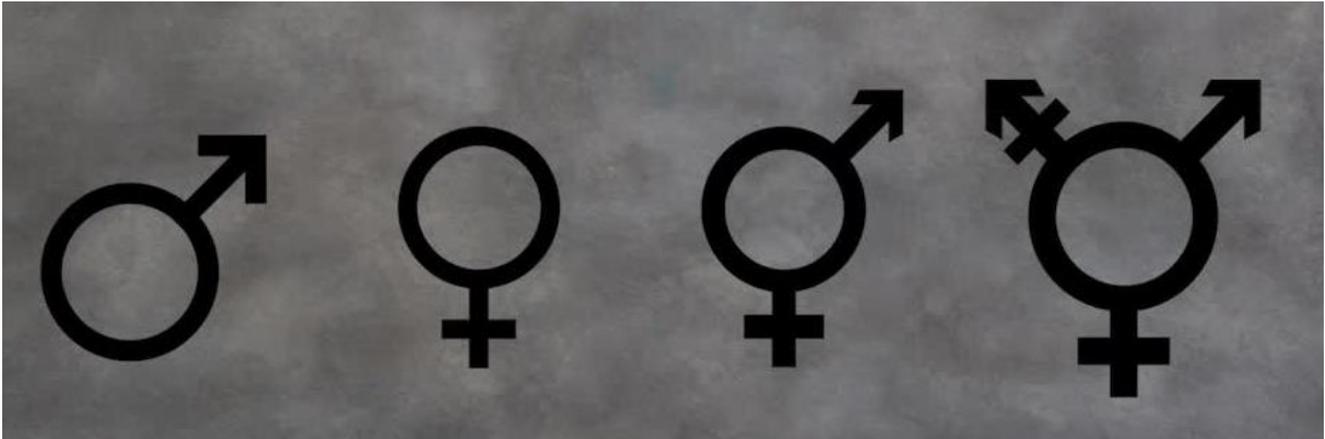


# Psychology of the Sexual Self

Draft syllabus



<b>Semester &amp; Location:</b>	Summer 2020 - DIS Stockholm
<b>Type &amp; Credits:</b>	Core Course - 3 credits
<b>Core Course Study Tours:</b>	UK
<b>Major Disciplines:</b>	Psychology, Sociology Related Disciplines: Gender Studies
<b>Faculty Members:</b>	TBD
<b>Program Director:</b>	Lars Rossen: lro@dis.dk
<b>Time</b>	TBD

## Description of Course

Prerequisites: One psychology course at the university level.

This course aims to foster critical thinking regarding the self and human sexuality from a psychological perspective. Topics will include sexual development across the lifespan and sexual behavior patterns. The history and diversity of human sexual relationships from mainstream and clinical perspectives, including both medical and psychological treatments, will be considered in a Scandinavian and European context. Contemporary issues such as the influence of the #metoo movement, online pornography, and social media platforms on our thinking and behavior regarding sexuality will be explored. Students will conduct a small research study in which they must incorporate psychological theory to consolidate learning.

## Learning Objectives

By the end of this course, students will be familiar with important concepts in the psychology of human sexuality and will be able to apply them to current issues through lectures, class discussion, and reading assignments.

Students will gain a stronger understanding of how scientific principles and standards of evidence apply to the study of individuals/or groups in different cultural contexts with emphasis on issues and problems in human sexuality. This should encompass an enhanced awareness of how we develop individual differences in values, attitudes, and behavior and an increased ability to accept (not necessarily condone) these differences. Students will grow in their understanding of cultural, racial, ethnic, and gender differences in sexuality alongside an increased ability to communicate about sexual topics, terms and concepts. By the end of the course students will have worked in depth with ethical issues relevant to research and applications in the area of the psychology of the sexual self, and examined diversity issues regarding how gender, race, ethnicity, stage of life, and sexual orientation impact human sexuality.

## Reading examples

Dosch A., Belayachi S., Van der Linden, M. (2016). Implicit and explicit sexual attitudes: How are they related to sexual desire and sexual satisfaction in men and women? *The Journal of Sex Research*, 53(2), 251-64. doi: 10.1080/00224499.2014.1003361

Macapagal, K., Coventry, R., Arbeit, M.R., Fisher, C.B., Mustanski, B. (2016). "I won't out myself just to do a survey": Sexual and gender minority adolescents' perspectives on the risks and benefits of sex research. *Archives of Sexual Behavior*, 46(5), 1393-409. doi: 10.1007/s10508-016-0784-5

Pachankis, J.E., Hatzenbuehler, M.L., Mirandola, M., Weatherburn, P., Berg, R.C., Marcus, U. & Schmidt, A.J. (2017). The geography of sexual orientation: Structural stigma and sexual attraction, behaviour, and identity among men who have sex with men across 38 European countries. *Archives of Sexual Behavior*, 46(5), 1491-502. doi: 10.1007/s10508-016-0819-y

Shapiro, L. (2017). The disabled sexual surrogate. *Reproductive Health Matters*, 25(50), 134-7.

