



SEXUALITY PSYCHOLOGY

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| Credit points | 3 CP | | |
| Study course annotation | Course ensures the acquaintance with psychological studies of sexuality, problems in the field and approaches how we can cope with these problems taking into account research data. | | |
| Aim of the study course | Acquisition of advanced understanding and knowledge on psychology of sexuality, its features and regularities. | | |
| Objectives of the course | <ul style="list-style-type: none"> • Acquaintance with the main problems on psychology of sexuality; • Acquaintance with the main data on psychology of sexuality; • Elaboration of recommendations for sexual life improvement. | | |
| Study course results | Knowledge | Skills | Competences |
| | <ul style="list-style-type: none"> • Main psychological concepts of sexual life. • Research data on sexual life. • Sexual motivation on different stages of life. • Sexual orientations and deviations. • Knowledge of research tools for sexual life. | <ul style="list-style-type: none"> • Estimation of popular opinions' justification in the sexual field. • Verification of psychological measures in the sexual field. • Ability to elaborate recommendation for sexual life's improvement. | <ul style="list-style-type: none"> • Ability to use research tools for the assessment of sexual life. Ability to differentiate facts and social stereotypes. • Ability to elaborate recommendations for sexual life improvement. |
| Study course content | Topics | | |
| | 1 | Main concepts on psychology of sexuality | |
| | 2 | Sexual needs and appetite. Gender differences. | |
| | 3 | Sexual interaction, sexual circle. | |
| | 4 | Development of sexuality at childhood and adolescence. Gender identity development. | |
| | 5 | Development of sexuality at adulthood. | |
| | 6 | Sexual satisfaction, assessment and improvement. | |
| | 7 | Partnership and sex. Monogamy and polygamy. | |
| | 8 | Sexual incompatibility: reality or myth. | |
| | 9 | Gender identity and gender roles in sexual life. | |
| | 10 | Sexual orientation and sexual deviations. | |
| | 11 | Assessment of sexual problems. | |
| | 12 | Sexual violence, mechanisms, preventive actions and therapy. | |
| | 13 | Psychotherapy of sexual problems. | |
| 14 | Sex as item of goods. | | |
| Form of assessment: | Exam | | |
| Obligatory literature: | <ol style="list-style-type: none"> 1. Lehmille Justin (2017). The Psychology of Human Sexuality. 2nd Edition. Wiley-Blackwell. 2. Harvey, J., Wenzel, A., & Sprecher, S. (Eds.). (2004). Handbook of sexuality in close relationships. Mahwah, NJ: Erlbaum. 3. Richardson, Niall; Smith, Clarissa & Werndly, Angela (2013). Studying Sexualities: Theories, Representations, Cultures. London: Palgrave Macmillan 4. Мастерс, у., Джонсон, В., Колодны, Р. (1991). О любви и сексе. В 2-хт. СПб.: «Ретур». | | |



5. Breslavs, G. (2022). Seksualitātes psiholoģija. Lekciju kurs. Power Point programmā. Moodle.

Additional literature:

1. Firestone, R. W. , Firestone, L. A. , & Catlett, J. (2006). Sex and Love in Intimate Relationships. APA Publishing
1. Fisher, T.D., Davis, C.M., Yarber, W.L., & Davis, S. (Eds.) (2011). Handbook of sexuality-related measures (2nd ed.). New York: Routledge. Thousand Oaks, Ca.
2. Бреслав, Г. (2013). Разработка частотного индекса сексуальной удовлетворенности (ЧИСУ) в диагностике супружеских отношений. Психология. Журнал Высшей Школы Экономики. Т.10 (1), 25-36.
3. Келли, Г.Ф. (2000). Основы современной сексологии. СПб.: Питер, с.132-149, 587-605, 654-97.

Periodicals and electronic databases:

1. The Journal of Sex Research, The Canadian Journal of Human Sexuality, Journal of Sex & Marital Therapy, Sexuality and Disability, Archives of Sexual Behavior
2. <http://www.kinseyinstitute.org/ccies/>;
<https://web.archive.org/web/20120205191708/http://nsrc.sfsu.edu/>

Changes and additions to the program and literature list are possible during the study process