

# Postgraduate Diploma Clinical Sexology



## Postgraduate Diploma Clinical Sexology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/ week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-clinical-sexology](http://www.techtitute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-clinical-sexology)

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# 01

# Introduction

Lack of sexual desire, inability to reach orgasm or painful sexual intercourse are just some of the main problems presented by patients who come to the doctor's office. Therefore, from the health field, it is necessary that professionals themselves are aware of the scientific studies that address its etiology or the different forms of intervention. For this purpose, TECH presents a 100% online program that offers the specialist the most rigorous and exhaustive information on sexological care, erotic difficulties related to medical conditions or couple therapies. All this, in addition, with high quality teaching material prepared by professional experts in Sexology.





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*Thanks to this Postgraduate Diploma  
you will achieve an update in 450 teaching  
hours on the main erotic difficulties and  
sexologist consultations”*

Type 2 diabetes, heart failure, nervous disorders or anxiety can be the cause of many sexual problems such as the inability to achieve arousal, erectile dysfunction or the absence of orgasm. This is attested to by scientific studies focused on research into the etiology and the most effective treatments to reverse this situation.

A problem that affects both men and women and of which the medical professional must be up to date in order to address these difficulties in the most efficient way. Most important information on Clinical Sexology, which will allow the physician to update their knowledge in just 6 months.

Therefore, the professional will find in this program a theoretical-practical syllabus that will lead them to delve into the ethics and the current legal framework around sexologist consultations, the etiology and the different methods of intervention in the face of erotic difficulties.

In addition, thanks to the multimedia content (video summaries, detailed videos), the graduate will be able to delve into the techniques used to accompany couples in the face of jealousy, infidelity or romantic breakups.

The physician is therefore faced with an excellent opportunity to be able to update their knowledge through a high quality and flexible Postgraduate Diploma. All they need is an electronic device with an Internet connection to access, at any time of the day, the content hosted on the Virtual Campus. In this way, with a 100% online program and without classes with fixed schedules, the professional will be able to distribute the teaching load according to their needs and make the most demanding responsibilities compatible with a program that is at the academic forefront.

This **Postgraduate Diploma in Clinical Sexology** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychology and Sexology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*In just 6 months you will be up to date with the latest advances in interventions for patients with difficulties of desire, erection or ejaculation”*

“

*This university qualification will show you in a dynamic way the main sexual difficulties presented by patients with Endometriosis, Adenomyosis or diabetes”*

*This university program adapts to your professional schedule and to your search for updating in Sexology.*

*A Postgraduate Diploma that will lead you to obtain a multidisciplinary vision of Clinical Sexology.*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



# 02

# Objectives

In just 6 months, the medical professional who enrolls in this Postgraduate Diploma will obtain a theoretical-practical and recent vision of Clinical Sexology. In order to achieve this objective successfully, TECH provides the most attractive pedagogical tools. Among them are the case studies, which will allow the specialist to integrate into their medical practice the techniques and methods shown to address the main difficulties affecting patients with sexual problems.







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*You will be provided with innovative pedagogical tools that will allow you to integrate the most effective techniques and methods to treat pain associated with sexual relations”*



## General Objectives

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- ♦ Acquire knowledge about sexuality, expanding the vision of sexuality from a biopsychosocial perspective
- ♦ Obtain tools to be able to accompany cases related to difficulties related to sexuality
- ♦ Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- ♦ Acquire skills to be able to share information about sexuality in a clear way
- ♦ Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- ♦ Describe the dynamics of couple relationships and the factors that generate alterations in them
- ♦ Investigate complex issues such as gender violence and child sexual abuse
- ♦ Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- ♦ Gain in-depth knowledge of deontology in sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with the profession and that would undermine the therapeutic work
- ♦ Carry out research programs in sexuality





## Specific Objectives

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### Module 1. Sexologist Consultation

- ◆ Develop the medical skills necessary to address issues of sexuality and couples
- ◆ Gain an in-depth knowledge of the legal and ethical aspects of the sexology professional

