

# Postgraduate Certificate

## Masculinity and Sexuality for Nursing



## Postgraduate Certificate Masculinity and Sexuality for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/masculinity-sexuality-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/masculinity-sexuality-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

Masculinity and sexuality are complex issues that are influenced by multiple factors in today's world. In terms of masculinity, the traditional concept of what it means to be a man has been challenged by the feminist and gender equality movements, which have exposed the ways in which toxic masculinity can harm both men and women. In addition, the diversity of gender identities and sexualities has expanded the spectrum of what is considered "masculine" and challenged traditional norms. It is in this context that this TECH program arises in which, from a 100% online methodology, nurses will delve into the process of masculine socialization and learn the tools to delve into the analysis of the construction of masculinity as a social and cultural value, and the influence it has on the individual, collective and bonding level.





“

*With this Postgraduate Certificate you will learn how the concept of masculinity has changed in recent decades. Therefore, you will be able to offer a much more precise and adapted attention to the patient's needs in terms of sexual therapy”*

In today's world, concepts of masculinity and sexuality are influenced by a variety of factors. Gender equality movements and the diversity of gender identities and sexualities have challenged the traditional idea of masculinity, while unprecedented access to information about sex and sexuality through the Internet and social media has created new ways of understanding these issues. It is important for health professionals, such as nurses, to have an up-to-date and solid understanding of masculinities and sexuality to provide quality, nonjudgmental care to their patients. Education and training on these issues are essential to effectively address them and promote the sexual and emotional health of all people.

In terms of sexuality, today's world is characterized by unprecedented access to information about sex and sexuality, thanks to the Internet and social networks. However, pornography and other media can foster a distorted idea of sexuality and human relationships, which can have negative effects on people's sexual and emotional health.

This TECH Postgraduate Certificate course delves into all of the above, with the aim of understanding the relevance of the process of male socialization and delve into the analysis of the construction of masculinity as a social and cultural value, and the influence it has on the individual and collective level, and when it comes to bonding. All this, 100% online, from the teaching of the best teaching staff and with access to the best teaching material in the university panorama.

This **Postgraduate Certificate in Masculinity and Sexuality 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 Sexuality
- ♦ The graphic, schematic and eminently practical content of the system provides specialized and practical information on those 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



*A 100% online qualification that adapts to you and makes it easy for you to self-manage your study time"*

“

*Don't miss this opportunity and position yourself as an expert nurse in sexuality and masculinity with this TECH Postgraduate Certificate. It is the most complete in the market”*

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.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

*A unique, key and decisive program to boost your professional career and position you as a cutting-edge nurse.*

*You will delve into how social constructs have shaped the concept of hegemonic masculinity and how social movements have broken this trend.*



# 02

## Objectives

The objective of the 100% online Postgraduate Certificate is to provide nurses with the theoretical and practical tools necessary to effectively address issues of masculinities and sexuality in their professional practice. Students will explore topics such as the social construction of masculinities, sexual diversity and male sexual disorders. In addition, they will have access to high quality interactive materials and personalized tutorials with experts in sexology and nursing to enhance their understanding and skills in these topics.





“

*You will achieve your professional growth objectives with TECH and you will reach all your goals in a comfortable way and adapted to your needs”*



## General Objectives

---

- ♦ Acquire knowledge about sexuality by expanding the vision of sexuality from a biopsychosocial perspective
- ♦ Obtain tools to be able to accompany cases related to difficulties related to sexuality
- ♦ Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- ♦ Acquire skills to be able to share information about sexuality in a clear way
- ♦ Understand the aspects involved in the initiation and development of relationships (life cycle of the couple: establishment and evolution)
- ♦ Describe the dynamics of couple relationships and factors that generate alterations in them
- ♦ Investigate complex issues such as gender violence and child sexual abuse
- ♦ Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- ♦ Know in depth the deontology in matters of sexuality and couple, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would produce an impairment of the therapeutic work
- ♦ Carry out research programs in sexuality





