

Seminar in Psychology: Love & Sex

PSY 498, section 03; 3 credits
Fridays; 12:15 - 2:55 ; Spring 2009
Humanities 109

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"The heart has its reasons, which reason does not know."
- Blaise Pascal

"Love is not a feeling but a deed...[it] is the conferring, through demonstrative acts, of survival benefits upon another in a creatively enlarging manner."
- Ashley Montagu

Love is "a wonderful example of long-term focused attention."
- Lucy Brown

"How can I love you if you won't lay down?"
- Mullah Nasrudin

"Rule number one: Never get eaten during foreplay."
-Olivia Judson

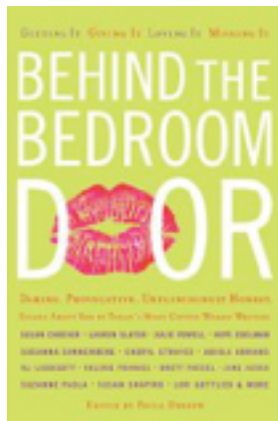
The Course:

We will be reading, writing, thinking, and talking about the psychology, science, and sociocultural aspects of **love and sex**, on such topics as: infidelity, robots, spirituality, pornography, "cardiac psychology," paraphilias, pheromones, and *more*. In addition to adding to your understanding of love and sex in a deeper and broader way, this course should also do the following:

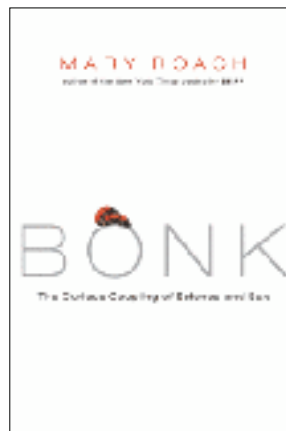
1. Get you thinking philosophically about the issues by means of our reconciling and dealing with dualistic issues of nature versus nurture;
2. give you more insight into yourself and others;
3. further your way toward critical thinking and individuation;
4. ignite in you (if not already present) a passion for writing;
5. challenge you;
6. provide an environment in which you feel safe to be open to question and re-think some of your assumptions and beliefs;
7. make your synapses grow and connect.

Required Reading:

Two books are required for the course:



Behind the Bedroom Door: Getting It, Giving It, Loving It, Missing It, edited by Paula Derrow; Delacorte Press (2009).



Bonk: The Curious Coupling of Science and Sex by Mary Roach; W.W. Norton

and
Company.(2008).

These books can be found in the campus bookstore as well as online.



A chapter from my evolutionary psychological novel, *Trine Erotic*, is also required reading; I hope to lend copies to you, so you don't need to buy it.

For *Behind the Bedroom Door*, you'll be reading 2 chapters for every class. Some of the chapters are related to the class' specific theme, but not always. *BTBD* readings are designated by the chapter #s in the schedule.

All other readings are on Blackboard.

Determining Your Final Grade:

This is an intensive writing course—and intense it will be. You will have two papers to write (one academic and one creative), as well as a journal to keep. In addition, you will be asked to bring in a question or comment per class and present a talk based on your academic paper or journal entry.

A) Love Journal: Worth up to 20 points.

[10 points for having 25 entries or more; up to 5 points each for 2 graded selections (of your choice).]

Due march 6.

Beginning on the first evening of our first class until Thursday, March 5, you should write every weekday night, Monday through Friday. An entry can be as short as a paragraph and as long as you want. The only thing that will not get 10 points is a journal of 25 paragraphs. Entries will likely be of different lengths, depending on many variables. I would like you to write this on the computer in a document called "Love Journal." Every weekday you will open this Love Journal and write. If you miss a weekday, you can make up for it on the weekend. Feel free to do weekends and three weekdays, if you prefer. But the idea is to write consistently for 5 days in a row. You should number and date each entry—and make sure to save a copy, back it up, etc. You might consider printing it out each time you write it and saving it in a folder. Please put the number of the entry, along with the day and date in the upper right-hand corner of the page, like so: Fri., 1/30. #1. Include a cover sheet with a title, your name, and the date. Examples of titles: "Hot and Warm Love: A Love Journal"; or: "Love Journal: Writing Eros"; or simply something like "A Love Journal"...

Please put these pages together with either a large paper clip or inside a one-pocket folder.