### Module 2. Erotic Difficulties

- ◆ Understand the human sexual response through the different explanatory models
- ◆ Learn how to deal with the different erotic difficulties that may occur
- ◆ Know how to discriminate when there are other causes behind them
- ◆ Understand the importance of interdisciplinary work

### Module 3. Couples Therapy

- ◆ Gain an in-depth knowledge of how couple bonds are formed
- ◆ Understand the functioning of attachment
- ◆ Learn how to deal with the most common couple difficulties
- ◆ Know how to approach transversal aspects to work on in couple relationships



*This Postgraduate Diploma will bring you up to date on the multidisciplinary work that is done with couples who present difficulties in the sexual sphere”*

03

# Course Management

TECH maintains a philosophy based on providing all its students with a quality university qualification. For this purpose, this academic institution carries out a rigorous selection process of all the teaching staff that teaches its programs. Therefore, the medical professional in this academic option will have access to the syllabus prepared by professionals specialized in Psychology and Sexology. All this will allow them to obtain a more recent vision of the current Clinical Sexology.





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*TECH has brought together professionals specialized in Sexology and pelvic floor work in this university qualification”*

## Management



### Ms. Ramos Escamilla, María

- ♦ Psychologist, Sexologist, Couples Therapist and Director of Destino Kink
- ♦ Sexologist and Couple Therapist
- ♦ Director of Destino Kink
- ♦ Degree in Psychology from the Complutense University Madrid
- ♦ Master's Degree in Sexology, Sex Education and Sexological Counseling by Camilo José Cela University

## Professors

### Ms. Figueredo García, Marien

- ♦ Sexologist and Individual and Couple Sex Coach
- ♦ CEO at SEXNATUR Parapharmacy
- ♦ Expert in Techniques and Resources applied to the reduction of emotional discomfort in the Sexual Response

### Ms. Rodríguez Sastre, Laura

- ♦ Psychologist, Sexologist and Specialist in Sex and Couple Therapy
- ♦ General Health and Emergency, Crisis and Catastrophe Psychologist
- ♦ Psychologist in Psychology and Sexology Office



04

# Structure and Content

The effectiveness of the Relearning method, based on the reiteration of content, will make it easier for the medical professional to update their knowledge, which will reduce the long hours of study. In this way, the specialist will learn about the main novelties regarding sexologist consultations and the etiology of the problems that affect sexual relations and couples. All this, in addition, with an innovative multimedia content that can be accessed comfortably, at any time of the day, from an electronic device with Internet connection.





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*The didactic resources and the Relearning system will provide you with a more dynamic update on Clinical Sexology”*

## Module 1. Sexologist Consultation

- 1.1. Basic Assumptions
  - 1.1.1. Objectives of Sex Therapy
  - 1.1.2. Therapeutic Framework
  - 1.1.3. General Intervention Phases
- 1.2. Deontological Aspects
  - 1.2.1. Basic Principles
  - 1.2.2. Deontology in Sexology
  - 1.2.3. Deontology of Each Profession
- 1.3. Sexological Counseling
  - 1.3.1. Special Characteristics
  - 1.3.2. Frequently Asked Questions
- 1.4. Therapist Skills
  - 1.4.1. Skills
  - 1.4.2. Active Listening
  - 1.4.3. Self-Knowledge
  - 1.4.4. Good Practices
- 1.5. Therapist Self-Care
  - 1.5.1. Burn Out Risk
  - 1.5.2. Importance of the Therapist's Psychological Adjustment
  - 1.5.3. Taking Care of the Energy
- 1.6. Therapeutic Alliance
  - 1.6.1. Importance
  - 1.6.2. Characteristics of the Therapeutic Relationship.
  - 1.6.3. Different Approaches to the Therapeutic Alliance
- 1.7. Specific Characteristics of Couples Therapy and Sex Therapy
  - 1.7.1. Vivential Environment
  - 1.7.2. Habitual Resistance to Therapy
- 1.8. Characteristics for a Good Prognosis
  - 1.8.1. Safety Within the Therapeutic System
  - 1.8.2. Engagement in the Therapeutic Process
  - 1.8.3. Emotional Connection with the Therapist

