Postgraduate Diploma

Sex Education

tech technological university

tech universidad tecnológica

Postgraduate Diploma
Sex Education

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

Website: www.techtitute.com/in/medicina/experto-universitario/experto-educacion-sexual

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01

Introduction

The statistics on sexually transmitted diseases are becoming more alarming by the day. According to the WHO, one million people are infected with an STI every day. Therefore, in the healthcare field, it is essential to provide patients with information on prevention methods, in addition to being aware of risky sexual practices and the approach to sexuality in people with functional diversity. A scenario that has led TECH to design this 100% online program, which allows the graduate to be up-to-date on the work in sexological consultations, the evolution of Sexology and the promotion of actions or educational programs in this field. All this, in addition, with multimedia teaching resources and a teaching staff with accumulated experience in Psychology.

A 100% online Postgraduate Diploma that will allow you to take an intensive academic course on Sexology and the design of actions that promote sexual information"

Health institutions promote health promotion actions and the prevention of sexually transmitted diseases, the use of contraceptive methods and more rigorous information on risk behaviors and their consequences. A role that is decisive given the increase in the number of STIs worldwide, despite the fact that citizens have more channels to learn about their serious consequences.

In this sense, the physician continues to play a key role in the approach to pathologies that affect sexual activity, human biological processes and the development of Sexology itself. A wide field of action that TECH gathers in this Postgraduate Diploma in Sex Education of 450 teaching hours.

A 6-month academic program that will lead the graduate to an effective update on sexual and reproductive rights, training actions in this field at various stages of growth, as well as the main proposals for sexual assistance to people with functional diversity and severe mental disorder.

It is a program that also presents a theoretical-practical and dynamic perspective thanks to the teaching resources based on video summaries of each topic, detailed videos, readings and clinical case studies that can be accessed comfortably from any electronic device with Internet connection.

Undoubtedly, an excellent opportunity to carry out an update through a university qualification that does not require attendance and provides students with all the necessary tools for the self-management of their study time. The graduate is therefore faced with an unparalleled and avant-garde academic option.

This **Postgraduate Diploma in Sex Education** 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

Are you looking for a university qualification that fits in with your daily professional schedule? This is the right academic choice for you"

A program that provides you with numerous activities and resources on Sex Education for adolescents, infants and late adulthood"

Delve, whenever you want and from your digital device with Internet connection, in emergency contraception.

You will be aware of the proven effectiveness of online consultations in 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

TECH provides the graduate with the most innovative pedagogical tools, in which the latest technology applied to the academic university environment has been used. In this way, and thanks to the theoretical-practical approach of this program, the medical professional will get an up-to-date knowledge on sexological consultation, the implementation of Sex Education programs and the methods of prevention of sexually transmitted diseases. An ideal opportunity for an efficient update through the best professionals in the field of Sexology and Psychology.

Clinical case studies give you useful insights into the latest developments in functional diversity and severe mental disorder"

General Objectives

- 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

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. Sex Education

- Understand the different stages of sexual development
- Obtain the necessary skills to approach Sex Education at different stages
- Develop competencies to talk about sexuality in a natural way
- Acquire the knowledge to answer the doubts that arise when offering Sex Education

Module 3. 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

Enhance your skills for the creation of programs from the health field that promote sex education in the population"

03

Course Management

Undoubtedly, the great experience in the field of Sexology, Sex Therapy and Psychology is a plus in this university qualification. Therefore, through the best teaching team, TECH guarantees students a complete process of updating their knowledge on Sex Education. In addition, thanks to the proximity of the teaching staff, who have extensive clinical experience, the graduate will be able to resolve any doubts they may have about the content of this program.

Get up-to-date with real experts in Sex Therapy and the promotion of Education in this field in the general population"

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

Mr. Coronilla Delgado, Eduardo

- Professional in Health, Youth, Education and Training programs at the LGTBIQAP+ Association JereLesGay of Jerez de la Frontera and at FELGTBI+
- Degree in Psychology from the University of Sevilla
- Specialist in Sexology from the Camilo José Cela University
- Member of: Fast Track Committee of Jerez (committee that fights against the HIV+ pandemic and stigma)

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

04

Structure and Content

Thanks to the effectiveness of the Relearning system, the professional will be able to delve into the syllabus in a much more natural and progressive way and consolidate the new concepts while reducing the long hours of study. In addition, the numerous didactic material that complements the syllabus of this program will provide much more extensive information on the latest developments in Sex Education and its approach in the health field.