Things you should have in your Love Journal:

A. Love letters (You should have at least a couple of these.)

Write a letter to:

- a current lover
- a past lover
- a current crush
- a past crush
- a parent or other family member
- your possible, future lover
- someone who is not living
- yourself
- your 'possible' self
- your Id and/or Superego
- a nemesis (a love letter, yes!)

B. Ideas about love

C. Reactions to/notes on: readings, class discussions, video clips/films

D. Personal stuff/"free writing" on love

On **March 6**, you will turn in your Love Journal. You'll decide which 2 entries you feel are the most interesting, novel, and well-written (my criteria for grading) and indicate (with a star on each) that they are the two you would like graded. Please place them on the top of the others. I won't read the other journal entries that have not been specified, but I will quickly peruse them to get a sense of whether you have all 25—and for a feeling that you did the assignment. There are many, many benefits to this assignment—one is practical: the journal can be a source for both your paper and your narrative piece!

B) Question or Comment: 1 point each; worth up to 10 points.

Every time we meet, please have prepared 2 copies of your well-thought-out question, interesting idea, fact or comment you wish to share with us. There's no make-up on these, but that would only be a problem for your grade if you were absent excessively! These memes should be generated from your readings.

C) Narrative paper:

(Fiction, creative nonfiction, or confessional-style essay): **Worth up to 25 points.**

5-12 pages. Times-New Roman, 12 pt. Double-spaced.

Draft is due **March 27**.

Final narrative paper is due on **April 17**.

Cognitive psychologists and evolutionary psychologists tell us that stories are an ancient heuristic—they're how we learn best. Our brains actually have story algorithms (or modules, if you will) because the narrative format probably helped our ancestors to remember invaluable information—information that was necessary for our survival.

For this assignment, you have free reign, except you *must* do one of the following:

If your piece generally or globally reflects the various issues, ideas, and concepts from the class, you will need to write an Afterward (doesn't need to be more than a page or two) on how it does this, including references to material covered.

Alternatively, you can actually mention two or three concepts/phrases from our readings in your piece. You can drop names. You can sprinkle the *language* of love and sex in your narrative. I call this latter style "biofiction". See: www.entelechyjournal.com/biofiction.html for my definition.

There's an example of biofiction in Ch. 25 of *BTBD* and elsewhere, as well.

Some examples:

Pat and Jessie—strangers who recognized each other from the neighborhood—were sitting at Muddy Cup staring into each other's eyes. "It's like this dude Paul Pearsall talks about...I think maybe our heart waves have been overlapping and entraining long before today. Maybe we passed by each other in town and we've been connected ever since," Pat said. **(Name-dropping.)**

Ella was sitting at her window, daydreaming about Jack. Their intention was for the affair to be light and fun and casual, but lately their afternoon interludes were becoming more frequent; and despite not wanting to, she was becoming attached. *Damn that oxytocin!*, she thought to herself. **(Theory**

and biofiction.)

There was always the option of polyamory. But could she get Bill to agree? Or Ted for that matter? **(Concept.)**

Intimacy, commitment, and passion. That's what he was looking for. Consummate love. But why were the three components of love so hard to keep together for more than a minute, like some unstable element that a scientist creates in the lab—fleeting and transitory, and mostly nonexistent? **(Theory without naming theorist.)**

It was starting to get weird. She was starting to feel dizzy. And it wasn't just the lack of the Apollinian—all those dream-images she never saw from four to seven in the morning, that made her weak and hot and a little bit crazy; it was also Caleb, feeding her hungriest receptor sites—pulling her toward a dopamine rush she both feared and craved. And the beginnings of a flu. **(From *Trine Erotic*, and an example of 'biofiction'.)**

10-15 of these narratives will be chosen and published as a small, high-quality book.

This will be our own *Behind the Bedroom Door!* We have the opportunity to do a 4-color process, so do think about creating images in some way to potentially go with your work. Last year, without my prompting, there were several works of art accompanying the stories, including artistic photos and drawings. We can decide later, though—as a group—if we want to include images.

D) Academic paper: Worth up to 25 points.

7-12 pages. Times-New Roman, 12 pt. Double-spaced.; APA style references and title page.

Draft is due **March 13**.

Final academic paper is due on **April 15**.

