

# Postgraduate Diploma Clinical Sexology





## Postgraduate Diploma Clinical Sexology

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

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

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# 01

# Introduction

In educational spaces, addressing sexuality is nowadays moving away from traditional taboos and is integrated into teaching at all levels. However, there is still a lack of information or deficiencies in some areas such as the causes of erotic difficulties, the appearance of jealousy in a couple, secure attachment or conflict management. That is why this program was created to provide the teacher with the most relevant information about sexology, sexual therapies or the main problems in sexual relationships. All through a 100% online pedagogical format and with a theoretical and practical content that will allow them to advance in the field of sex education in the classroom.



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*Thanks to this 100% online and flexible Postgraduate Diploma, you will be able to combine your teaching responsibilities with a quality program in Clinical Sexology”*

Nowadays, educational centers and spaces at different levels of learning include affective-sexual education due to its transcendence in the development of the human being. In addition, it is vital to manage and understand the emotions generated in a couple's relationship, such as romantic love, jealousy or difficulties in the absence of sexual desire.

In this sense, the teaching professional must have a solid knowledge that will serve to adequately transmit this information to their students, especially in the youth stage. For this reason, TECH has created this program in Clinical Sexology that provides the teacher with the most advanced syllabus in this field and taught by an excellent team of professionals specialized in Sexology and Psychology.

Therefore, the graduate will enter into a syllabus that offers an academic journey of 6 months duration. A period where they can delve into the etiology and methods of intervention in the face of erotic difficulties or the interdisciplinary work done in the care of couples with various problems such as anxious attachment.

A program that contains, in addition to quality content, multimedia didactic resources based on video summaries of each topic, detailed videos, essential readings or simulations of case studies that provide students with a theoretical and practical vision of Sexology.

An excellent opportunity offered by this institution to all teaching professionals who wish to study a specialization 100% online, whenever and wherever they want. Students will only need an electronic device with an Internet connection to access the program's syllabus. It also offers the possibility of being able to distribute the teaching load according to their needs and manage their own study time. An ideal academic option to balance professional and work responsibilities with a quality university education.

This **Postgraduate Diploma in Clinical Sexology** contains the most complete and up-to-date educational 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



*Throughout 450 teaching hours you will be able to investigate the latest studies on the causes of lack of sexual desire or lack of arousal"*

“

*Take a step forward in your teaching career and integrate in your sessions the latest information on everything related to sexuality as a couple”*

*You have access to a library of multimedia resources 24 hours a day, 7 days a week.*

*A program that will allow you to address with your students the perception of their own body and self-esteem.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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.

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



# 02

# Objectives

The teaching professional will get thanks to this Postgraduate Diploma an intensive and advanced learning on Clinical Sexology. For this, TECH provides students with the most innovative teaching tools and an excellent teaching team specialized in this field. This way they will get a current vision, with a theoretical-practical perspective that will provide them with the resources they need to progress in their sessions on Sex Education in their sector.





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*You will be able to integrate into your teaching practice the techniques and methodologies shown on sexological counseling through the case studies provided in this university program”*



## 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 only 6 months away from being able to address without taboos the main erotic difficulties in the classroom”*

# 03

# Course Management

The direction and teaching staff of this Postgraduate Diploma is made up of an excellent team of professionals with extensive experience in addressing problems related to Sexual Health and couple therapies. Their extensive knowledge in the field of Sexology, as well as their proximity, have been key to TECH's inclusion in this program. In this way, the teaching professional will have access to a program that meets the highest quality standards.





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*Specialists in Sexology will be responsible for resolving any doubts that may arise regarding the content of the syllabus of this 100% online program”*

## 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

Multimedia pills, specialized readings or case studies make up the wide range of teaching resources to which the students of this program will have access. In this way, they will be able to dynamically deepen their understanding of the elements that constitute therapeutic consultations, erotic and couple difficulties. In addition, thanks to the Relearning method, they will be able to consolidate the most important concepts and reduce the long hours of study and memorization.






