Postgraduate Diploma
Sex Education

tech global university

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Postgraduate Diploma
Sex Education

- Modality: **online**
- Duration: **6 months**
- Certificate: **TECH Global University**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/psychology/postgraduate-diploma/sex-education**

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01

Introduction

The more open experience of certain aspects of sexuality in today's society leads psychologists to be aware of the different existing realities. Therefore, they must be aware of relational diversity, emotional development from childhood or new strategies for therapy with their patients. In this sense, TECH has designed a program that offers a complete update on Sex Education, oriented to the professional on the use of digital tools in consultation, the implementation of counseling programs or the approach to sexuality at different stages of the human being. All in a 100% online pedagogical format and with the most innovative didactic resources of the current academic panorama.

A 6-month 100% online Postgraduate Diploma for the most current information on Sex Education"

Psychology belonging to the Health field has a great application in the world of sexuality, where self-knowledge and emotional development are determining elements in the proper evolution of the person. Therefore, in a world with fewer taboos in this field, with a wider view towards a diversity of relationships, it is necessary for the psychologist to have up-to-date information.

In this sense, the figure of the specialist continues to be key in their counseling work in the adolescent population or in the resolution of the most entrenched couple conflicts in adult patients. Faced with this reality, TECH has developed this 6-month university program in Sex Education, with a syllabus prepared by an excellent team of Sexologists, experts in this field.

It is, therefore, a first class Postgraduate Diploma that will lead, during 450 teaching hours, to delve into the evolution of Sexology as a science, sexual and gender identity or the theory of attachment. In addition, thanks to the numerous activities proposed, students will be able to design, plan and implement educational programs and discern among the possibilities offered by online sexological consultations.

Likewise, thanks to the Relearning methodology, based on the reiteration of highlighted content, the professional will progressively go through the syllabus, reducing the hours of memorization so frequent in other pedagogical systems.

This institution offers an excellent opportunity to keep up-to-date through a flexible program designed to be taken comfortably. All you need is an electronic device with an Internet connection to view, at any time of the day, the syllabus of this program. An ideal option to reconcile the most demanding daily activities with a first class update.

This **Postgraduate Diploma in Sex Education** contains the most complete and up-to-date scientific program on the market. The most important features of the 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 relevant emotional development of people from childhood thanks to an academic program available 24 hours a day"

Explore through the best didactic material the main resistances with the therapist and expand your competences to carry out couple therapies"

Promotes Prevention and Health programs through a program that delves into contraceptive methods and STDs.

An effective academic journey through Sex Education and Sexological Counseling in the digital age.

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 professional who takes this academic option has before them a program that will allow them to comfortably update their knowledge in Sex Education and integrate in their daily life the realization of online sexological consultations. For this, this syllabus shows from a theoretical-practical perspective and under the maximum scientific rigor the studies around Sexology, sex assistance and the role of the psychologist in sex and couple therapies.

A complete syllabus that will allow you to design actions oriented to Sex Education in young and elderly population"

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 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 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

Increase your active listening skills and self-awareness as a therapist focused on Sexology"

03

Course Management

This Postgraduate Diploma is distinguished for having among its teaching staff professors versed in Psychology, Sexology and for approaching with the utmost rigor the affirmative Psycho/Sexology aimed at the LGTBIQAP+ community. In this way, the graduate will find in this Postgraduate Diploma the most advanced content in Sex Education, developed by a teaching team, which also thanks to its proximity will resolve any questions about the content of this program.

Get up-to-date with the best specialists in Sexology on relational diversity and the development of sexuality"

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

- 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

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

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

D. 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)

04

Structure and Content

This university qualification has been designed to offer the Psychology professional the most up-to-date information on Sex Education, providing them with the most effective methodologies for the development of educational proposals for the general population. In addition, this program will place special emphasis on Sexologist Consultations and the important role of the therapist in the performance of counseling in compliance with the existing code of ethics.

