

# Postgraduate Diploma Sex Education for Nursing





## Postgraduate Diploma Sex Education 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-sex-education-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-sex-education-nursing)

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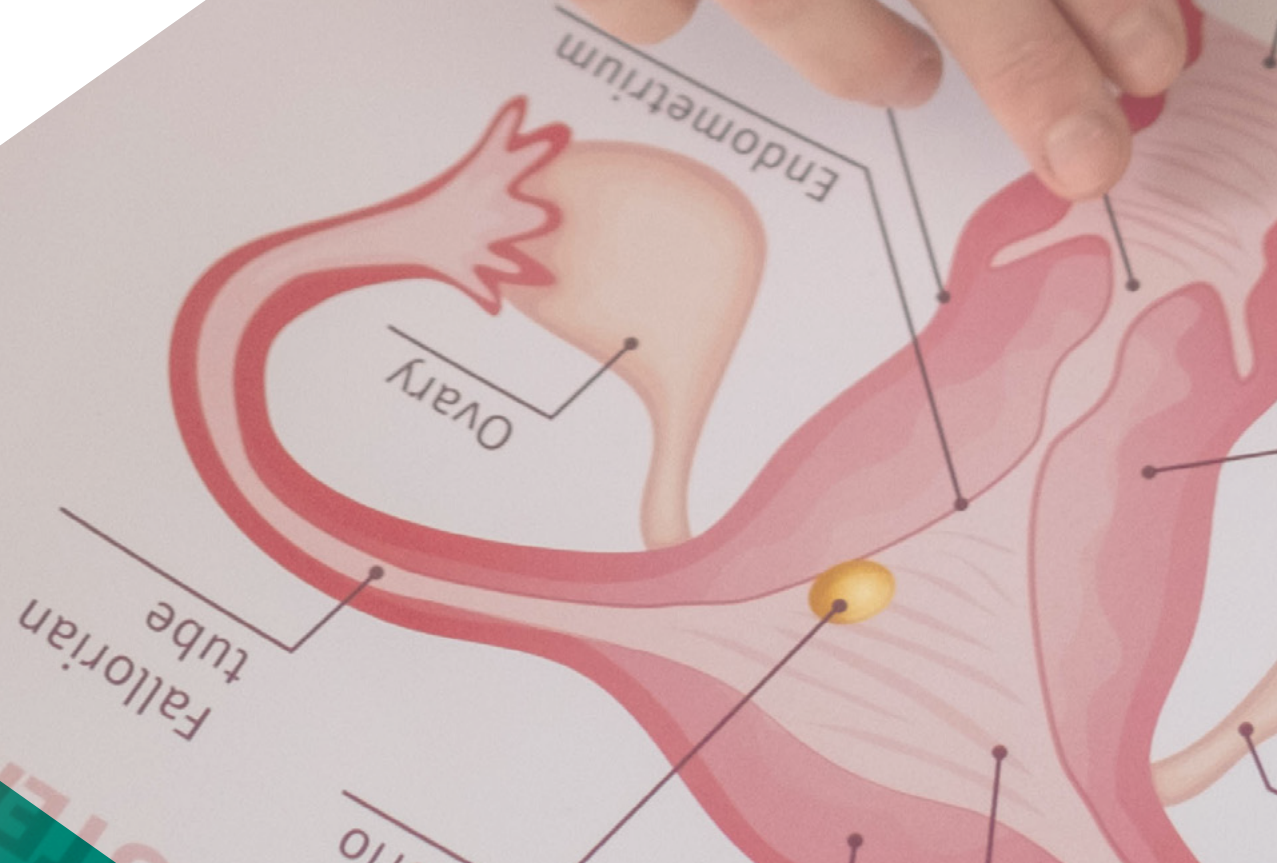
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# 01

# Introduction

STDs and their serious health effects affect millions of people worldwide according to WHO data. The ease and speed with which these diseases can be contracted and the methods of prevention are of great interest to the health of the public. For this reason, the role of the nursing professional is key, given their proximity to the patient and their communication skills in health matters. Faced with this reality, this academic proposal is born to provide a complete update on Sexuality, in the evolution of Sexology and Sexual Health promotion programs. All of this, in a 100% online format and with high quality multimedia content, developed by experts in this area.





