**Class #1 Outline: Healthy Couples Sexuality (Part 1)**

1. A brief overview of the attachment model of relational development

2. How securely attached, anxiously attached, and avoidantly attached children respond to threat and exploration

3. How childhood attachment tendencies tend to correlate with our way of relating in adult intimate relationships and in our sexual relationships

4. Synchronous, Solace, Sealed off sex explained

5. Individual identity development and its correlation to sexual development

6. Love and marriage in its historical context: How partnering has evolved over time

7. Brief overview of the evolution of sexual attitudes and mores due to the advent of the internet

8. Foundations of healthy sexuality as a reflection of an “I-Thou” relationship

9. The theology of sex as God-ordained means of profound connection

10. Struggles with intimacy due to life stage and other stressors

11. Items to consider when a couple is struggling sexually (medical, mental, medication use, etc.)

**Class #2 Outline: Healthy Couples Sexuality (Part II)**

1. An overview of the “thinking brain” and the “feeling brain”

2. Fundamentals around issues of sexual desire and arousal

3. Explaining issues of sexual desire and arousal from the perspective of the thinking brain and the feeling brain

4. A deep look at struggles in sexuality and common issues that couples have that stem from belief systems embedded from culture, church, family of origin, etc.

5. Issues around sexuality and gender

6. Women and sexual identity development

7. Overcoming myths around women and low desire as a birthright

8. The female body and its sexual potential when supported by a knowledgeable and caring partner

9. Taking ownership of ones own sexual identity development

10. Key learnings: what healthy couples do to have a vibrant sexual relationship

**Class #3 Outline:**

**Human Attachment and Addiction Vulnerability**

1. A deeper look at human attachment theory as a means of keeping parents and children in close proximity in times of stress and struggle

2. Some fundamentals of early brain development and how attachment to primary caregivers correlates to healthy cognitive and emotional brain development

3. A breakdown of the three fundamental attachment styles (secure, anxious, avoidant attachment) with illustrations and personal and clinical examples

4. How are the main characters in the movie FROZEN great examples of the three attachment styles?

5. Addiction as an outcome of one trying to get ones healthy attachment needs met in an unhealthy way

6. Fundamentals of addiction in general

7. Sexual addiction and food addiction as most complicated addictive processes as they each are a fundamental part of what makes us human

8. Jesus Christ as the ultimate healer

**Class #4 Outline:**

**Classic and Contemporary Sexual Addiction Fundamentals**

1. Classic sexual addiction (definitions, correlations, treatments, etc.)

2. Contemporary sexual addiction (definitions, correlations, treatments, etc.)

3. How each variation of sexual addiction resemble and differ from the other and how are treated differently clinically

4. Healthy sexuality defined

5. Addicted sexuality defined

6. Levels of exposure to flesh media and its impact

7. Elements common to addictive disorders

8. Activities associated with sexual addiction

9. Behaviors and attitudes associated with sexual addiction

10. Hope in healing through God’s creation of a brain that is “plastic” in nature and can be changed throughout life

**Class #5 Outline:**

**Sexual Addiction—The Brain on Porn**

1. Brain chemicals that are involved with sexuality

2. How these same chemicals play a role in addiction

3. Why is porn addictive?

3. A close look at the Super-Chemical: Dopamine

4. A simplified explanation of how key sections of the brain are impacted by sex addiction

5. The thinking brain and its key functions in healthy brain development

6. How to maximize the functions of the thinking brain

7. The malfunctions of the brain impacted by porn and masturbation

8. Going deep into the addiction cycle (core beliefs, triggers, rituals, etc.)

9. Sobriety versus recovery in addiction

10. Hope that healing is possible through the ever-changing brain

**Class #6 Outline:**

**Stages of Sexual Addiction Recovery and the Power of Group Recovery**

1. Stages of recovery overview:

 I. Developing Stage

 II. Crisis/Decision Stage

 III. Shock Stage

 IV. Grief Stage

 V. Repair Stage

2. Each stage of sexual addiction recovery reviewed including how long the phase generally lasts, how one feels, how they impact and are impacted by others (family, support groups, etc.), key areas of growth in each phase, key areas of struggle in each phase

3. Key factors to successful recovery

4. The power of group work

5. Overview of Sexaholics Anonymous (SA)

6. Overview of SA’s definition of “The Problem”

7. Overview of SA’s definition of “The Solution”

8. A discussion of how the 12 STEPS are incorporated into SA group work and how they benefit those who seek true recovery

**Class #7 Outline:**

**Preparing our Children for Encounters with Pornography**

1. Setting up the need for prevention: A review of studies done on the porn industry, average age of exposure, parental lack of knowledge, etc.

2. The detrimental effects of pornography on children and adolescents with regards to the formation of attitudes and beliefs relative to sexuality

3. The role of parents and other primary caregivers in modeling healthy gender equality and other formal education

4. Fundamentals of sexual/intimate relationship education

5. A background for parents on the workings of the child’s developing brain

6. The child’s brain: learning, imitation, and habit formation

7. A step-by-step breakdown of how to teach a child about healthy sexuality and addicted sexuality

 a. pornography defined

 b. normalizing sexual interest

 c. addiction defined

 d. a simple explanation of the ‘thinking’ and ‘feeling’ brains and how these relate to making smart choices

8. A protocol to teach children when exposed to pornography

**Class #8 Outline:**

**Healthy Adolescent Sexual Development (Part I of II)**

1. Introduction of a healthy paradigm around sexuality and spirituality

2. Overview of the multiple types of intimacy and the importance of developing these in ascending order and with adequate maturity

3. Consequences of developing sexual intimacy premature to other types of intimacy

4. Gaining a deeper and richer understanding of sexuality: “The 5 Circles of Sexuality”. Helping parents and caregivers find language around the topic of sexuality

 a. Sensuality

 b. Sexual Intimacy

 c. Sexual Identity

 d. Reproduction and Sexual Health S

 e. Sexualization

5. Triangle of Healthy Sexuality: A Theological Conceptualization

**Class #9 Outline:**

**Healthy Adolescent Sexual Development (Part II of II)**

1. Hopeful Outcomes of Helping Teens Develop Healthy Attitudes around Emerging Sexuality

2. Possible consequences of Instilling in our Youth High Anxiety around Emerging Sexuality

3. Struggles with Pornography a Possible Outcome of High Anxiety around Sexuality

4. How Parents Play Key Role in Shaping their Teens’ Attitudes

5. Instructor’s Protocol for Working Closely with Parents and Teens when Teens Struggle with Sexual Acting out (Pornography and/or Masturbation)

 a. Emphasis on parent/child attachment bond as the most important component of adolescent’s strength

 b. History/development: timeline

 c. Sexual addiction defined (as many who struggle are not “addicted”)

 d. Normalization of emerging sexual desire

 e. Understanding of the disabling power of shame

 f. Explanation of the sexual addiction cycle

 g. Education around porn/masturbations’ impact on the brain with emphasis on the power of dopamine (with brief explanatory slides—please refer to class #5 for a much deeper understanding of addiction on the brain)

6. Feedback from current/former clients on the impact that these conversations have had for their struggling adolescents.