The syllabus of this program will allow you to delve deeper into contraceptive methods"

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

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. Sex Education

2.1. Principles
- 2.1.1. Understanding its Importance
- 2.1.2. Role of the Sex Educator
- 2.1.3. Sexual and Reproductive Rights
- 2.1.4. General Objectives

2.2. Childhood Sex Education
- 2.2.1. Specific Objectives of this Stage
- 2.2.2. Role of Parents and Other Educational Agents
- 2.2.3. Sex Education in the Childhood Stage
- 2.2.4. Sex Education in Primary School
- 2.2.5. Proposed Activities and Resources

2.3. Adolescent Sex Education
- 2.3.1. Specific Objectives of this Stage
- 2.3.2. Role of Peer
- 2.3.3. Sex Education (11-17 years old)
- 2.3.4. Sex Education (17-19 years old)
- 2.3.5. Proposed Activities and Resources

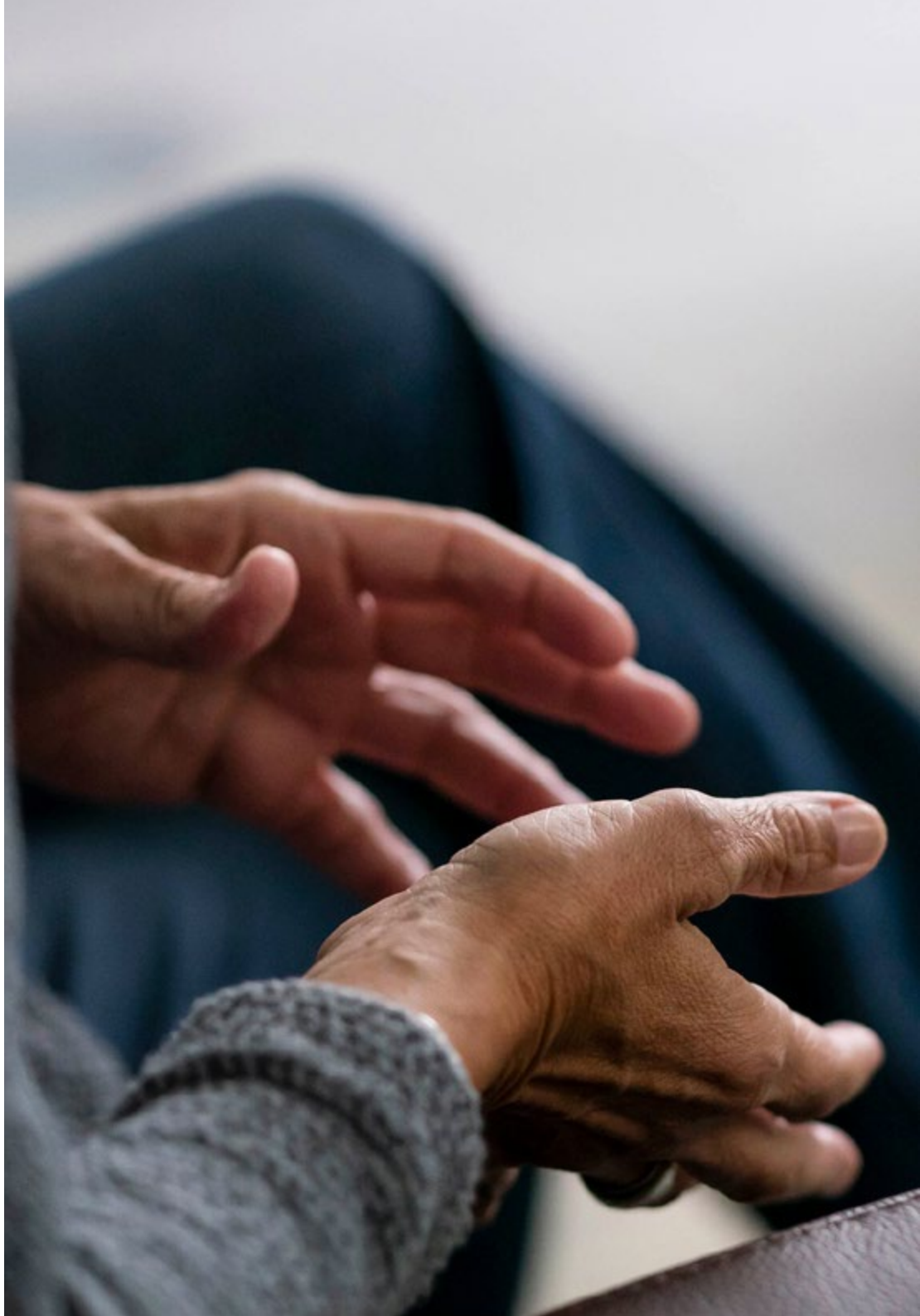
2.4. Sex Education for Adulthood
- 2.4.1. Objectives According to More Particular Interests
- 2.4.2. Sex Education in Early Adulthood (19-40 years old)
- 2.4.3. Sex Education in Middle Adulthood (40-60 years old)
- 2.4.4. Proposed Activities and Resources