This paper should integrate and synthesize the works we've been reading and studying. It should also try to answer a question or respond to an issue in a (hopefully) novel and fresh way. You will develop a topic or question about some aspect of love or sex—or love *and* sex—using at least 3 of the readings as references. Aim to give a real point of view while adhering to academic conventions (i.e., APA-style references).

The topic's natural fascination for us all, along with the readings and discussions, should spark something in you—a question that intrigues you, a connection and/or point you think should be made, something you want to learn more about. If not, I'm more than happy to talk with you and help you develop your paper topic. You can certainly cover a topic we haven't covered in class, but you must still be sure to cite at least three of our readings. I've listed (below) a few ideas beyond what we touched on in class and you may want to look into them. The many *optional* readings on Bb may be helpful, too.

Topics not necessarily covered in class that you might want to pursue for your paper:

- Mating Intelligence/Glenn Geher
- Limerance/Dorothy Tennov
- Love Maps/John Money
- Fitness Indicator theory/Geoffrey Miller
- Social Exchange theories and sexuality/Susan Sprecher

- Self-expansion theory/Aron & Aron
- Imago Relationship Therapy/Harville Hendrix
- the social construction of love
- asexuality
- brain laterality and love
- evolutionary feminism and love & sex
- animal love
- animal sex
- narcissism and self-love
- masturbation
- love as 'invention' or love as universal?

E) Oral Presentation: Worth 10 points.

Topic for Oral Presentation due **April 3** (worth 3 points)

Presentation **worth 7 points**

Presentations begin halfway through the class on **April 17** and continue on **April 24**, and **May 1**.

This is a chance to present a talk on love or sex, or love & sex. This accomplishes a myriad of things: 1. For some of your talks, it will be a completely new topic that we have not explored in the class yet—and that *alone* will be beneficial; 2. preparing for your talk, as you probably know, has a way of 'teaching' you the material in a deeper way; 3. we are a community of learners who teach each other and learn from one another—this gives you the opportunity to share your work, thoughts and ideas with the people you've been collaborating with all semester.

You may choose between sharing your academic paper, or a *very strong* conceptual piece from your Love Journal. You will have about 15 minutes to present with several minutes afterward for questions and answers. Please come see me if you're unsure about what constitutes a very strong conceptual piece.

F) Final: Worth up to 10 points.

May 15 at 12:30 pm.

For your final, I will develop an essay question (or questions) based on the semester. I will give you the essay question(s) on the last day of class (May 1), so that you will be able to prepare for the final.

Readings for course:

Readings on Blackboard (Bb) are in the **Course Documents** section. Most entries in Bb are by author name and title, some are by author. Some links which are underlined in the Schedule; for example "DA", will appear in Bb as DA. Readings and links on Bb *not specified* here are quite optional.

The readings will be due on the day where they are listed in the Schedule. So, for example, when we talk about 'Ideas about Love' on February 6, you will have read Levy, Sternberg, Ackerman, and Fisher, as well as Chapters 9 & 2 from *BTBD*.

Jan 30	Introduction. Syllabus. What is Love?	
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Feb 6	Ideas about Love David Levy; Robert J. Sternberg; Diane Ackerman; Helen Fisher. "eReserves" 9, 2	
Feb 13	Mating: The Science of Love and Sex Helen Fisher (eReserves); Jeffrey Kluger; Martie G. Haselton & Gian C. Gonzaga; <u>DA</u> ; <u>NGF</u> 3,4	
Feb 20	Mating: The Science of Love and Sex Mary Roach (<i>Bonk</i>); Todd K. Shackelford; Nicholas Pound; and Aaron T. Goetz; Thomas V. Pollet & Daniel Nettle; James Vaughn Kohl & Robert T. Francouer; <u>Contraception Pill</u> ; <u>MHC-correlated odor preferences</u> 5,22	
Feb 27	Relationships: Monogamy, Polyamory, Infidelity, Jealousy, Unrequited Love, Break-ups David Buss; Helen Fisher; Steven Pinker; Alice Andrews; Polyamory, Alex Williams 1, 13, 24	
Mar 6	Sexual Orientation <u>Simon LeVay: Are Bisexuals Lying? -Bem</u> ; <u>Reparative Therapy</u> ; Meredith Chivers, M. C Seto, & Ray Blanchard 11, 25 Guest Speakers: Bill Hussung & Mishara Canino-Hussung, co-directors of the documentary film "Chasing the Devil: Inside the Ex-Gay Movement" *	*Meet in the auditorium of CSB Love Journal due.
Mar 13	Modern Love and Sex: Speed-dating, the Internet, and Hooking Up David Buss. Stephanie Rosenbloom; Justin R. Garcia and Chris Reiber 8,12	Draft of Academic paper due. (Return Love Journal.)
[No class Mar 20] Mar 27	Pornography, Prostitution, and Rape David Buss; Ross Douthat; Martha Nussbaum 23, 10	Draft of Narrative paper due. (Return academic paper.)
Apr 3	Cardiac Psychology Rollin McCraty; Paul Pearsall, <u>Susanna and Puran Bair</u> ; <u>Institute of HeartMath</u> 14, 15 Guest Speaker: Lexsea Linardakis - HeartMath	Oral presentation topic due. (Return narrative paper.)
Wednesday Apr 15	Otherly Love and Sex (Robots, Objectophilia, paraphilias). David Levy; Frank Thadeusz; <u>Paraphilias</u> 6, 20	Academic paper due.
Apr 17	Spirituality: Love & Sex Marnia Robinson; David Deida; Mark Michaels & Patricia Johnson 16,17 Begin Oral Presentations at 1:30	Narrative paper due.
Apr 24	Presentations	
May 1	Presentations	

