

# Postgraduate Diploma

## Human Sexuality and Sexual Health





## Postgraduate Diploma Human Sexuality and Sexual Health

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

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-human-sexuality-sexual-health](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-human-sexuality-sexual-health)

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# 01

# Introduction

The lack of knowledge among the population about the serious health effects of sexually transmitted infections is one of the factors explaining their increase. Therefore, adequate information, education and counseling by medical professionals remains key in this context. For this reason, TECH has created this 100% online program, which provides the specialist with an update on Sexology, methods and techniques for the prevention of sexual diseases and the latest advances in fertility. All, in addition, with high quality multimedia resources that can be accessed comfortably from any electronic device with Internet connection.





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*A 100% online Postgraduate Diploma that will allow you to be up to date with the techniques and methods to address Human Sexuality and Sexual Health”*

Chlamydia, gonorrhea, syphilis and trichomoniasis are the sexually transmitted infections that most affect the world's population. Despite the existence of contraceptive methods to prevent them, and even treatments for Hepatitis B or HPV, there is little information available to the public about them.

It is therefore necessary for medical professionals to be aware, in this context, of current risk behaviors or the different techniques used to communicate information to patients of all ages in a natural way. With this in mind, TECH has created this Postgraduate Diploma in Human Sexuality and Sexual Health that provides, from a theoretical-practical perspective, the most up-to-date knowledge in this field.

A program developed by a teaching team specialized in Sexology and Psychology that will provide its extensive professional background in an advanced syllabus and high quality content. In this way, the specialist will delve into the evolution of the science of Sexology, the implementation of sex education programs, communication through the most appropriate channels to reach the population and advances in human reproduction treatments.

In addition, thanks to the Relearning method, based on the reiteration of key contents, the professional will be able to advance through the syllabus in a natural way, reducing the long hours of study and memorization.

The physician is, therefore, facing an excellent opportunity to study a university qualification that is 100% online and flexible. All they need is an electronic device (computer, tablet or cell phone) with an Internet connection to be able to view the content hosted on the virtual platform. In addition, without attendance or classes with fixed schedules, the professional will be able to distribute the teaching load according to their needs and make a quality program compatible with the most demanding responsibilities.

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

- ♦ 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



*Get an up-to-date approach to Sexology through a program that gives you the flexibility to self-manage your study time”*

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*You will achieve, with this university qualification, to be up to date with the most effective contraceptive methods and to transmit their use in an adequate way”*

*Learn about the most notorious advances in HIV treatments in this program and integrate them into your regular practice.*

*Thanks to the Relearning method, you will be able to significantly reduce the long hours of study and memorization.*

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

The medical professional who attends this program will obtain after 6 months an update on current educational models, the gender perspective and the most significant advances in different treatment options and approach to infertility. Very useful information that can be integrated from the first moment in their usual clinical practice, thanks to the multitude of resources and activities provided by this Postgraduate Diploma. In addition, in this academic journey the specialist will be accompanied by a teaching team specialized in Sexology.







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*The case studies provided by the teaching team of this program will give you a practical view on sex education and the different methods to deal with it naturally”*



## 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. Sexology. Human Sexual Fact

- ♦ Lay the foundations of Sexology as a science
- ♦ Gain in-depth knowledge of the components that are part of the human sexual fact
- ♦ Demystify beliefs or prejudices about sexuality

### Module 2. Conceptual, Historical and Dissemination Framework

- ♦ Delve into the concepts of Sexology
- ♦ Gain in-depth knowledge of dissemination techniques
- ♦ Create personal brand and voice for dissemination

### Module 3. Sexual and Reproductive Health

- ♦ Acquire in-depth knowledge of the important aspects for Sexual Health
- ♦ Delve into the legal and ethical framework of voluntary termination of pregnancy
- ♦ Delve into the different methods of assisted reproduction
- ♦ Understand the different options for treatment and approach to infertility



*This university qualification provides you with all the resources you need to be able to implement effective sex education programs for young people*

# 03

## Course Management

The medical professional who immerses in this university program will have the opportunity to access an advanced syllabus developed by an excellent teaching team specialized in Sexology and Psychology. In this way, TECH guarantees access to the most relevant and comprehensive information on Sexual Health from an interdisciplinary perspective. Also, thanks to its proximity, students will be able to resolve any questions they may have during the course of this program.