## Specific Objectives

---

- ♦ Contextualize masculinity Its mandates, beliefs and the influence this has on the individual, society and the relational sphere
- ♦ Distinguish masculinity as an innate value and reflect on the importance of inhabiting less rigid and more diverse identities
- ♦ Create imaginaries of male eroticism away from normativity, with the intention of building new paradigms that aim to explore the peculiarities of each sexed subject, minimizing the impact of the identity experience from the socio/cultural expectations



*This Postgraduate Certificate reflects on the risks of toxic masculinity and how to prevent and treat it in the context of sex therapy”*

03

# Course Management

The professors in charge of teaching this 100% online Postgraduate Certificate are experts in the field of sexology and nursing. They have extensive experience in the care and treatment of patients in relation to issues of masculinities and sexuality, and are highly qualified to provide high quality theoretical and practical education to students. In addition, they are committed to offering personalized tutoring and support to students to ensure that they acquire the skills and knowledge necessary to apply in their professional practice.



“

*A teaching staff of international scope will guide your learning and make you an expert in masculinities and sexuality”*

## Management



### Ms. Ramos Escamilla, María

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

## Professors

### D. Lajud Alastrué, Iñaki

- ♦ Co-founder of the Association Masculinities Beta
- ♦ Psychologist at the Me Digo Sí Center
- ♦ Professor of the Master's Degree in Gender Violence of the Official College of Psychologists of Madrid



# 04

## Structure and Content

The program syllabus delves into the contextualization of male socialization and masculinity in affective and sexual bonds. This focuses on understanding the cultural norms and expectations associated with masculinity and how these influence men's affective and sexual bonds. Students will examine the relationship between masculinity and gender-based violence, as well as the negative consequences of toxic masculinity on men's sexual and emotional health. In addition, healthy alternatives for the expression of masculinity in emotional and sexual bonds will be explored to promote more equitable and respectful relationships.





“

*You will learn about the singularities of erotic masculinities in normative and non-normative terms and expand your field of action as a nurse”*

## Module 1. Masculinity and Sexuality

- 1.1. Contextualization of Male Socialization
  - 1.1.1. Hegemonic Masculinity and Complicit Masculinities
  - 1.1.2. Masculinity and Patriarchy
- 1.2. Masculinity Box
  - 1.2.1. What Is It? Associated Values, Mandates, Beliefs
- 1.3. Risk of Masculinity
  - 1.3.1. Risks to Men Themselves
  - 1.3.2. Risks to Society. Violence
- 1.4. Non-normative Dissident Masculinities
  - 1.4.1. De-essentializing Masculinity
  - 1.4.2. Importance of Plural Identities
- 1.5. Masculinity in Affective and Sexual Attachments
  - 1.5.1. Homosociability
  - 1.5.2. Affective Relationship Skills
  - 1.5.3. Roles of Men in the Couple
- 1.6. Male Erotica (I)
  - 1.6.1. Influence of Pornography in the Male Ideology
  - 1.6.2. Fantasies and Autoerotica
- 1.7. Male Erotica (II)
  - 1.7.1. Desire, Pleasure and Genitality in Normative Relational Erotics
  - 1.7.2. Non-normative Erotic and Relational Imaginaries
- 1.8. Male Erotica (III)
  - 1.8.1. Intimacy, Vulnerability and Care
- 1.9. New Masculinities
  - 1.9.1. What are they?
  - 1.9.2. Collectivizing the Identity Review Process
- 1.10. Reflecting on Masculinity
  - 1.10.1. Strategies for Self-knowledge
  - 1.10.2. Who am I?





“

*TECH gives you the opportunity to get into the new masculinities and to reflect on the hegemonic models”*

# 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 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.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

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

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Masculinity and Sexuality for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

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

This **Postgraduate Certificate in Masculinity and Sexuality for Nursing** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Certificate in Masculinity and Sexuality for Nursing**

Official N° of hours: **150 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



**Postgraduate Certificate**  
Masculinity and Sexuality  
for Nursing

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

# Postgraduate Certificate

## Masculinity and Sexuality for Nursing