

# Postgraduate Certificate

## Sexual and Reproductive Health



## Postgraduate Certificate Sexual and Reproductive Health

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

Website: [www.techtitute.com/us/psychology/postgraduate-certificate/sexual-reproductive-health](http://www.techtitute.com/us/psychology/postgraduate-certificate/sexual-reproductive-health)

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# 01

# Introduction

Sexual and reproductive health implies not only the absence of diseases or related disorders, but also access to information, services and products that enable people to make informed decisions about their sexual and reproductive lives. These services include sex education, contraceptive methods, testing and treatment of sexually transmitted diseases or prenatal and obstetric care. For this reason, TECH has designed a program that allows students to increase their knowledge to , the maximum on aspects such as the Menstrual Cycle, Fertility or Artificial Insemination and Orgasm, among others. All this, thanks to a 100% online modality and with the most dynamic and practical multimedia materials in the academic market.





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*Acquire new and better knowledge about Sexual Health Promotion, in a precise way and in a 100% online format”*

Sexual and reproductive health is essential for physical, emotional and social well-being. It is essential that people have access to information, services and products that allow them to make informed and responsible decisions about their sexual and reproductive life, regardless of their gender, age, sexual orientation or gender identity.

For this reason, TECH has designed a Postgraduate Certificate in Sexual Reproductive Health with which it seeks to provide students with the necessary skills to be able to practice their work as specialists, with the maximum possible efficiency. Therefore, throughout this program, aspects such as Fertility Myths, Sexual Satisfaction or Current HIV Treatments will be addressed.

All this, through a comfortable 100% online format that allows students to organize their schedules and studies, combining them with their other work and interests of the day to day. In addition, this program has the most complete theoretical and practical materials on the market, which facilitates the student's study process and allows them to achieve their objectives quickly and efficiently.

This **Postgraduate Certificate in Sexual and Reproductive Health** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Reproductive Sexual Health
- ♦ The graphic, schematic and practical contents of the program provide Rehabilitation 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



*Become an expert in Sexology  
in just 6 weeks and with total  
freedom of organization”*

“

*Access all the content from any device with Internet connection, whether Tablet, cell phone or computer”*

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.

*Reach professional success in one of the most promising areas of Psychology, thanks to TECH and the most innovative didactic materials.*

*Delve into the essential aspects from Sexology, from the comfort of your home and 24 hours a day.*



# 02

# Objectives

The final objective of this Postgraduate Certificate in Sexual and Reproductive Health is that the student acquires a precise up-to-date knowledge in this area. A complete acquisition of skills and competencies that will allow them to perform their work with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online format that gives total freedom of organization and schedules to the student.





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*Delve into aspects such as the Historical Context and Current HIV Treatments, from the comfort of your own home and without the need to travel of any kind”*



## 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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- Acquire in-depth knowledge of the important aspects for Sexual Health
- Delve into the legal and ethical framework of voluntary termination of pregnancy
- Delve into the different methods of assisted reproduction
- Understand the different options for treatment and approach to infertility

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*Reach your most demanding objectives thanks to a unique and complete program, which includes the most innovative theoretical and practical materials in the academic market”*

03

# Course Management

In its search to offer programs of the highest quality and utility, TECH has selected professionals specialized in Sexology as part of this teaching team, which has been in charge of the design of the most advanced contents. Therefore, students will learn from the best the keys to their professional development in a field that adapts to new technologies and the latest advances in the market.



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*The most experienced teaching team will provide you with the most up-to-date knowledge on Sexology and Sexual and Reproductive Health, preparing you to face the most demanding challenges in this area”*

## Management



### Ms. Ramos Escamilla, María

- ♦ 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, Pamela

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



# 04

# Structure and Content

All the didactic resources of this syllabus have been designed by the renowned professionals that are part of TECH's team of experts in this area of Psychology. These specialists have brought their extensive experience and their most advanced knowledge to create practical and completely up-to-date content. *All this, based on the most efficient teaching methodology, TECH's Relearning.*





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*Expand your knowledge of Sexual and Reproductive Health, thanks to the most innovative teaching materials and a wide variety of additional content available on the Virtual Campus”*

## Module 1. Sexual and Reproductive Health

- 1.1. Contextualization
  - 1.1.1. Definition
  - 1.1.2. Technical and Sociological Developments
  - 1.1.3. Assisted Reproductive Treatment and its Legal Context in Different Countries
- 1.2. HIV
  - 1.2.1. Historical Context
  - 1.2.2. Associated Stigma
  - 1.2.3. Current Treatments
  - 1.2.4. Positive Resources
- 1.3. Voluntary Termination of Pregnancy
  - 1.3.1. Definition
  - 1.3.2. Procedure
  - 1.3.3. Media Impact
  - 1.3.4. Physical, Emotional and Economic Consequences
- 1.4. Fertility: Ovaries and Uterus
  - 1.4.1. Gamete Formation
  - 1.4.2. Menstrual Cycle
  - 1.4.3. Classical Fertility Management Methods
    - 1.4.3.1. Symptothermal Method
    - 1.4.3.2. Cervical Mucus Recording
    - 1.4.3.3. Cervical Height Recording
  - 1.4.4. Testing of Individuals with Ovaries and/or Uterus
  - 1.4.5. Fertility in the Reaffirmation of Sexual Identity
- 1.5. Fertility: Testicles
  - 1.5.1. Gamete Formation
  - 1.5.2. Cycle of Sperm Formation/Regeneration
  - 1.5.3. Habits that Can Alter the Fertile Potential
  - 1.5.4. Testing of Individuals with Testicle
  - 1.5.5. Fertility in the Reaffirmation of Sexual Identity



- 1.6. Treatments in Assisted Reproduction I
  - 1.6.1. Directed Sexual Relationships (DSR)
  - 1.6.2. Artificial Insemination with the Partner's Sperm
  - 1.6.3. Artificial Insemination with Donor Sperm
- 1.7. Treatments in Assisted Reproduction II
  - 1.7.1. In Vitro Fertilization (IVF)
  - 1.7.2. Intracytoplasmic Sperm Microinjection (ICSI)
  - 1.7.3. Blastocyst Culture
  - 1.7.4. Preimplantation Genetic Diagnosis (PGD)
- 1.8. Sexological Support During the Search for Pregnancy
  - 1.8.1. Impact of the Assisted Reproduction Process on Erotic Desire
  - 1.8.2. Sexual Satisfaction with a Diagnosis of Infertility
- 1.9. Myths of Fertility
  - 1.9.1. Probability of Pregnancy
  - 1.9.2. Postures that favor Pregnancy
  - 1.9.3. Orgasm and Fertility
  - 1.9.4. Efficacy of Fertility Techniques
  - 1.9.5. Ejaculatory Abstinence and Fertility
- 1.10. Sexual Health Promotion
  - 1.10.1. Difference between Prevention and Promotion
  - 1.10.2. Tools for the Promotion of Sexual Health

“ Thanks to the most efficient teaching methodology, TECH Relearning, you will be able to acquire the most specialized knowledge without spending too much time studying”



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 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.

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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. 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 adapted in 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 assess and re-assess 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 Certificate in Sexual and Reproductive Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



The image features two graduation caps against a blue sky with light clouds. One cap is black with a black tassel, and the other is black with a maroon top. The background is split into a white diagonal section and a magenta section.

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

This **Postgraduate Certificate in Sexual and Reproductive Health** 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 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 Sexual and Reproductive Health**

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



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- » Schedule: at your own pace
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