2.5. Sex Education in Late Adulthood (over 60 years old)
- 2.5.1. Specific Objectives of this Stage
- 2.5.2. Main Difficulties
- 2.5.3. Proposed Activities and Resources

2.6. Program Design and Implementation
- 2.6.1. Diagnosis of Interests
- 2.6.2. Program Development
- 2.6.3. Program Implementation
- 2.6.4. Program Assessment

2.7. Prevention and Health
- 2.7.1. Contraceptive and Conceptive Methods
- 2.7.2. Emergency Contraception
- 2.7.3. Sexually Transmitted Infections
- 2.7.4. Risky Behaviors

2.8. Relational Diversity
- 2.8.1. Origin of Monogamy
- 2.8.2. Important Concepts
- 2.8.3. Types of Open Relationships



2.9. Functional Diversity and Severe Mental Disorder
- 2.9.1. Stigmas of This Population
- 2.9.2. PLISSIT Model
- 2.9.3. Sexual Assistance

2.10. Formal and Non-Formal Education
- 2.10.1. Types of Programs

Module 3. Sexologist Consultation

3.1. Basic Assumptions
- 3.1.1. Objectives of Sex Therapy
- 3.1.2. Therapeutic Framework
- 3.1.3. General Intervention Phases

3.2. Deontological Aspects
- 3.2.1. Basic Principles
- 3.2.2. Deontology in Sexology
- 3.2.3. Deontology of Each Profession

3.3. Sexological Counseling
- 3.3.1. Special Characteristics
- 3.3.2. Frequently Asked Questions

3.4. Therapist Skills
- 3.4.1. Skills
- 3.4.2. Active Listening
- 3.4.3. Self-Knowledge
- 3.4.4. Good Practices

3.5. Therapist Self-Care
- 3.5.1. Burn Out Risk
- 3.5.2. Importance of the Therapist's Psychological Adjustment
- 3.5.3. Taking Care of the Energy

3.6. Therapeutic Alliance
- 3.6.1. Importance
- 3.6.2. Characteristics of the Therapeutic Relationship.
- 3.6.3. Different Approaches to the Therapeutic Alliance

3.7. Specific Characteristics of Couples Therapy and Sex Therapy
- 3.7.1. Vivential Environment
- 3.7.2. Habitual Resistance to Therapy

3.8. Characteristics for a Good Prognosis
- 3.8.1. Safety Within the Therapeutic System
- 3.8.2. Engagement in the Therapeutic Process
- 3.8.3. Emotional Connection with the Therapist

3.9. Issues to be Addressed
- 3.9.1. Perception of the Own Body
- 3.9.2. Self-concept
- 3.9.3. Self-esteem

3.10. Online Consultation
- 3.10.1. Advantages and Disadvantages
- 3.10.2. Demonstrated Efficacy
- 3.10.3. Optimal Conditions for Online Consultation

Get an effective update on the PLISSIT model and its effectiveness in addressing sexuality alternations in different contexts"

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.

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.