- 1.9. Issues to be Addressed
  - 1.9.1. Perception of the Own Body
  - 1.9.2. Self-concept
  - 1.9.3. Self-esteem
- 1.10. Online Consultation
  - 1.10.1. Advantages and Disadvantages
  - 1.10.2. Demonstrated Efficacy
  - 1.10.3. Optimal Conditions for Online Consultation

## Module 2. Erotic Difficulties

- 2.1. Human Sexual Response
  - 2.1.1. Explanatory Models
  - 2.1.2. Desire
  - 2.1.3. Arousal
  - 2.1.4. Orgasm
  - 2.1.5. Resolution
- 2.2. Desire Difficulties
  - 2.2.1. Definition
  - 2.2.2. Etiology
  - 2.2.3. Intervention Proposal
- 2.3. Arousal Difficulty
  - 2.3.1. Definition
  - 2.3.2. Etiology
  - 2.3.3. Intervention Proposal
- 2.4. Difficulty in Maintaining Erection
  - 2.4.1. Definition
  - 2.4.2. Etiology
  - 2.4.3. Intervention Proposal
- 2.5. Difficulty in Ejaculatory Control
  - 2.5.1. Definition
  - 2.5.2. Etiology
  - 2.5.3. Intervention Proposal

- 2.6. Difficulty Reaching Orgasm
  - 2.6.1. Definition
  - 2.6.2. Etiology
  - 2.6.3. Intervention Proposal
- 2.7. Difficulties Related to Pain
  - 2.7.1. Definition
  - 2.7.2. Etiology
  - 2.7.3. Intervention Proposal
- 2.8. Inability to Penetrate
  - 2.8.1. Definition
  - 2.8.2. Etiology
  - 2.8.3. Intervention Proposal
- 2.9. Difficulties Related to Some Medical Conditions
  - 2.9.1. Endometriosis and Adenomyosis
  - 2.9.2. Fibromyalgia
  - 2.9.3. Diabetes
  - 2.9.4. Cancer Treatments
  - 2.9.5. Hemorrhoids
  - 2.9.6. Skin Disorders
  - 2.9.7. Surgeries
- 2.10. Interdisciplinary Intervention in Sexology
  - 2.10.1. Multidisciplinary Work vs. Interdisciplinary
  - 2.10.2. Importance of Interdisciplinary Work
  - 2.10.3. Related Professionals
- 3.3. Attachment and Couples Relationships
  - 3.3.1. Attachment System Formation
  - 3.3.2. Secure Attachment
  - 3.3.3. Anxious Attachment
  - 3.3.4. Avoidant Attachment
- 3.4. Couples Therapy
  - 3.4.1. Features
  - 3.4.2. Indications and Contraindications for Couples Therapy
  - 3.4.3. Basic Principles
  - 3.4.4. Aspects to be Considered
- 3.5. Structure of Couples Therapy
  - 3.5.1. Different Approaches
  - 3.5.2. Initial Interviews
  - 3.5.3. Establishment of Hypotheses and Return
  - 3.5.4. Intervention
  - 3.5.5. Follow-up and Contract Creation
- 3.6. Some Tools in Couples Therapy
  - 3.6.1. Myths of Romantic Love
  - 3.6.2. Positive Exchanges
  - 3.6.3. Leisure Time Management
- 3.7. Conflict Management in Couples
  - 3.7.1. Introduction to Conflict Theory
  - 3.7.2. Factors that Influence Couple Conflict
  - 3.7.3. Defence Mechanisms
  - 3.7.4. Identification of Couples' Problems
  - 3.7.5. Negotiation Strategies
- 3.8. Infidelity
  - 3.8.1. Definition
  - 3.8.2. Etiology and Epidemiology
  - 3.8.3. Myths and Realities in Infidelity
  - 3.8.4. Specific Aspects to Assess and Work on
  - 3.8.5. Ethical and Deontological Implications