*A 100% online Postgraduate Diploma that will increase your skills to develop Sex Education programs in the health field"*

In the digital era, the information available on Sexually Transmitted Diseases is abundant. However, at the same time, there is an excessive amount of contradictory content that generates confusion, amplifies myths and does not facilitate the prevention of conditions as frequent as Syphilis, Gonorrhoea or Chlamydia. In this scenario, the nursing professional and the programs aimed at educating the population in this field are fundamental for Sexual Health.

A relevance that requires up-to-date healthcare professionals in terms of sexology, contraceptive methods, risk behaviors or sexological counseling. Based on the most recent scientific evidence in this field, TECH has created this University Expert in Sex Education for Nursing with a duration of only 6 months and with the most advanced syllabus.

It is a program that covers over 450 teaching hours, the essential content on the evolution of Sexology as a science to enter fully into the field of education in children, adolescence or adults. In this sense, this program goes a step further and delves into Sex Education in advanced adulthood, relational diversity and the stigma of the population with functional diversity and severe mental disorder and their relationship with Sexuality.

All this, complemented by multimedia pills, specialized readings and case study simulations, accessible 24 hours a day, from any digital device with an Internet connection.

Undoubtedly, an excellent opportunity to get up-to-date through a flexible academic option. And the fact is that, with no classroom attendance, nor fixed schedules, the graduate will be able to manage their study time better and balance their personal activities with a quality program.

This **Postgraduate Diploma in Sex Education 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



*With this program you will be able to update your knowledge on the use of the PLISSIT model in patients with sexual problems”*

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*Access 24 hours a day the Virtual Library of this Postgraduate Diploma and keep up-to-date on Sexually Transmitted Diseases”*

*Are you looking for a program that allows you to update your knowledge without stress and allowing you to self-manage your study time? Do it with TECH.*

*Delve into the stigmas towards the population with functional diversity and their ability to maintain sexual relations.*

The program's teaching staff includes professionals from the sector who bring to this program the experience of their work, as well as renowned specialists from reference 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 special proximity of nursing professionals to patients makes it necessary for them to have the latest information on Sexuality and to have the necessary tools to promote Sex Education. In this sense, TECH has developed this Postgraduate Diploma of 6 months duration with the main purpose of providing a complete update in this field through a syllabus that offers a theoretical-practical vision and very useful for daily practice.







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*With this program you will be able to implement, from a health perspective, Sex Education programs aimed at both young and adult audiences”*



## 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 their 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. 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 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

03

# Course Management

The teaching staff of this program has been selected by TECH based on their excellent professional careers as midwives, psychologists and sexologists, which has allowed them to deal with numerous clinical cases and develop actions to promote sexual health. Therefore, with this excellent team, students will get an effective up-to-date and also solve any doubts they may have about the content of this Postgraduate Diploma.



“

*TECH has selected a team specialized in Sexology, Nursing and Psychology to bring you the most complete update in Sex Education”*

## International Guest Director

Dr. Paola Zamperini has a long career as a researcher and educator in the area of Gender and Sexuality. Furthermore, in her PhD she specialized in Chinese Literature and Women's and Gender Studies at the University of California at Berkeley. With this interdisciplinary approach, she maintains a keen interest in creating learning environments marked by feminist and Queer theory, while delving into Chinese and East Asian cultural traditions.

After joining the Department of Asian Languages and Cultures at Northwestern University, she has served as Associate Director of the Gender and Sexuality Program at Northwestern. As a professor, she has taught introductory courses on sexuality studies, sexual subjects and traditions of feminist thought. In the field of Asian cultures, she has focused on pre-modern Chinese literature, fashion theory and history, Buddhist literary cultures in East Asia, contemporary Chinese fiction, film and popular culture.