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*You have at your disposal an excellent team of professionals specialized in Sexology who will answer any questions you may have about the syllabus of this program”*

## 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

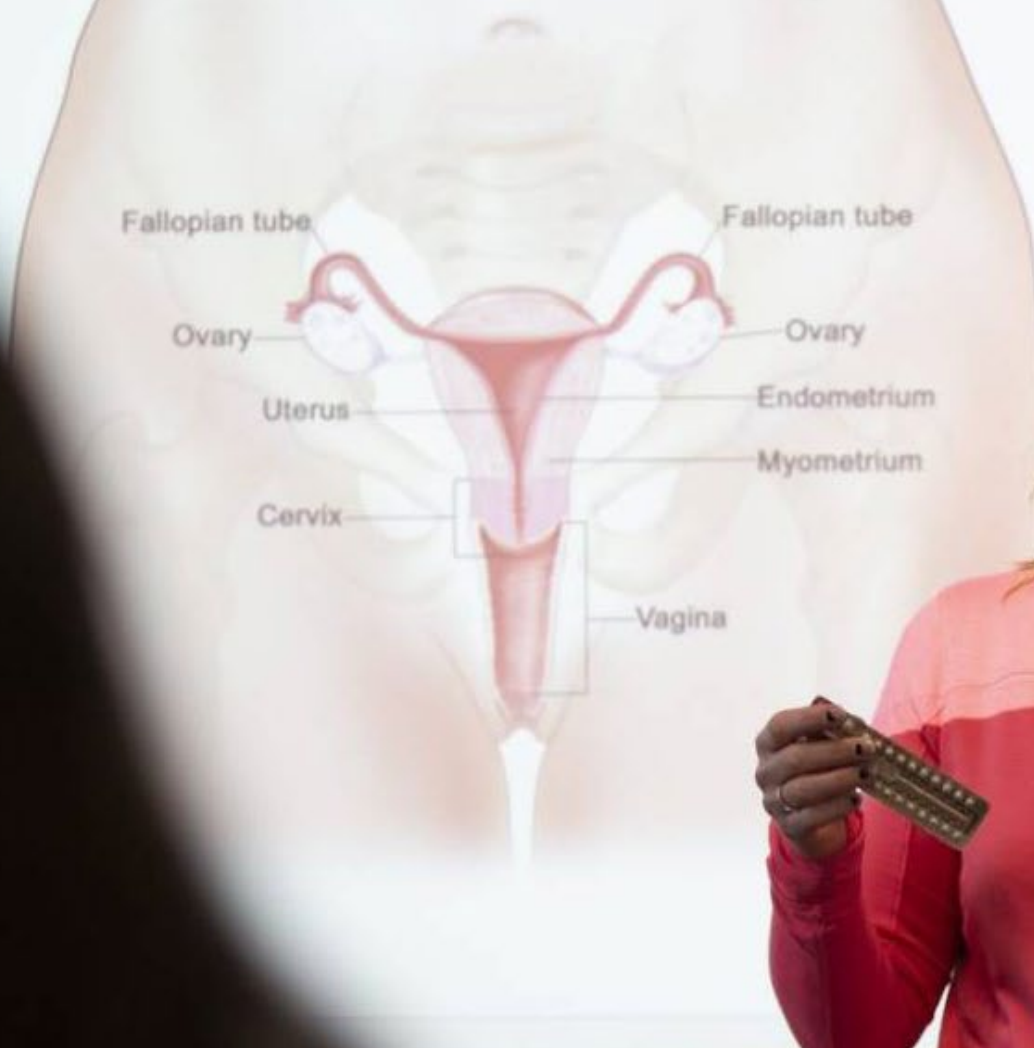
## Professors

### Ms. Gutiérrez Ramos, Pamela

- ♦ Midwife and Sexologist
- ♦ Sexologist volunteer in NGO
- ♦ Sexologist in the youth center of attention to sexuality
- ♦ Postgraduate Certificate in Conscious and Integral Accompaniment of the Perinatal Maternal Period with a Gender Perspective and Biopsychosocial Approach