May 15 12:30 pm	Final (essay)	Distribute books!
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N.B. Readings and schedule subject to change!

We are very fortunate to have the EvoS seminar series taking place during this "Love & Sex" seminar. Several of the talks are particularly relevant and I hope you can attend at least one, if not all. Attendance at these talks counts as 2 credits toward the Psychology Department Human Subjects Pool.

2009 Evolutionary Studies Seminar Series

February, 9; Monday, 5:30. Lecture Center 100

The Science of Sex Appeal: An Evolutionary Perspective -- Gordon Gallup, psychologist, University at Albany

February 12; Thursday, 5:30. Lecture Center 100

Darwin's Legacy in the Behavioral Sciences: Human Mating Research in the 21st Century -- David Schmitt, psychologist, Bradley University

March 9; Monday, 5:30. Lecture Center 102

Intimacy, Infidelity, and the Individual -- Justin Garcia, anthropologist, Binghamton University

March 23; Monday, 5:30. Lecture Center 102

How Women Compete for Mates -- Maryanne Fisher, psychologist, St. Mary's University

Communication with me:

I'll put important updates, like changes in the readings (additions/deletions, etc.) up on Blackboard. Very important updates, like cancellation of class and/or a change in office hours, I will put on Bb *and* also send out emails to your newpaltz.edu addresses. I'm a lover of email, so you're best off reaching me at andrewsa@newpaltz.edu rather than voicemail. Also, if my office hours conflict with your schedule, I'm happy to coordinate another time to meet with you—just see me after class or email me about it.

Attendance:

Since the class meets only 14 times, it's important not to miss class. If you *do* have to miss class, you don't have to explain to me why. I understand that sometimes students *want* me to know that there is a legitimate reason for their absence, but it's not necessary. Also, please make every effort to be on time.

Cell phones:

Please turn your cell to silence mode. If you're a caregiver and you need to be in touch with a child or parent, etc., please turn to vibrate mode and answer phone outside of class.

Academic Integrity:

From the SUNY New Paltz statement on academic integrity: "Students are expected to maintain the highest standards of honesty in their college work. Cheating, forgery, and plagiarism are serious offenses, and students found guilty of any form of academic dishonesty are subject to disciplinary action."

For more information regarding the policy of academic integrity here at the college, you can go to: http://www.newpaltz.edu/studentaffairs/regulations/campus_rules.html#academic.

Also, please see me if you're unsure about what violates this policy.

Late assignments (not including drafts):

Four points off for every day late; I will not accept emailed papers. If you are going to turn something in late, please bring it to the Psychology office (Humanities 3rd floor) and hand it in to Jane Lehman, the dept. secretary, who will date it and put it in my mailbox.

Inclement weather:

When snow or ice appear dangerous for driving, even if the college has not closed, you should check Blackboard and your email, in case I cancel class.

Mental Health:

Finally, wonderful as it is, sometimes college life can be very stressful. Fortunately, SUNY New Paltz offers a "variety of services to the campus community ranging from individual and group counseling to campus-wide educational programs that contribute not only to the growth of individual students, but also to the benefit of academic programs in related disciplines, to campus life, and to the educational/cultural life of the region."