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*Thanks to the Relearning method, you will be able to reduce the hours of study and consolidate the key concepts of this university program”*

## 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



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- 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

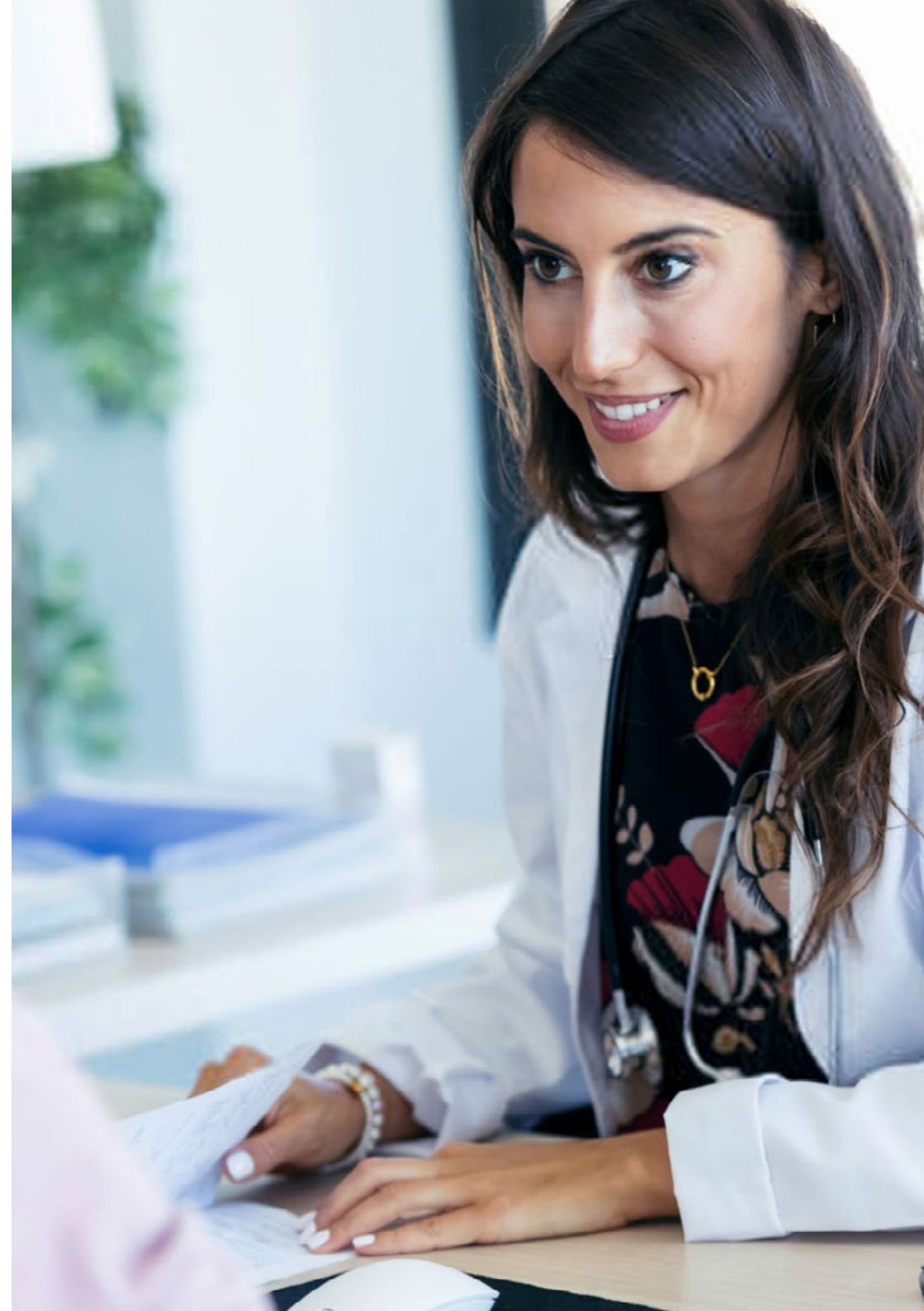
## Module 2. Erotic Difficulties

- 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



*A 100% online academic program with which you will obtain a multidisciplinary vision of the approach to sexuality in different stages of the human being"*

05

# Methodology

This training program offers 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 Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

*With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



*It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.*



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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. Educators 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 is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
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 case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*Educators 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 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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 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 specialist educators 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.



#### Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your 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 multimedia content presentation training Exclusive system 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 your 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 guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Clinical Sexology** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Clinical Sexology**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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



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