### Ms. Cilveti Lapeira, Margarita

- ♦ Psychologist in Psychology and Sexology Office
- ♦ General Health Psychologist by the Autonomous University of Madrid
- ♦ Master's Degree in Sexology: Education and Sexual Counseling by INCISEX and the University of Alcalá
- ♦ Expert in Brief Systemic Therapy at the Centro Soluciones



# 04

## Structure and Content

The medical professional who studies this Postgraduate Diploma will obtain the most relevant and latest information on Sexual Health. For this purpose, the course syllabus provides a theoretical-practical vision in this field and allows them to be up-to-date on scientific advances in Sexology, technical advances in assisted reproduction and the legal framework existing in different countries around the world. This content is also available 24 hours a day from any electronic device with Internet connection.







*Multimedia pills, essential readings and case studies will be the main pedagogical tools you will have access to 24 hours a day”*

## Module 1. Sexology. Human Sexual Fact

- 1.1. Evolution of Sexology as a Science
  - 1.1.1. First References to Sexuality
  - 1.1.2. Development of Sexology as a Science
  - 1.1.3. Human Sexual Fact
- 1.2. Biological Fundamentals
  - 1.2.1. Neuroendocrine System
  - 1.2.2. Genetics
  - 1.2.3. Genital Anatomy
- 1.3. Social Foundations
  - 1.3.1. Influence of Culture
  - 1.3.2. Influence of the Environment
- 1.4. Psychological Foundations
  - 1.4.1. Somatosexual Constitution
  - 1.4.2. Sexual and Gender Identity
  - 1.4.3. Gender Expression and Roles
  - 1.4.4. Social Foundations
  - 1.4.5. Influence of Culture
  - 1.4.6. Influence of the Environment
- 1.5. Evolutionary Sexology
  - 1.5.1. Definition
  - 1.5.2. Normal Events that Occur in a Person's Life
- 1.6. Development of Sexuality
  - 1.6.1. Nervous system
  - 1.6.2. Primary Sexual Characteristics
  - 1.6.3. Secondary Sexual Characteristics
  - 1.6.4. Tertiary Sexual Characteristics
- 1.7. Child Development
  - 1.7.1. Conceptualization
  - 1.7.2. The Importance of Emotional Development from Childhood
  - 1.7.3. Bowlby's Attachment Theory



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- 1.8. Human Biological Processes
    - 1.8.1. Physical, Psychological and Sexual Changes during Adolescence
      - 1.8.1.1. Menstrual Cycle
    - 1.8.2. Pregnancy, Childbirth and Postpartum
    - 1.8.3. Climacteric and Menopause
    - 1.8.4. Andropause
  - 1.9. Anthropological Review of Human Sexuality
    - 1.9.1. The Change From Quadrupedality to Bipedality
    - 1.9.2. Most Important Historical Findings
    - 1.9.3. The Palaeolithic Period and the Revolution of the Affects
    - 1.9.4. Origin of Monogamy
  - 1.10. Areas of Sexology Development
    - 1.10.1. Clinical Symptoms
    - 1.10.2. Physical
    - 1.10.3. Educational
    - 1.10.4. Disclosure

## Module 2. Conceptual, Historical and Dissemination Framework

- 2.1. Pillars of Sexology and Dissemination Framework
  - 2.1.1. Referents (Male and Female) in Sex Education.
  - 2.1.2. Map of the Human Sexual Fact
- 2.2. Conceptual Fields
  - 2.2.1. Sexuation and Sexuality
  - 2.2.2. Erotica and Amatory
  - 2.2.3. Couple and Procreation
- 2.3. Sexuation: Identity
  - 2.3.1. Conceptualization: ALO and Autosexuation
  - 2.3.2. Transsexuality and Cissexuality