<http://www.newpaltz.edu/counseling>

Student Health & Counseling Building

Phone: (845) 257-2920 Fax: (845) 257-3162

Hours: Monday-Friday 8:30 a.m. - 5:00 p.m.

Directions to the Psychological Counseling Center

The Psychological Counseling Center is located in the Student Health and Counseling Building, first door to the right. This building can be found between Esopus Hall and Gage Hall, facing the pond and just off Southside Loop Road. Parking is provided for our clients in front of our building.

Students Helping Students

There are times when students in distress feel more comfortable talking to a fellow student rather than approaching one of the professional staff at the Psychological Counseling Center (PCC). Recognizing the campus community's need for student-helpers, the PCC has created two peer crisis intervention organizations: OASIS and HAVEN.

OASIS

OASIS is a student-staffed, counseling and crisis intervention center and telephone hot-line. OASIS volunteers are trained and supervised by the hotline Coordinator, shift supervisors and the PCC staff to respond to students' telephone calls and walk-in requests for support, information, and referral.

- OASIS Office Location: Deyo Hall G13c
- Office Hours: 8 p.m. - 1 a.m. (Closed during all breaks.)
- Phone: 257-4945

OASIS offers confidential peer counseling and crisis intervention to help students deal with difficulties in life areas such as:

- loneliness
- depression
- relationships
- roommate hassles
- academic problems
- suicidal thoughts.

Students can also call the OASIS Center for information and referrals on:

- drugs and drug identification
- sexual issues and related diseases
- medical emergencies
- campus and community services.

HAVEN

HAVEN is a peer counseling program that offers confidential telephone and walk-in counseling and education to students who are survivors of, or who are concerned about rape and other unwanted sexual experiences. HAVEN volunteers are trained and supervised by the PCC staff. HAVEN also maintains a 24-hour emergency beeper service for emergencies. HAVEN and the Beeper Service are closed during all breaks.

- HAVEN Office Location: Deyo Hall G13c
- Office Hours: Office Hours: 8 p.m. - 1 a.m. (Closed during all breaks).
- Phone: 257-4930 Emergency Beeper Service: 879-0067 (Closed during all breaks).

Readings:

Ideas About Love

David Levy, *Love and Sex with Robots: The Evolution of Human-Robot Relationships*, 2007. pp. 25-45

Robert J. Sternberg, *Cupid's Arrow: The Course of Love Through Time*; 1998. pp. 3-15

Diane Ackerman, *A Natural History of Love*; 1994. pp. 123-136

Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love*; 2004. pp.94-96

Mating: The Science of Love and Sex

Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love*; 2004. pp.51-94

Jeffrey Kluger, "Why We Love," *Time Magazine*; 2008

Martie G. Haselton & Gian C. Gonzaga; *Draft*: April 10, 2007. To appear in J. Forgas and J. Fitness, *Social Relationships: Cognitive, Affective, and Motivational Processes* (The 10th Sydney Symposium on Social Psychology).

DA <http://news.bbc.co.uk/2/hi/health/3236328.stm>

NGF <http://news.bbc.co.uk/2/hi/health/4478040.stm>

Mating: The Science of Love and Sex

Mary Roach; *Bonk*. pp. 87-109 & 279-293

James Vaughn Kohl & Robert T. Francouer, *The Scent of Eros: Mysteries of Odor in Human Sexuality*; 2002. pp. 128-140

Todd K. Shackelford; Nicholas Pound; and Aaron T. Goetz, "Psychological and Physiological Adaptations to Sperm Competition in Humans" *Review of General Psychology*, 2005. pp. 228-244

<http://www.toddkshackelford.com/downloads/Shackelford-Pound-Goetz-RGP-2005.pdf>

Thomas V. Pollet, Daniel Nettle, "Partner wealth predicts self-reported orgasm frequency in a sample of Chinese women."

<http://www.staff.ncl.ac.uk/daniel.nettle/orgasms.pdf>Contraception Pill

MHC-correlated odor preferences

Relationships: Monogamy, Polyamory, Infidelity, Jealousy, Unrequited Love, Unrequited Love, Break-ups

David Buss, *The Evolution of Desire: Strategies of Human Mating*, 1994. pp. 125-141.

Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love*; 2004. pp., 2002 pp. 153-180.

