

# Postgraduate Diploma Clinical Sexology for Nursing





## Postgraduate Diploma Clinical Sexology for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-clinical-sexology-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-clinical-sexology-nursing)

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# 01

# Introduction

Multidisciplinary work on the Sexual Health of a patient is key for them to successfully face the main Erotic Difficulties, many of them derived from medical conditions. In this sense, nurses play a key role due to their ability to provide care and information on Sexuality. For this reason, TECH has created a program in 100% online modality, which offers the graduate the opportunity to effectively update on the etiology and proposals for intervention in people with erection problems, absence of desire or the most effective strategies in Sexology consultations and couple therapies. All this, in addition to an innovative multimedia content, accessible 24 hours a day.



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*An academic journey of 450 teaching hours with the most exhaustive and current information on Clinical Sexology”*

Patients suffering from diseases such as diabetes, fibromyalgia or skin conditions that interfere with their sexual relations are frequently seen in clinical consultations. This information is often unknown to the public, but it is essential to address and treat it through the latest scientific evidence.

Faced with this reality, the nursing professional must be aware of the studies on Erotic Difficulties, their causes and approach, as well as the sexological counseling work done by other specialists and that influence the Sexual Health of the person. Based on the most up-to-date content, the teaching team of this program has created this 6-month Postgraduate Diploma in Clinical Sexology for Nursing.

It is an intensive program with 450 teaching hours and the best teaching material (video summaries of each topic, detailed videos, specialized readings and simulations of case studies) that will lead students to achieve a complete update in this field.

Therefore, in addition to delve dynamically in the Sexologist Consultation and couple therapy, students will delve fully into the difficulties of desire, arousal, maintaining an erection or reaching orgasm.

An updating process that will not require long hours of study and memorization, since thanks to the Relearning methodology, based on the continuous reiteration of the key content, the healthcare professional will be able to solidly consolidate the concepts covered. Undoubtedly, a unique opportunity that only TECH, the world's largest digital university, can offer.

This **Postgraduate Diploma in Clinical Sexology 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



*Delve into the etiology of Infidelity, myths, realities and procedures to address it"*

“

*With the Relearning system you will be able to reduce the long hours of study and memorization, consolidating in a simple way the key concepts”*

*This program introduces you to the indications and contraindications of couple therapies.*

*Take an academic journey through the main Erotic Difficulties and their sanitary approach.*

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 purpose of this academic option is to provide the nursing professional with a complete update in Clinical Sexology. For this reason, TECH provides pedagogical tools in which it has used the latest technology and that make this academic process much more dynamic, attractive and fruitful. In addition, thanks to the proximity of the teaching staff, the graduate will be able to resolve any doubts they may have about the content of this program.





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*Delve into the etiology of Erotic Difficulties related to pain and the latest proposals for intervention”*



## 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 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 therapist's 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



*You are before a program that will allow you to be up-to-date on Diabetes and its relationship with erotic difficulties”*



03

# Course Management

In any updating process, professionals require that the information provided is rigorous and prepared by experts in the field. For this reason, TECH carries out a thorough selection process of each and every one of the teachers that make up its programs. In this sense, the graduate has in this Postgraduate Diploma a teaching staff made up of true specialists in Sexology and Psychology, with extensive experience in this field of health.





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*Distinguished specialists in  
Sexology make up this 100% online  
and flexible Postgraduate Diploma”*