Looking for a complete update on Sex Education? Do it through a syllabus focused on offering you the most rigorous and recent information"

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

Incorporate with guarantees the online consultation of Sexology as a method of work after completing this university qualification"

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

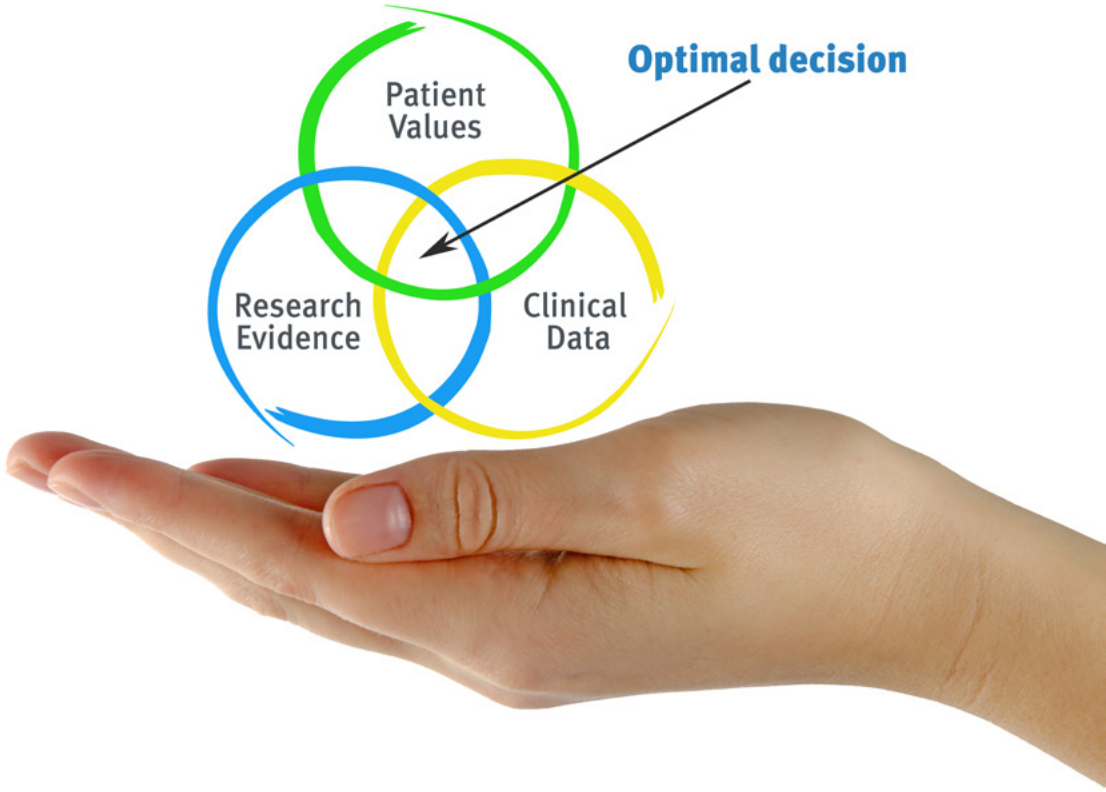
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

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 the psychologist experiences 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 psychologist'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:

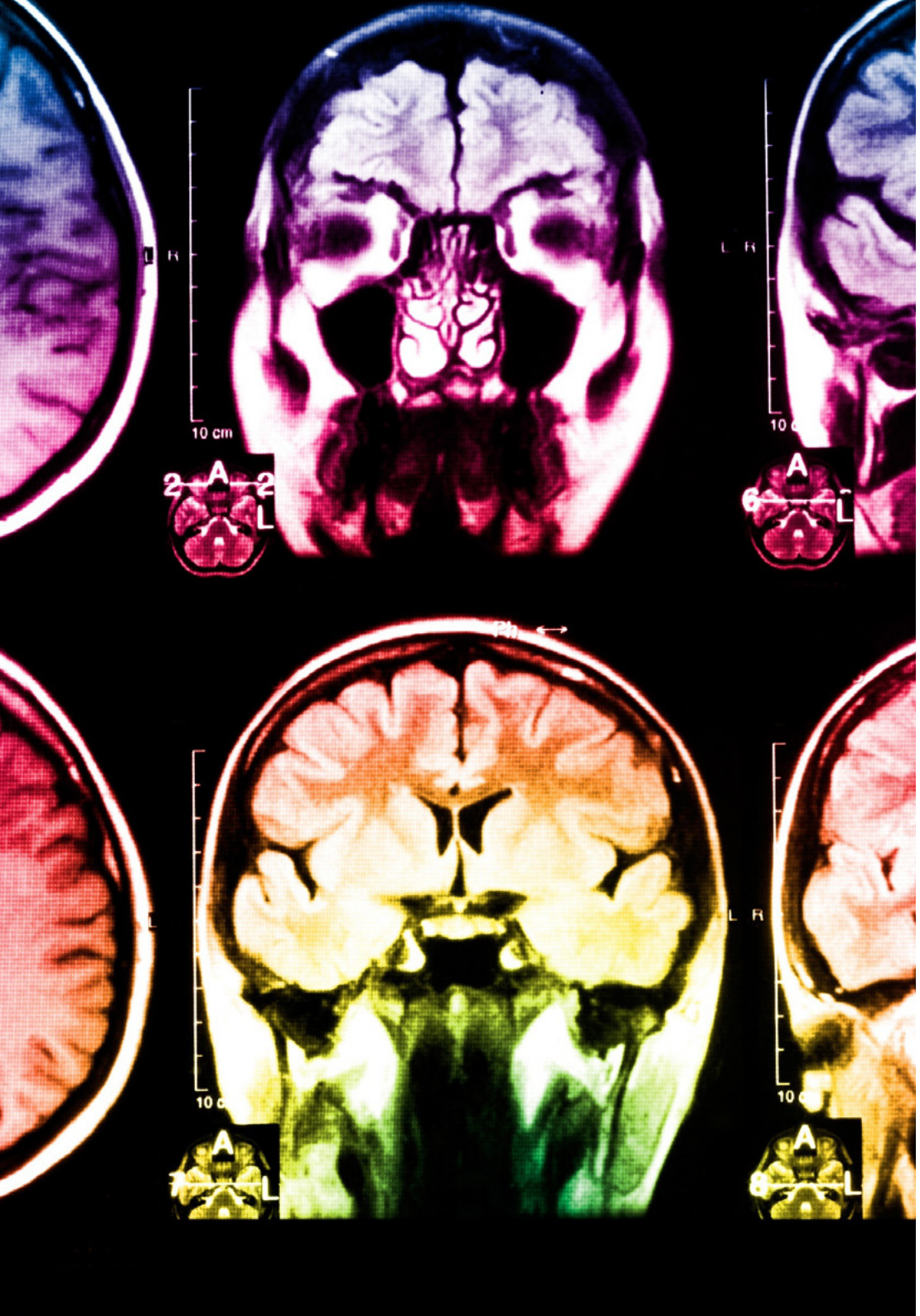
1. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
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.

Our 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, which is a real revolution compared to the simple study and analysis of cases.

The psychologist 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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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.

Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. 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.