### Module 3. Couples Therapy

- 3.1. Development of Couple Relationships
  - 3.1.1. Defining Elements
  - 3.1.2. Structure of the Couple
- 3.2. Evolution of Couples Relationships
  - 3.2.1. Search and Attraction
  - 3.2.2. Falling in Love
  - 3.2.3. Love
  - 3.2.4. Relationship Milestones

- 3.9. Jealousy Management
  - 3.9.1. Definition
  - 3.9.2. Differences Between Jealousy as an Emotion and Celotipia
  - 3.9.3. Specific Aspects to Assess and Work on
- 3.10. Couple's Breakup
  - 3.10.1. Accompanying the Breakup Process
  - 3.10.2. Reactions to the Breakup
  - 3.10.3. Love Mourning
  - 3.10.4. Traumatic Breakup
  - 3.10.5. Legal Proceedings





“*An academic qualification that will lead you, over 450 teaching hours, to an update on the accompaniment of couples in difficulty*”

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

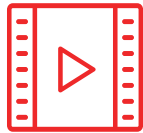
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

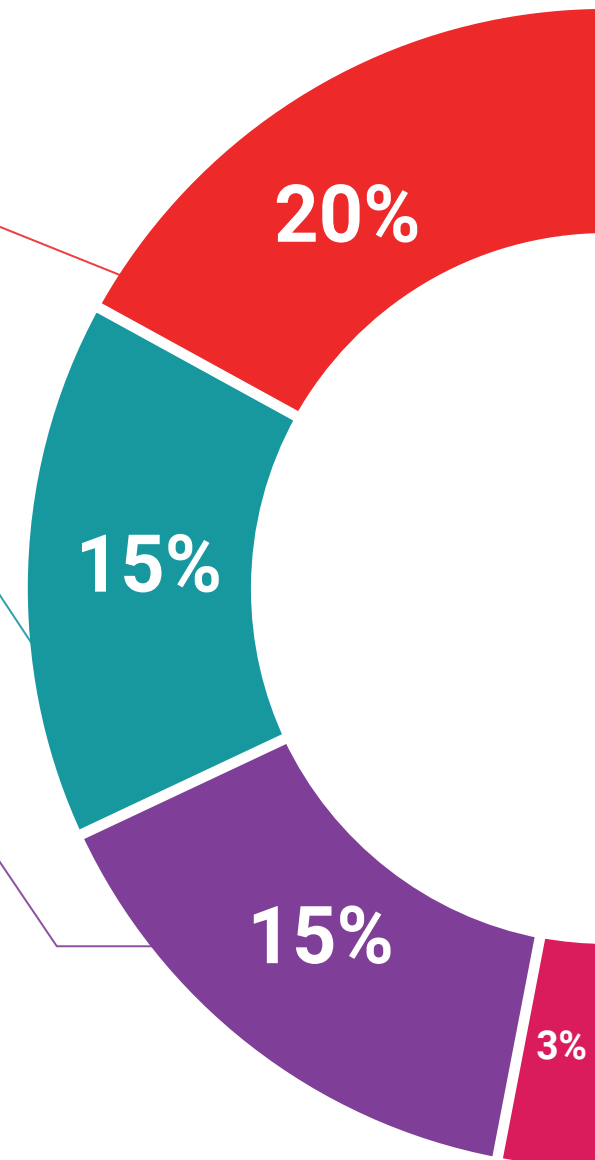
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

