

# Postgraduate Certificate Sexologist Consultation for Nursing





## Postgraduate Certificate Sexologist Consultation for Nursing

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

Website: [www.techtute.com/in/nursing/postgraduate-certificate/sexologist-consultation-nursing](http://www.techtute.com/in/nursing/postgraduate-certificate/sexologist-consultation-nursing)

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# 01

# Introduction

This program addresses the importance of the sexologist consultation as a fundamental tool to provide comprehensive and specialized care in the field of sexual health. In this sense, this program seeks to provide nurses with up-to-date knowledge in the fundamentals of couple and sexual therapy. The program syllabus includes aspects such as the therapist's skills, the basics of therapy, methods for offering online counseling or the therapist's own self-care, among other issues. All of this is 100% online and with the endorsement and academic prestige of TECH.





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*You are facing a rigorous and high level academic option with which you will lay the foundations to create your own sexology practice. You will be at the forefront of the profession”*

Sexologist consultation is a fundamental tool when it comes to offering comprehensive and specialized care in the field of sexual health, since this is a vitally important issue that affects all people, regardless of gender, age or sexual preference. In this sense, the Postgraduate Certificate in Sexologist Consultation for Nursing has been specifically designed for nurses interested in keeping their knowledge of clinical sexology up to date.

The program syllabus includes a wide variety of important aspects related to how to approach sexuality in therapy, sexual anatomy and physiology, sexual dysfunctions, problems related to sexuality in different stages of life, sexual and gender diversity, and ethical and legal aspects of the sexological consultation. All this is approached from a practical and theoretical perspective that allows nurses to delve deeper into the topics of the program and apply the knowledge acquired in the sexologist consultation.

The study methodology is 100% online, which allows students to access a wide variety of resources and practical activities, including multimedia material and analysis of clinical cases. This will allow them to develop skills in sexological counseling and in the specific characteristics of couple and sex therapy. With the Postgraduate Certificate in Sexologist Consultation, nurses can bring their knowledge of clinical sexology up-to-date and provide quality care in this important field of health care.

This **Postgraduate Certificate in Sexologist Consultation for Nursing** 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



*You will delve into the latest advances and the skills that the therapist must have in order to offer the best care to the patient"*

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*You will delve into aspects such as the therapist's self-care and the methods to offer an online sexologist consultation”*

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

The 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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will develop the necessary skills to address sexuality and couple issues.*

*The program's methodology is 100% online, which allows students to access a wide variety of resources and practical activities.*



02

# Objectives

This program, designed specifically for nurses, seeks to expand the professional's knowledge in sexological counseling and couple and sexual therapy. The program's syllabus includes aspects such as sexual and gender diversity, and the ethical and legal aspects of the sexologist consultation. The 100% online methodology allows nurses to access a wide variety of resources and practical activities that will allow them to apply the knowledge acquired in the sexologist consultation and develop specific skills in the area.





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*If your objective is to understand the aspects involved in the beginning and development of couple relationships in order to be able to intervene in therapy in a more effective way, then this Postgraduate Certificate is for you”*



## General Objectives

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- ♦ Acquire knowledge about sexuality by 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 initiation and development of relationships (life cycle of the couple: establishment and evolution)
- ♦ Describe the dynamics of couple relationships and 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
- ♦ Know in depth the deontology in matters of sexuality and couple, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would produce an impairment of the therapeutic work
- ♦ Carry out research programs in sexuality





## Specific Objectives

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- Develop the therapist's skills necessary to address sexuality and couple issues
- Gain an in-depth knowledge of the legal and ethical aspects of the sexology professional

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*You will learn in depth the legal and ethical aspects of the Sexology nurse expert”*

03

# Course Management

The TECH university program is led by highly qualified and internationally recognized teaching staff in the field of clinical sexology. The constant updating of the program's syllabus ensures quality education and successful clinical practice for nurses interested in the field. Through the guidance of the best professionals, nurses can acquire practical knowledge and improve their professional performance in the sexology practice. With the TECH program, nurses can keep their skills and knowledge in clinical sexology up-to-date and provide specialized, quality care to their patients.





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*A high-level teaching staff with whom you can get up-to-date on the key aspects of the sexologist consultation”*

## Management



### Ms. Ramos Escamilla, María

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



04

# Structure and Content

The Relearning method is highly effective in the reiteration of key concepts and helps nurses to naturally progress through the content of the program, avoiding long hours of memorization and achieving a more effective knowledge update. Through this method, nurses will be able to acquire skills and knowledge to address the main sexual problems affecting the population, including fertility, penetration difficulties and multidisciplinary work to address sexuality-related conditions. In this way, nurses will be better prepared to provide specialized and quality care in the sexological consultation.





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*A high-level syllabus that covers topics such as the therapist's skills, deontological aspects, the characteristics of a good prognosis and the specific characteristics of couple and sex therapy”*

## Module 1. Sexologist Consultation

- 1.1. Basic Assumptions
  - 1.1.1. Objectives of Sex Therapy
  - 1.1.2. Therapeutic Setting
  - 1.1.3. General Phases of the Intervention
- 1.2. Deontological Aspects
  - 1.2.1. Basic Principles
  - 1.2.2. Deontology in Sexology
  - 1.2.3. Deontology Specific to 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 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

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*Trust your academic progress to TECH and boost your nursing career to the top”*

# 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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.

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 Certificate in Sexologist Consultation for Nursing 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 Certificate in Sexologist Consultation for Nursing** 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 Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Sexologist Consultation for Nursing**  
Official N° of Hours: **150 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  
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institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development languages  
virtual classroom



**Postgraduate Certificate**  
Sexologist Consultation  
for Nursing

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

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