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:

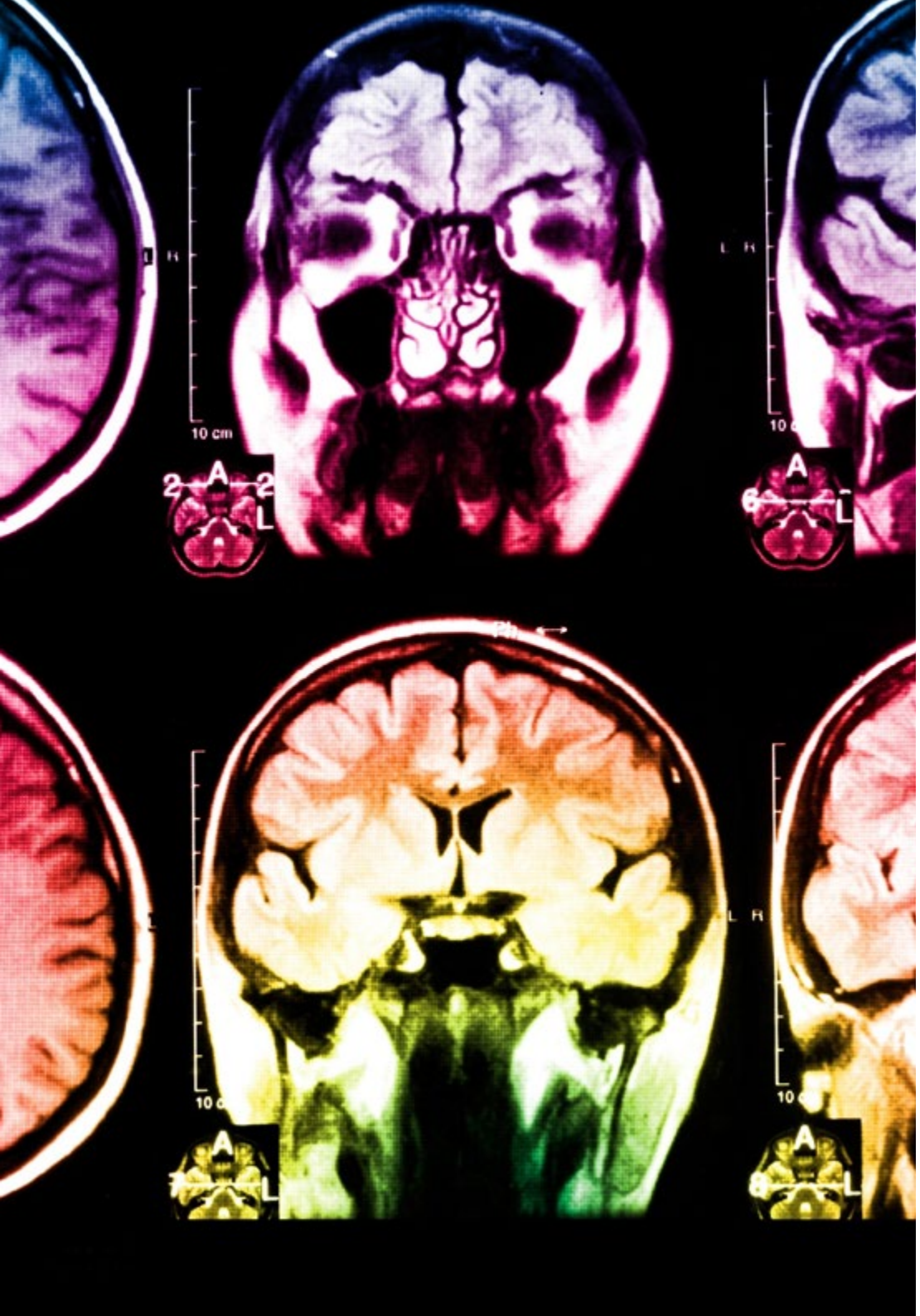
1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better 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.