- 2.4. Sexuality: Orientation of Desire
  - 2.4.1. Conceptualization
  - 2.4.2. Sexual Orientations
  - 2.4.3. Erotica and Desires
- 2.5. Erotica and Amatory. Erotic Peculiarities
  - 2.5.1. Conceptualization
  - 2.5.2. Idea and Meaning of Sex in History
    - 2.5.2.1. Normative Erotics
    - 2.5.2.2. Non-Normative Erotics
- 2.6. The idea of Sex: Locus Genitalis
  - 2.6.1. Sexological View in History
  - 2.6.2. Pleasure Beyond Reproduction
- 2.7. Relationships
  - 2.7.1. Love: Concept of the Ars Amandi
  - 2.7.2. Relational Diversity
  - 2.7.3. Stages of the Relationships
  - 2.7.4. Marriage and Living Together
  - 2.7.5. Sex without Love and Love without Sex
- 2.8. Sexological Dissemination
  - 2.8.1. General Principles
  - 2.8.2. Ethics in Dissemination
  - 2.8.3. Sexological History
- 2.9. Current Dissemination Techniques
  - 2.9.1. Press, Television and Radio
  - 2.9.2. Social Media
  - 2.9.3. Creation of Material
- 2.10. Personal Branding Development
  - 2.10.1. Brand Models
  - 2.10.2. Content Composition and Creation
  - 2.10.3. Creating Personal Brand

### Module 3. Sexual and Reproductive Health

- 3.1. Contextualization
  - 3.1.1. Definition
  - 3.1.2. Technical and Sociological Developments
  - 3.1.3. Assisted Reproductive Treatment and its Legal Context in Different Countries
- 3.2. HIV
  - 3.2.1. Historical Context
  - 3.2.2. Associated Stigma
  - 3.2.3. Current Treatments.
  - 3.2.4. Positive Resources
- 3.3. Voluntary Termination of Pregnancy
  - 3.3.1. Definition
  - 3.3.2. Procedure
  - 3.3.3. Media Impact
  - 3.3.4. Physical, Emotional and Economic Consequences
- 3.4. Fertility: Ovaries and Uterus
  - 3.4.1. Gamete Formation
  - 3.4.2. Menstrual Cycle
  - 3.4.3. Classical Fertility Management Methods
    - 3.4.3.1. Symptothermal Method
    - 3.4.3.2. Cervical Mucus Recording
    - 3.4.3.3. Cervical Height Recording
  - 3.4.4. Testing of Individuals with Ovaries and/or Uterus
  - 3.4.5. Fertility in the Reaffirmation of Sexual Identity
- 3.5. Fertility: Testicles
  - 3.5.1. Gamete Formation
  - 3.5.2. Cycle of Sperm Formation/Regeneration
  - 3.5.3. Habits that Can Alter the Fertile Potential
  - 3.5.4. Testing of Individuals with Testicle
  - 3.5.5. Fertility in the Reaffirmation of Sexual Identity

- 3.6. Treatments in Assisted Reproduction I
  - 3.6.1. Directed Sexual Relationships (DSR)
  - 3.6.2. Artificial Insemination with the Partner's Sperm
  - 3.6.3. Artificial Insemination with Donor Sperm
- 3.7. Treatments in Assisted Reproduction II
  - 3.7.1. In Vitro Fertilization (IVF)
  - 3.7.2. Intracytoplasmic Sperm Microinjection (ICSI)
  - 3.7.3. Blastocyst Culture
  - 3.7.4. Preimplantation Genetic Diagnosis (PGD)
- 3.8. Sexological Support During the Search for Pregnancy
  - 3.8.1. Impact of the Assisted Reproduction Process on Erotic Desire
  - 3.8.2. Sexual Satisfaction with a Diagnosis of Infertility
- 3.9. Myths of Fertility
  - 3.9.1. Probability of Pregnancy
  - 3.9.2. Postures that favor Pregnancy
  - 3.9.3. Orgasm and Fertility
  - 3.9.4. Efficacy of Fertility Techniques
  - 3.9.5. Ejaculatory Abstinence and Fertility
- 3.10. Sexual Health Promotion
  - 3.10.1. Difference between Prevention and Promotion
  - 3.10.2. Tools for the Promotion of Sexual Health

“*A program that will allow you to delve into the main informative techniques to inform about assisted reproduction treatments*”



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 Human Sexuality and Sexual Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Human Sexuality and Sexual Health** 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 Human Sexuality and Sexual Health**

Official N° 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  
development language  
virtual classroom



**Postgraduate Diploma**  
Human Sexuality  
and Sexual Health

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

# Postgraduate Diploma

## Human Sexuality and Sexual Health