## 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

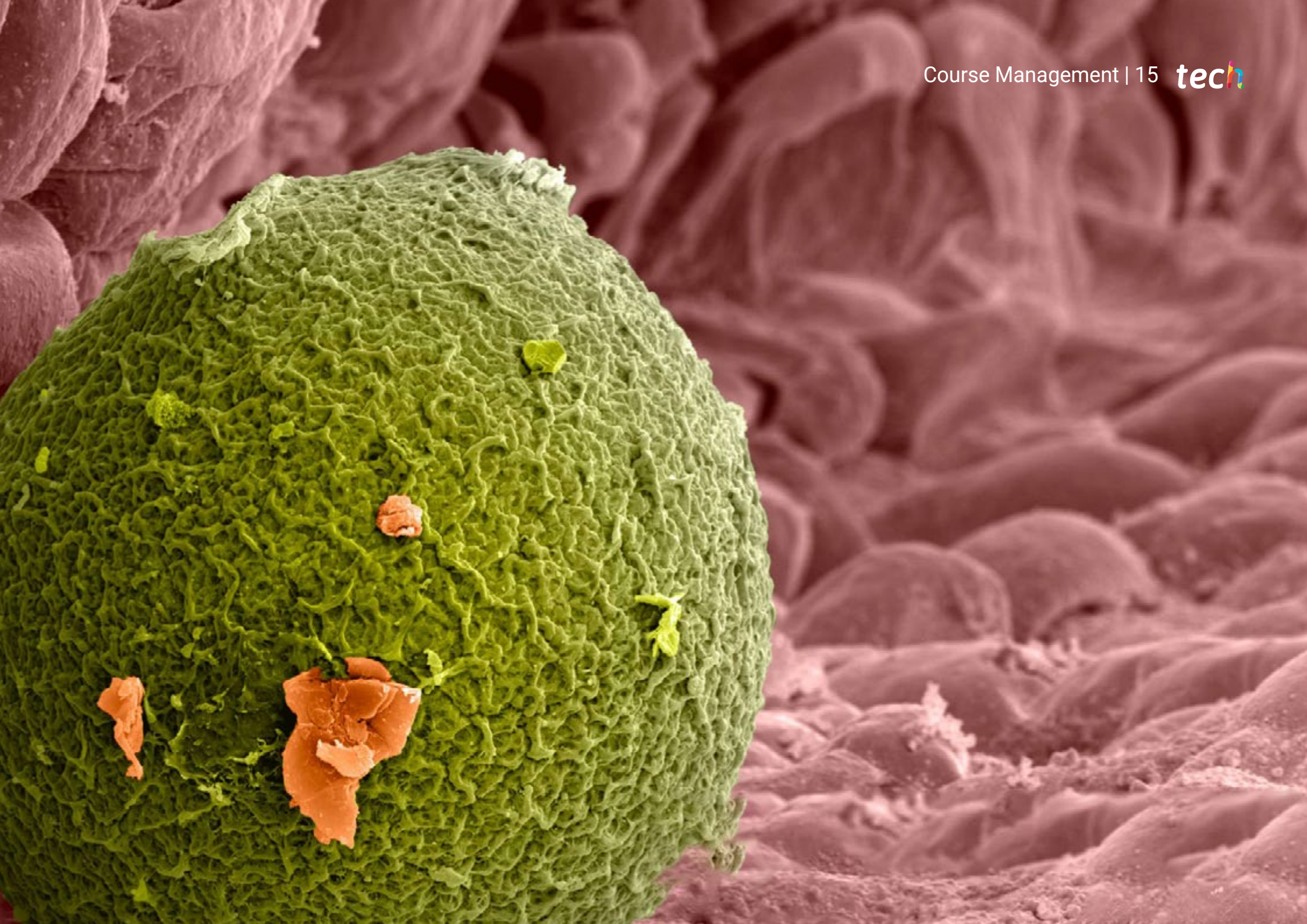
### Ms. Figueredo García, Marien

- ♦ 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

TECH in order to provide a complete update of knowledge has designed an academic program that has the most up-to-date information in Clinical Sexology. Structured in three modules, students will be able to be aware of the sexological counseling procedures carried out in consultation, the main Erotic Difficulties and the structure carried out in couple therapy. All this, in addition, complemented by numerous additional first-class teaching material.



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*The teaching material for this program is always available. Access it with total comfort from your digital device with an Internet connection”*

## 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

### 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



- 3.3. 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
- 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 program that will allow you to delve deeper into relevant interdisciplinary work with patients who present sexual difficulties”*

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



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

This program will allow you to obtain your **Postgraduate Diploma in Clinical Sexology for Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Clinical Sexology for Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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 Clinical Sexology for Nursing

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- » Credits: 18 ECTS
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