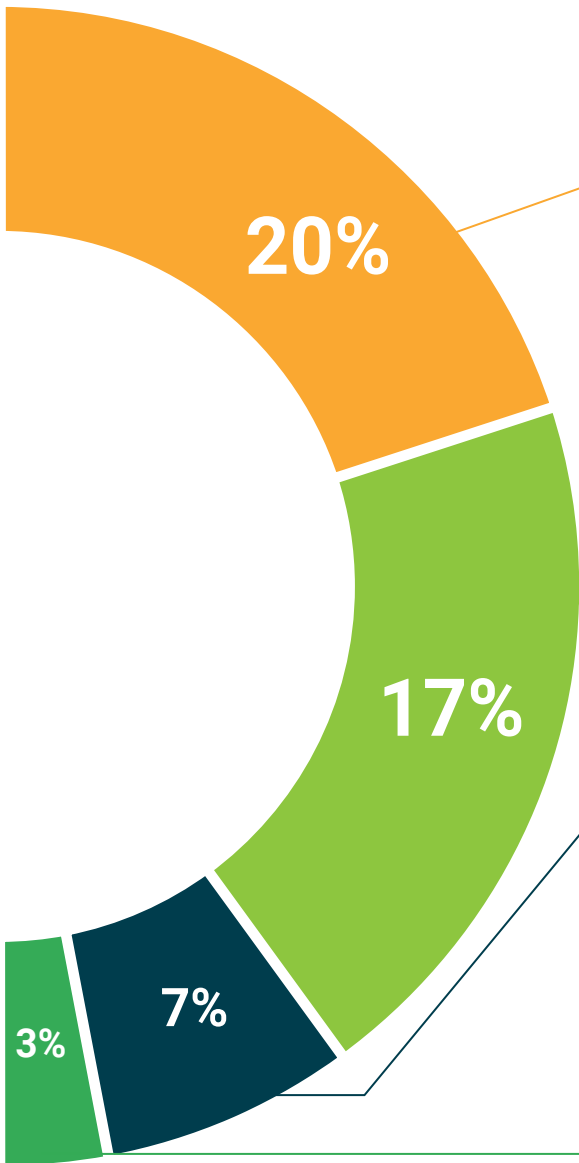
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Diploma in Clinical Sexology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

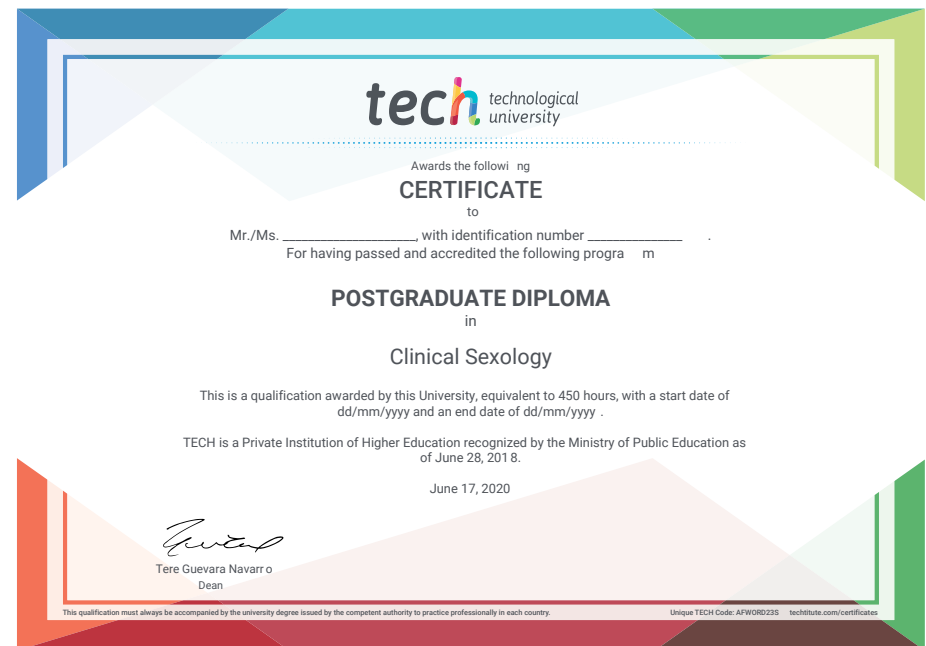
This **Postgraduate Diploma in Clinical Sexology** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Clinical Sexology**

Official No. of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



## Postgraduate Diploma Clinical Sexology

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