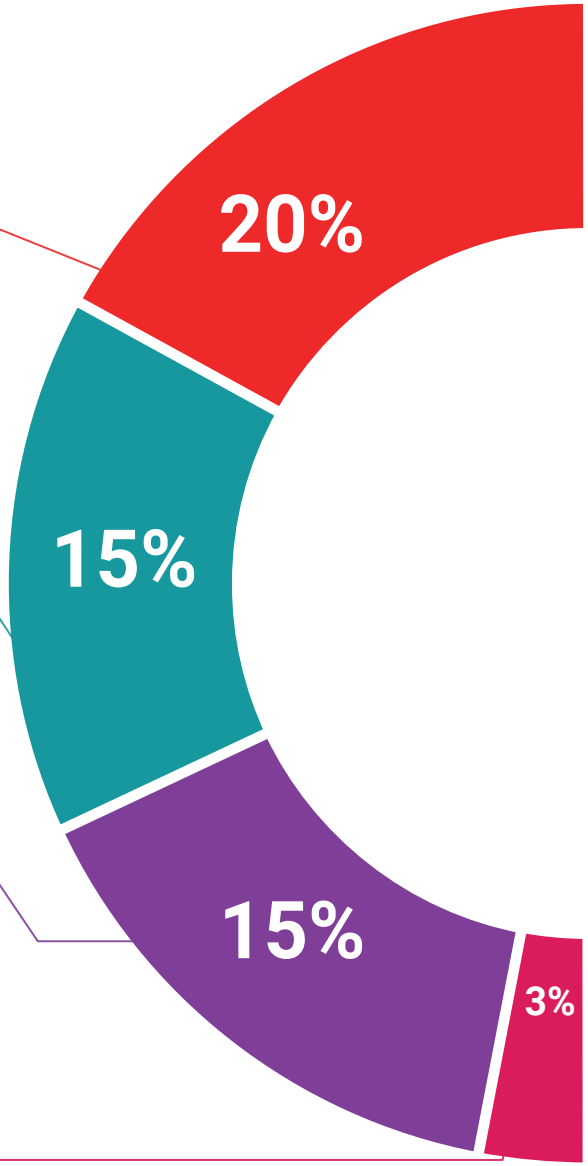
Interactive Summaries

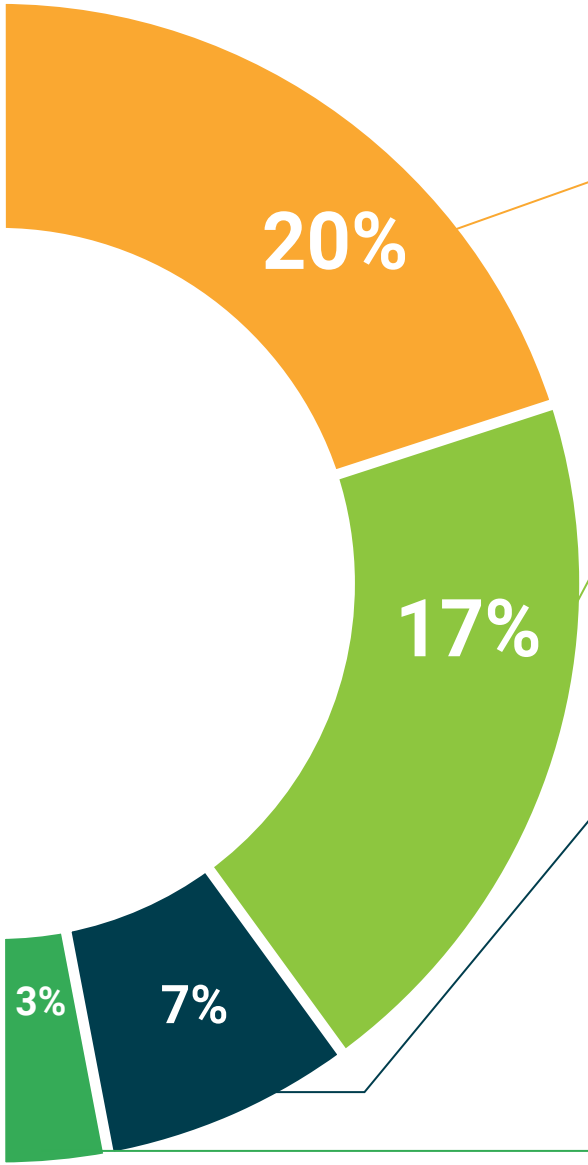
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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 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

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

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** 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**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**

tech global university

Mr./Ms. _____ with identification document _____
has successfully passed and obtained the title of:

Postgraduate Diploma in Sex Education

This is a program of 450 hours of duration equivalent to 18 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

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 diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additvional cost.

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