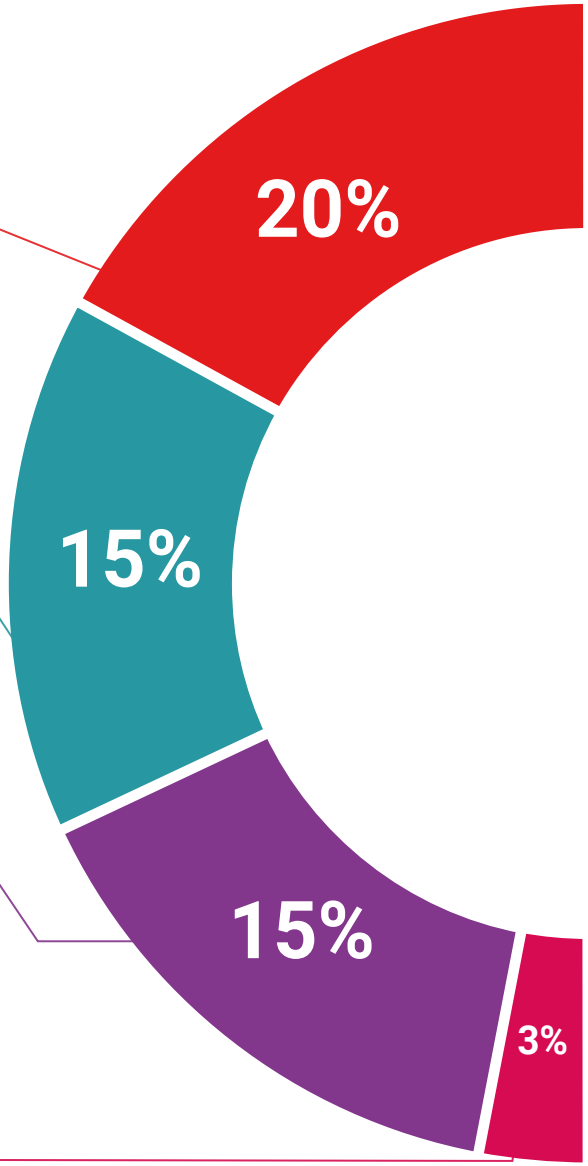
Interactive Summaries

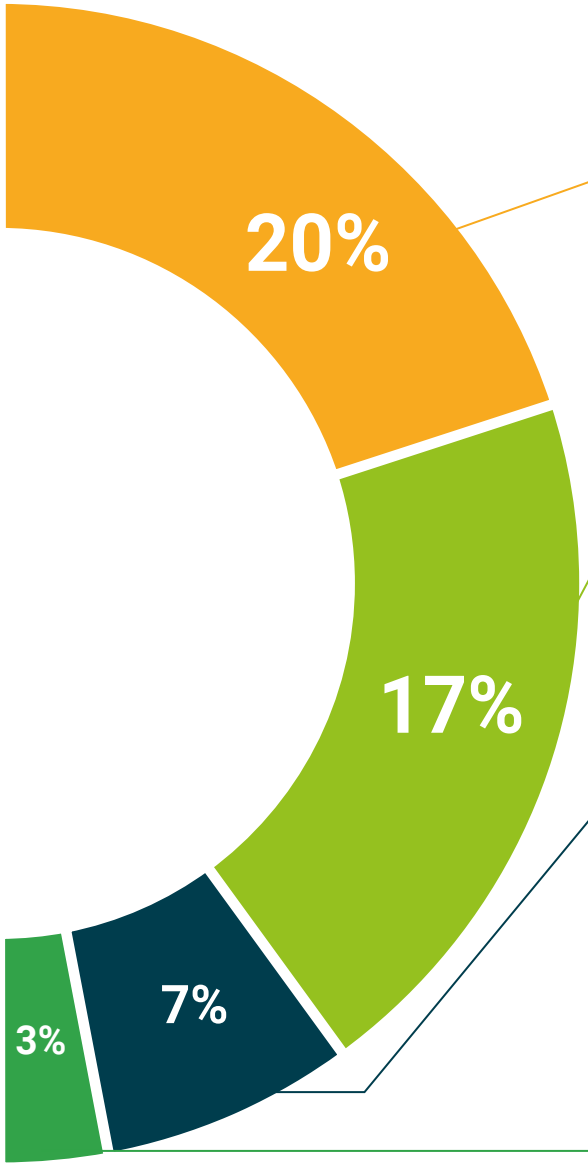
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

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

This **Postgraduate Diploma in Sex Education** contains the most complete and up-to-date scientific 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 Sex Education**

Official Nº of Hours: **450 h.**

tech technological university

Awards the following

CERTIFICATE

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Sex Education

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S techtitute.com/certificates

*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.

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