With her commitment to demonstrating the relevance of China studies to society and politics, Dr. Paola Zamperini has worked in Europe, developing intellectual and research connections with leading sinological centers. In this regard, she has collaborated as a mentor for undergraduate and graduate students at the Center for Asian and Transcultural Studies, which is considered the leading Asian studies center in Europe at the University of Heidelberg in Germany.

Also throughout her career she has written and published numerous books and articles on representations of prostitution, female suicide, fashion theory and history, and spiritual resonance. She has also related many of these topics to Chinese literature and culture.



## Dr. Zamperini, Paola

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- ♦ Associate Director of the Gender and Sexuality Program at Northwestern University, United States
- ♦ Director of the Department of Asian Languages and Culture, Northwestern University
- ♦ Associate Professor of Asian Languages and Civilizations at Amherst College
- ♦ Researcher and Mentor at the Center for Asian and Transcultural Studies at the University of Heidelberg, Germany
- ♦ Ph.D. in Chinese Literature and Women's and Gender Studies from the University of California at Berkeley
- ♦ Graduate in Chinese Language and Literature from Ca' Foscari University, Venice

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## 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 at the NGO
- ♦ Sexologist at the Young Center of Attention to Sexuality
- ♦ Diploma in Conscious and Integral Accompaniment of the Maternal
- ♦ Perinatal Period with a Gender Perspective and a Biopsychosocial Approach





# 04

# Structure and Content

In the design of this program, the specialized teaching team has taken into account the information based on the latest scientific evidence on Sexology and the relevant role of Sex Education in the population. Therefore, in order to offer students a much more complete update, this program includes numerous additional materials in which TECH has used the most advanced technology applied to university teaching.



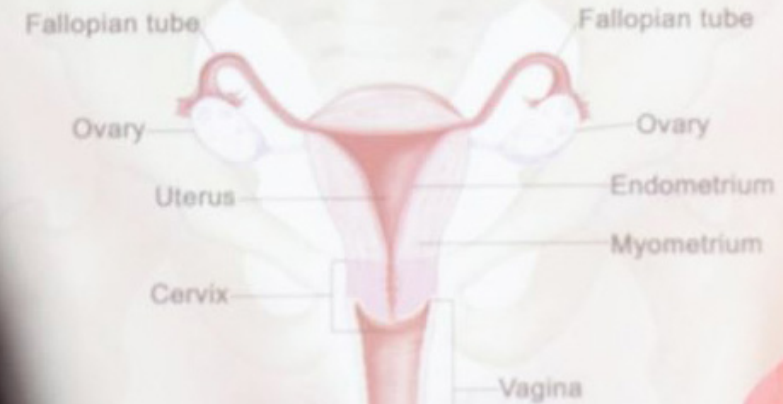


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*The multimedia pills will bring you dynamically closer to the latest scientific evidence on climacteric and andropause”*

## Module 1. Sexology

- 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.