Thomas, T.L., Yarandi, H.N., Dalmida, S.G., Frados, A. & Klienert, K. (2015). Cross-cultural differences and sexual risk behavior of emerging adults. *Journal of Transcultural Nursing*, 26(1), 64-72. doi:10.1177/1043659614524791

## Field Studies

### **Department for Gender Studies, Stockholm University**

Research in Gender Studies at Stockholm University focuses on Feminist Cultural Studies. At the centre of this is identifying the impact of one's environment. All forms of culture have their origin in historically determined ways of life that are built out of common knowledge, values, experiences and patterns of thought, which must be given meaning and communicated in order to become common. This process of 'meaning-making' – ways to understand the world – is produced and maintained both in the practices of everyday life and in texts of different kinds.

### **Anxious or Blue Therapy Clinic**

Dr. David Schutz specializes in helping clients who are struggling with a variety of psychological issues, such as anxiety, depression, relationship and family issues. He will speak to us about his work as a couples therapist. Dr. Schutz works with a culturally diverse client base, including cross-cultural couples and their families and expatriates living in Sweden who prefer to meet and talk in English during therapy sessions.

## Guest Lecturers

### **Tiina Rosenberg**

Tiina Rosenberg will talk about feminism and the art scene in Sweden. Sweden has experienced a veritable explosion of feminist performances in the first decade of the twenty-first century. Although feminist actions, theatre, shows and performance have an established tradition, the current decade has seen an upsurge of

feminist events that adopt a performance approach. Feminist cultural festivals are regular and frequent, and feminist performance, dance and theatre manage to attract audiences beyond their immediate feminist constituencies. Tiina argues that the popularisation of feminist performing arts is related to the lively feminist activism in Sweden.

## Approach to Teaching

We strive for an open, interactive learning environment: that means that we ask questions, expect discussion and encourage you to think for yourself. Interactive learning presupposes active participation from the students. For this reason, we will ask you to critically reflect on the theory, research and practice presented in class. Sometimes such a critical examination uncovers inconsistencies or lack of elaboration. However, being critical of basic assumptions in a theory does not negate the theory altogether. Therefore, we will try to integrate, rather than dismiss, the different approaches presented in the course.

The schedule will list reading materials for each class meeting. Please be prepared by having read and thought about the material before coming to class. By reading the material beforehand, you will better understand the points we make, be better prepared for discussion, and be able to ask thoughtful and productive questions.

Classes will consider a few specific topics in depth and will typically not repeat the assigned readings. These readings will serve as a foundation for the lectures and it is expected that they are utilized during in-class discussions. Thus, most of the materials in the text you will learn on your own outside of class. It is imperative that you keep up with the readings, because you can 1) ask questions about reading material you find confusing or unclear, and 2) continuously prepare for the exam.

## Expectations of the Students

We expect you to have done the reading for each class and to participate actively and constructively in all aspects of this course including class sessions, field study sessions, and course-related field studies, as well as activities in class discussions, team work, and to contribute to the progress of the class.

In this course, each one of us has the equal and unique responsibility to facilitate the most optimal learning outcomes.

*Students are expected to:*

- complete all reading assignments prior to coming to class
- contribute to class discussions and group activities
- work independently and be active in group work
- write down reflections throughout the course
- be punctual and attend all classes; missing classes without a legitimate excuse will result in a lower final grade

## Evaluation

Students will be evaluated on their participation in class, on individual papers, and on group presentations. Emphasis in evaluation is on active and constructive engagement with the subject and with the rest of the class. Creativity and critical academic reflection is highly valued in your written work as well as in class, where there will be a number of class discussions, open reflective questions related to class topics, group work assignments and short presentations.

In your papers, you are expected to use high quality, credible and relevant sources and to cite all your sources in your text using APA style references. Please make sure that all statements and claims are supported by academic references.

## Grading

Assignment	Percent
Engaged Participation	15%
The Sexual Self: What is Normal?	10%
Individual Research Paper	25%
Group Presentation	25%
Final Exam	25%

### **Class Participation (15%)**

You must attend every class. Excused absence includes serious illness and participation in religious holidays. All other absences are unexcused. If you must miss a class, please contact me as soon as possible.

Active participation in class will include reading ahead of each class and contributing to class discussions as well as participating actively at field studies and study tours.

### **The Sexual Self: What is Normal? (10%)**

Write a 3-page reflection about sexual behavior from a micro and macro perspective. Compare and contrast what is seen as normal sexual development and behavior on an individual level and expand outward. How does our relationship to sexuality change from culture to culture? How does culture influence sex and how does it define us?

### **Individual Research Paper (25%)**

Pick one topic from our Study Tour to the UK and explore the topic in depth. Relate this topic to relevant papers and lectures from the syllabus. The paper should be 4-5 pages.

### **Group Presentation (25%)**

With your group members, compare and contrast the topics that you chose to review in your Individual Research Papers. In a 20-minute presentation, present your ideas to the class in a cohesive format.

### **Final Exam (25%)**

There will be a final exam based on the readings and class discussion. It will be a combination of short and long answer questions. There will be a review and more information as the semester progresses.

*To be eligible for a passing grade in this class you must complete all of the assigned work.*

## Course Summary: Potential Topics

<b>Date</b>	<b>Details</b>
Tue Jul 7 <sup>th</sup> , 2020	Session 1: Sexuality Across the Lifecycle: From childhood to old age
Fri Jul 10 <sup>th</sup> , 2020	Session 2: Sexual Variations: Normality and Abnormality
Thur Jul 23 <sup>rd</sup> , 2020	Session 3: The evolution of monogamy

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