Steven Pinker "Crazy Love" *Time Magazine*; 2008.

Alice Andrews "soft kill" in *Trine Erotic*, 2002. pp5-47.

Alex Williams "Hopelessy Devoted to You, You and You"

<http://www.nytimes.com/2008/10/05/fashion/05polyamory.html>

Geri Weitzman <http://www.polyamory.org/~joe/polypaper.htm>

<http://www.npr.org/templates/story/story.php?storyId=94199631#share>

Sexual Orientation

Simon LeVay: <http://www.simonlevay.com/the-biology-of-sexual-orientation>

Meredith L. Chivers, M. C. Seto, & Ray Blanchard, "Gender and sexual orientation differences in sexual response to the sexual activities versus the gender of actors in sexual films." *Journal of Personality and Social Psychology*, 2007. 93, pp. 1108-1121.

Gregory Harek, "'Reparative Therapy' and other Attempts to Alter Sexual Orientation: A Background Paper." 1999. <http://psychology.ucdavis.edu/rainbow/HTML/repthrapy.pdf>

[homosexual beetles: http://news.nationalgeographic.com/news/2008/11/081104-homosexual-beetles.html](http://news.nationalgeographic.com/news/2008/11/081104-homosexual-beetles.html)

Modern Love and Sex: Speed-dating, the Internet, and Hooking Up

David Buss, *The Evolution of Desire: Strategies of Human Mating*, 1994. pp. 125-141. pp. 73-96.

Stephanie Rosenbloom, "A Disconnect on Hooking Up" *NYT*, 2007.

Justin R. Garcia and Chris Reiber, "Hook-Up Behavior: A Biopsychosocial Perspective." *Journal of Social, Evolutionary, and Cultural Psychology*. 2009. pp. 49-62.

Pornography, Prostitution, and Rape

Martha Nussbaum, "Whether from Reason or Prejudice: taking Money for Bodily Services" in *The Journal of Legal Studies*. June, 1988.

David M. Buss, "Sexual Conflict: Evolutionary Insights into Feminism and the Battle of the Sexes" in *Sex, Power, Conflict: Evolutionary and Feminist Perspectives*, eds. D.M. Buss & N.M. Malamuth. Oxford University Press, 1996.

Ross Douthat, "Is Pornography Adultery" in *The Atlantic*. 2008. [http://www.theatlantic.com/doc/200810/adultery-porn -](http://www.theatlantic.com/doc/200810/adultery-porn)

Cardiac Psychology

Rollin McCraty, "The Energetic Heart: Bioelectromagnetic Interactions Within and Between People"

Paul Pearsall, *The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy*, 1998. pp.1-20.

Institute of HeartMath: <<http://www.heartmath.org/>>

Susanna & Puran Bair: <http://www.appliedmeditation.org/heart_rhythm_practice.shtml>

Otherly Love and Sex (Robots, Objectophilia, Paraphilias)

David Levy, *Love and Sex with Robots: The Evolution of Human-Robot Relationships*, 2007. pp. 64-74; 127-136

Frank Thadeusz, "Falling in Love with Things," *Spiegel Online International*, 2007.
<<http://www.spiegel.de/international/spiegel/o,1518,482192,00.html>>

Paraphilias from:

<http://www.psychologistanywhereanytime.com/sexual_problems_pyschologist/psychologist_paraphilias_list.htm>

Spirituality: Love & Sex

Marnia Robinson, *Peace Between the Sheets: Healing with Sexual Relationships*, 2004. pp. 81-97

David Deida, *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, 2005. pp. 1-41

Mark Michaels & Patricia Johnson, *The Essence of Tantric Sexuality*, 2006. pp. 43-52

Additional/Optional Readings are on Blackboard; and here are some others:

W. Keith Campbell & Craig A. Foster; Eli J. Finkel, "Does Self-Love Lead to Love for Others?: A Story of Narcissistic Game Playing" *Journal of Personality and Social Psychology* pp.340-354

Aron & Aron, "Love and Sexuality" in *Sexuality in Close Relationships*, Kathleen McKinney and Susan Sprecher, eds; 1991. pp. 41-44.

Sam Vaknin: <<http://www.narcissistic-abuse.com/>>

Frans deWaal, <<http://www.skeptic.com/eskeptic/07-08-08.html>>

Olivia Judson, *Dr. Tatiana's Sex Advice to All Creation*; 2002.