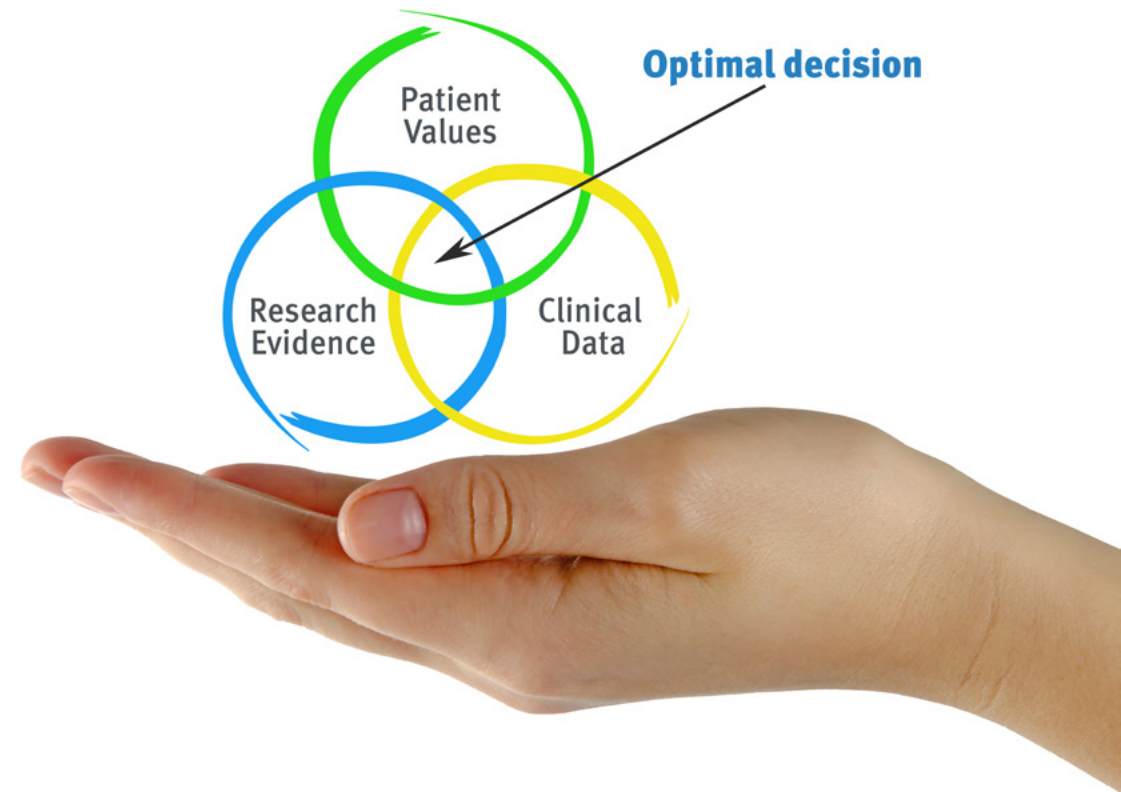
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Sex Education 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 Sex Education 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.

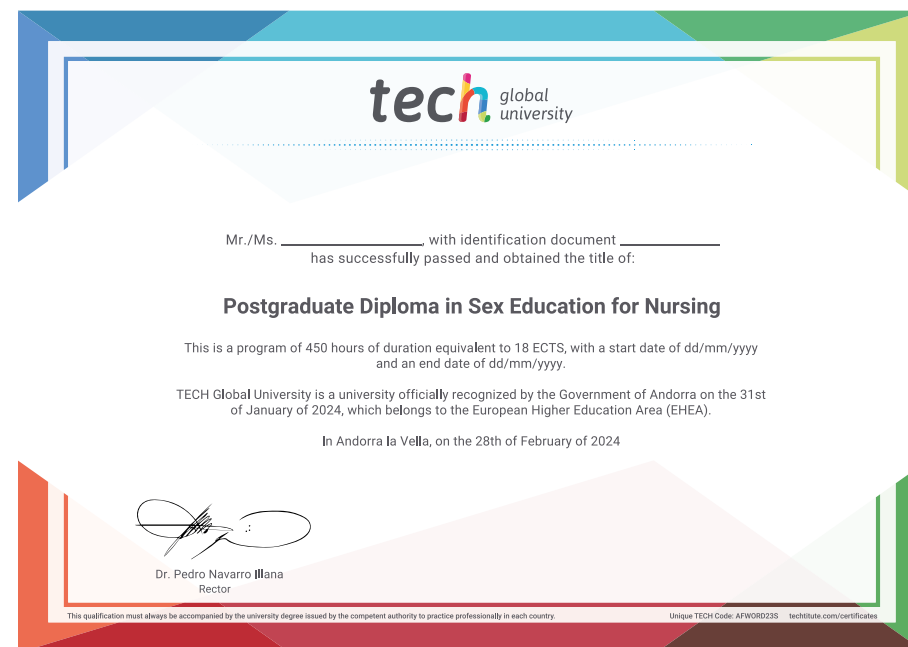
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Sex Education 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 Sex Education for Nursing

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