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.
Unit Name: Sexuality, Spirituality and Counselling
Unit Code: HB589
Award: Master of Counselling
Credit Points: 10
Core/Elective: Elective
Pre/co-requisites: 50 credit points of Counselling units

Modes:
- Intensive
  - Intensive contact hours: 35 hours
  - Reading, study and preparation for intensive: 43 hours
  - Assignment preparation: 52 hours
  - TOTAL: 130 hours

- External
  - Engagement with study materials: 78 hours
  - Assignment preparation: 52 hours
  - TOTAL: 130 hours

Teaching Staff: Neil Roberts

Unit Rationale:
Human sexuality and spirituality are important distinct and yet related aspects of humanness. 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. Students thus need to gain a comprehensive understanding of sexuality and spirituality, their distinctions and interconnectedness, if they are to understand people and their problems more fully.

A great range of views on sexuality, spirituality and gender are debated in society, and counsellors need to understand not only these different perspectives but also the basis of their own beliefs. This unit will therefore investigate and critically engage a range of perspectives but will examine Christian perspectives especially.

In addition it is important for students of counselling to possess awareness related to their own sexuality, spirituality and gender as well as a commitment to ongoing growth and development in these areas. This unit will therefore also link theoretical knowledge, self-awareness and application to counselling practice.

Learning Outcomes:
On completion of this unit students will have provided evidence that they have:

1. Identified and critically considered historical and contemporary Christian perspectives and precedents for understanding sexuality and spirituality;
2. Recognised and understood the biological, socio-emotional and developmental dimensions of sexuality;
3. Identified and evaluated the distinctions and areas of relatedness between sexuality and spirituality;
4. Examined the implications of sexuality and spirituality on personal identity and functioning;
5. Described and critically analysed factors which contribute to the development and maintenance of a healthy sexual identity (including the student’s own identity) and integration of sexuality and spirituality;
6. Examined and begun to integrate fundamental principles and practices involved in counselling people experiencing issues relating to gender, spirituality and sexuality;
7. Written at an appropriate tertiary standard with special attention to correct grammar, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing and presentation.
## Content:

<table>
<thead>
<tr>
<th>No.</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction; The nature of spirituality, sexuality and gender as constituent parts of being human made in the image of God</td>
</tr>
<tr>
<td>2</td>
<td>The place of sexuality, gender and spirituality as part of human growth and development in a counselling context</td>
</tr>
<tr>
<td>3</td>
<td>A biblical survey of sexuality and gender and their relationship to spirituality</td>
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<tr>
<td>4</td>
<td>Sexuality, gender and spirituality in Christendom – An historical overview of a 2000-year journey I</td>
</tr>
<tr>
<td>5</td>
<td>Sexuality, gender and spirituality in Christendom – An historical overview of a 2000-year journey II</td>
</tr>
<tr>
<td>6</td>
<td>Sexuality, spirituality and gender in current Christian understanding; Critical analysis</td>
</tr>
<tr>
<td>7</td>
<td>Key figures from theology, psychology and philosophy that have worked towards reconciling sexuality and spirituality I</td>
</tr>
<tr>
<td>8</td>
<td>Key figures from theology, psychology and philosophy that have worked towards reconciling sexuality and spirituality II</td>
</tr>
<tr>
<td>9</td>
<td>Schnarch and Ellens – Two models of understanding relatedness of sexuality and spirituality; critical analysis</td>
</tr>
<tr>
<td>10</td>
<td>Schnarch and Ellens – Two models of understanding relatedness of sexuality and spirituality; critical analysis</td>
</tr>
<tr>
<td>11</td>
<td>Personal reflection on the journey and the possibilities of combining healthily sexuality and spirituality</td>
</tr>
<tr>
<td>12</td>
<td>Implications and applications to counselling I</td>
</tr>
<tr>
<td>13</td>
<td>Implications and applications to counselling II</td>
</tr>
</tbody>
</table>

## Set Text Requirements:


## Recommended Readings:


Assessment:

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Topic/s</th>
<th>Learning Outcomes assessed</th>
<th>Week Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case Study 1750 words</td>
<td>Using a case study example derived from personal experience or one provided, explore and evaluate the link between sexuality and spirituality as it relates to the case. Critically analyse therapeutic interventions with potential to enhance wholeness, personal and relational growth.</td>
<td>2-4, 6-7</td>
<td>Internal: Week 9 Intensive: Two weeks after first session</td>
<td>30%</td>
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<tr>
<td>Reflective Essay 1750 words</td>
<td>Discuss and apply the major themes of the unit to personal and professional development.</td>
<td>1-7</td>
<td>Internal: Week 12 Intensive: Two weeks after second session</td>
<td>30%</td>
</tr>
<tr>
<td>Research Paper 2500 words</td>
<td>Examine, synthesise and evaluate the literature with regard to one of the topics covered in the unit. Include a Christian worldview critique and personal and professional reflection.</td>
<td>1-7</td>
<td>Week 14</td>
<td>40%</td>
</tr>
</tbody>
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