thus far
14. Where do you feel stuck or need input?

- b) Attendance at all lecture times is crucial. Students must be present for **all** lecture hours. **ONLINE STUDENTS:** Your camera must be On and you must be in the frame in order to obtain a certificate of completion.

March 1-3, 2023

Contact Dr. Gary Barnes if you have questions: gary@sexualwholeness.com

B. Reading

While not required, it is recommended that students read the recommended readings listed above **before coming to class**.

- C. Final Exam: To obtain a Certificate of Completion, you must pass the exam with 70% or higher. You will be allowed 3 attempts.** The exam consists of objective (multiple choice, T/F) questions that cover the Penners' lectures. This exam will be taken online (web address will be provided on the online course platform). This is an open book/open note test, although students should NOT work with other classmates to complete it. **To receive full credit, students must complete the exam on time.**

The Final Exam must be completed on the Online Course Platform by Sunday March 31st 11:59 pm CST.

V. COURSE SUPPLEMENTAL INFORMATION

ISW does not discriminate on the basis of disability in the operation of any of its programs and activities. To avoid discrimination, the student is responsible for informing the Director of ISW and the course instructor of any disabling condition that will require modifications.

VI. COURSE POLICIES

A. Course Requirements for Grading

Assignment	Points	Percentage
Attendance & Class Participation	200	50%
Case Study	100	25%
Final Exam	100	25%
TOTAL	400	100%

B. Class Attendance & Participation

Attendance is crucial, not just for the content, but to get the value of different professors and viewpoints. Professional Participants are required to attend all of the class and complete all assignments in order to earn credit. Active engagement (allowing for differences in personal style) is expected for the benefit of both individual students and the class as a whole.

Students intending to apply this course to ABCST for Sex Therapist Certification, please contact Debra Taylor at debra@sexualwholeness.com for more information.

C. Late Assignments

No assignments will be accepted past the due date without prior approval from the ISW Director. Please contact Dr. Gary Barnes, gary@sexualwholeness.com with any questions.

D. Methodology

This course will utilize a largely seminar type format with lecture, group exercises, and group discussion. Students will be encouraged to actively participate in this advanced class to learn as much from the primary professors as possible. Additionally, students will learn through the Case Study presentation and the final exam.

E. Writing Style

All papers written for ISW classes are to conform to the Publication Manual of the American Psychological Association, 7th Edition, unless otherwise specified by the instructor(s). All written documents are to reflect the highest standards of grammar, composition and style. Students are expected to have adequate computer skills to produce all course assignments and to conduct research for those assignments independently.

VII. COURSE LECTURES AND ASSIGNMENT SCHEDULE

Date	Lecture Topics	Assignment Due Dates
3/1	<p>What We've Learned About Men And Women And Sex In Marriage In 40 Years As Sex Therapists:</p> <ul style="list-style-type: none"> ● Men make the difference ● Sex works best when the woman affirms her sexuality and shares it with her husband ● Women keep it interesting ● Passion in marriage will only last if enjoyment and connection are the goals. ● Slow is better than fast ● Sexual patterns are easily conditioned and self-perpetuating ● Both must heal from past hurts ● Good sex won't just happen; with intentionality, a mutually satisfying sex life is attainable. <p>Sexual Therapy: Your Definition</p> <p>Why is Sexual Therapy Necessary? (Application to Assessment and Treatment)</p> <ul style="list-style-type: none"> ● Developmental Gaps ● Educational Gaps ● Relational/Clinical Issues ● Biochemical & Physiological Factors ● Male-Female Differences 	<p>Case Study: Due by 8:30 AM CST</p>
3/2	<p>The Process of Evaluation (Assessment):</p> <ul style="list-style-type: none"> ● A comfortable, qualified therapist ● A well-defined system <p>The Sexual Therapy Process</p> <ul style="list-style-type: none"> ● The Goals ● The Tools ● The Sexual Therapy/Retraining Process ● Tools for Couples' Homework Data Gathering <p>Sexual Dysfunctions and Their Treatments (Pt. 1)</p> <ul style="list-style-type: none"> ● Sexual Desire Differences & Difficulties (HSDD) ● Initiation Patterns Affect Frequency ● Sexual Pleasure Interrupted by Boredom, Inhibitions & Spectatoring 	<p>Presentation of Case Studies</p>
3/3	<p>Sexual Dysfunctions and Their Treatments (Pt. 2)</p> <ul style="list-style-type: none"> ● Problems of Arousal ● Barriers to Entry and Enjoyment ● Problems of Sexual Release ● Conflict with the "After-glow" <p>The Results of Sexual Therapy</p> <ul style="list-style-type: none"> ● Quick Fix ● Abort ● Resist ● Diagnostic Benefit ● Long-Term Mutually Satisfying Sexual Relationship 	<p>Presentation of Case Studies</p>

3/31		Final Exam: Due by 11:59 PM CST
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***All Due Date Times are in CST (Central Standard Time). Please plan accordingly.**

About Your Instructors:

Dr. Clifford and Joyce Penner, MN, RN are best known for their pioneering work in encouraging people of all faiths to connect their sexuality with their belief system — helping them embrace sex as a God-given gift, opening the topic of sexuality within couples and families. Dr. Clifford Penner is a clinical psychologist, certified sex therapist, educator, and author. Joyce Penner, a Clinical Nurse Specialist, is a certified sex therapist, educator, and author. Cliff and Joyce have been teaching, writing, and counseling about sexuality for over 50 years.