



CHRISTIAN HERITAGE COLLEGE

**CO389**

## **SEXUALITY, SPIRITUALITY AND COUNSELLING**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

|   |   |
|---|---|
| <b>Unit code</b>                                  | CO389   |
| <b>Unit name</b>                                  | Sexuality, Spirituality and Counselling   |
| <b>Associated higher education awards</b>         | Bachelor of Counselling   |
| <b>Duration</b>                                   | One semester  |
| <b>Level</b>                                      | Advanced  |
| <b>Core/elective</b>                              | Elective  |
| <b>Weighting</b>                                  | Unit credit points: 10<br>Course credit points: 240   |
| <b>Delivery mode</b>                              | Face-to-face on site  |
| <b>Student workload</b>                           | <p><i>Face-to-face on site</i></p> <p>Contact hours 35 hours<br/>Reading, study, and preparation 55 hours<br/>Assignment preparation 60 hours<br/><b>TOTAL 150 hours</b></p> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>   |
| <b>Prerequisites/ co-requisites/ restrictions</b> | <p><i>Prerequisites</i></p> <p>60 credit points of Introductory Social Sciences units <i>including</i><br/>CO214 Foundational Processes and Strategies in Counselling</p>   |
| <b>Rationale</b>                                  | <p>Human sexuality and spirituality are important, distinct, and yet related aspects of humanness, and a critical review of Christian perspectives of human sexuality is pertinent for those interested in counselling. In counselling contexts, problems in sexuality, gender, and spiritual issues are often vitiating concerns. Therefore, students aspiring to counselling professions need to gain a comprehensive understanding of sexuality and spirituality and their distinctions and interconnectedness if they are to adequately understand people and their problems.</p> <p>Today, a wide range of views on sexuality, spirituality, and gender are debated in society, and counselling practitioners need to understand not only these different perspectives but also the basis of their own beliefs. As a consequence, this unit will investigate and critically canvass a range of perspectives and will particularly examine Christian perspectives.</p> <p>In addition, it is important for aspiring counselling practitioners to possess awareness related to their own sexuality, spirituality, and gender as well as a commitment to ongoing personal growth and development in these areas. This unit will therefore also link theoretical knowledge, self-awareness, and application to counselling practice.</p> |
| <b>Prescribed text(s)</b>                         | <p>Balswick, J. K., &amp; Balswick, J. O. (2008). <i>Authentic human sexuality: An integrated Christian approach</i> (2nd ed.). Downers Grove, IL: InterVarsity Press.<sup>1</sup></p> <p>Ellens, H. (2009). <i>The spirituality of sex</i>. Connecticut, London, UK: Praeger.<sup>1</sup></p> <p>Hawkes, G. (2004). <i>Sex and pleasure in Western culture</i>. Cambridge, UK: Polity Press.<sup>1</sup></p>   |

<sup>1</sup> Seminal text

|  |  |
|--|--|
| <p><b>Recommended readings</b></p>             | <p><b>Books</b></p> <p>Bell, R. (2012). <i>Sex God: Exploring the endless connections between sexuality and spirituality</i>. New York, NY: HarperCollins.</p> <p>Galindo, F. &amp; Cummings, W. (2010). <i>Spirituality, intimacy, and sexuality</i>. New York, NY: Paulist Press.</p> <p>Jeanrond, W. G. (2010). <i>A theology of love</i>. New York, NY: T&amp;T Clark International.</p> <p>Lawrence, R. J. (2007). <i>Sexual liberation: The scandal of Christendom</i>. Westport, CT: Praeger.<sup>1</sup></p> <p>Maguire, M. (2014). <i>Men, women, passion and power: Gender issues in psychotherapy</i> (2nd ed.). New York, NY: Routledge.</p> <p>Moore, S. (2007). <i>The contagion of Jesus</i>. London, UK: Darton, Longman, &amp; Todd.<sup>1</sup></p> <p>Schnarch, D. (2012). <i>Passionate marriage: Keeping love and intimacy alive in committed relationships</i>. Brunswick, VIC, Australia: Scribe.</p> <p>Thatcher, A. (Ed.). (2014). <i>The Oxford handbook of theology, sexuality and gender</i>. Oxford, UK: Oxford University Press.</p> <p><b>Journals</b></p> <p><i>Journal of Psychology and Theology</i></p> <p><i>Journal of Psychology and Christianity</i></p> <p><i>Journal of Psychology and Human Sexuality</i></p> <p><i>Journal of Pastoral Care and Counseling</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p> |
| <p><b>Specialist resource requirements</b></p> | <p>Nil</p>   |
| <p><b>Content</b></p>                          | <ol style="list-style-type: none"> <li>1. Introduction, the nature of spirituality and sexuality as constituent parts of being human made in the image of God</li> <li>2. The place of sexuality and spirituality as part of human growth and development in a counselling context</li> <li>3. A Biblical survey of sexuality and its relationship to spirituality</li> <li>4. Sexuality and spirituality in Christendom – An historical overview of a 2,000-year journey</li> <li>5. Sexuality and spirituality in current Christian understanding and discourse</li> <li>6. Key figures from theology, psychology, and philosophy who have worked towards reconciling sexuality and spirituality</li> <li>7. Schnarch and Ellens: Two models of understanding relatedness of sexuality and spirituality</li> <li>8. Personal reflection on the journey – combining healthy sexuality and spirituality</li> <li>9. Implications and applications to counselling</li> </ol>  |
| <p><b>Learning outcomes</b></p>                | <p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. identified and considered historical and contemporary Christian perspectives and precedents for understanding sexuality and spirituality;</li> <li>2. recognised and understood the biological, socio-emotional, and developmental dimensions of sexuality;</li> <li>3. identified and evaluated the distinctions and areas of relatedness between sexuality and spirituality;</li> </ol>   |

|                         |  |
|-------------------------|--|
|                         | <ol style="list-style-type: none"> <li>4. examined the implications of sexuality and spirituality on personal identity and functioning;</li> <li>5. described and reflected upon the factors which contribute to the development and maintenance of a healthy sexual identity and integration of sexuality and spirituality;</li> <li>6. examined and integrated fundamental principles and practices involved in counselling people experiencing issues relating to spirituality and sexuality; and</li> <li>7. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.</li> </ol>  |
| <b>Assessment tasks</b> | <p><b>Task 1: Case Study</b></p> <p>Discuss a case study example, referring to biological, socio-emotional and developmental dimensions of the person and their presenting issue.</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 2-7</p> <p>Assessed: Week 6</p> <p><b>Task 2: Reflective Essay</b></p> <p>Discuss and reflect upon three of the major themes of the unit.</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 1, 3-7</p> <p>Assessed: Week 11</p> <p><b>Task 3: Literature Review</b></p> <p>Submit a research paper focussing on one of the topics covered in the unit.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 15</p> |
| <b>Unit summary</b>     | <p>This unit will investigate and critically canvass a range of perspectives on sexuality, spirituality, and gender, and will particularly examine Christian perspectives. Students will also gain awareness into their own sexuality, spirituality, and gender, and be encouraged to develop a commitment to ongoing growth in these areas. This unit will therefore also link theoretical knowledge, self-awareness, and application to counselling practice.</p>  |