Postgraduate Diploma
Human Sexuality and Sexual Health

tech *technological university*

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Postgraduate Diploma
Human Sexuality and Sexual Health

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

Website: **www.techtitute.com/us/psychology/postgraduate-diploma/human-sexuality-sexual-health**

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01
Introduction

Beyond psychological consultations, the professional has the ability to develop his facet of dissemination on Sexuality, the problems surrounding it and its approach with the highest academic rigor. Therefore, they can deal with the stigma associated with HIV, male and female fertility problems or the development of sexuality in the human being. Based on this extensive field of action TECH has designed this program, which leads the graduate to delve into Sexual Health, the implementation of strategies to promote such information to the entire population and the evolution of Sexology. All, in addition, in a 100% online academic format and with quality multimedia content developed Ad Hoc by a specialized teaching team.

" *A 100% online Postgraduate Diploma that will allow you to be up-to-date on Sexuality and the dissemination of its content to the population"*

Debunking myths about sex, helping to generate greater tolerance towards people with sexually transmitted diseases or helping to overcome insecurities about sexuality are some of the points that the psychology professional is able to deal with more rigorously and naturally to the segment of the youth population.

Their extensive knowledge of the human psyche facilitates this work of sex education, very present nowadays in the treatment of sex and sexuality as another process of human development. Therefore, in view of the multiple possibilities for the growth of professionals in this field, TECH has created this Postgraduate Diploma that introduces the psychologist to Human Sexuality and Sexual Health through a 100% online format and with a syllabus prepared by expert sexologists.

This is a program whose academic path will allow the graduate to delve into the evolution of the science of Sexology, the new concepts of sexuation (transsexuality and cissexuality) and advances in assisted reproduction. For this purpose, this institution provides students with video summaries of each topic, videos in detail, readings of scientific research and simulations of case studies that will provide a dynamic and much more attractive up-to-date approach.

A flexible program designed from the start to meet the real needs of psychology professionals. All that is required is a computer, *tablet* or cell phone with Internet connection to be able to access the syllabus hosted on the virtual platform. This way, without attendance or classes with fixed schedules, the specialist will be able to self-manage study time and efficiently combine daily responsibilities with a quality university education.

This **Postgraduate Diploma in Human Sexuality and Sexual Health** contains the most complete and up-to-date 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 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

Do you want to enhance your personal brand as a sexologist? Integrate the methodologies offered by this program and elevate your professional position"

" *You will get an up-to-date approach to Human Sexuality and Sexual Health in just 6 months through a syllabus designed for you to get an effective up-to-date"*
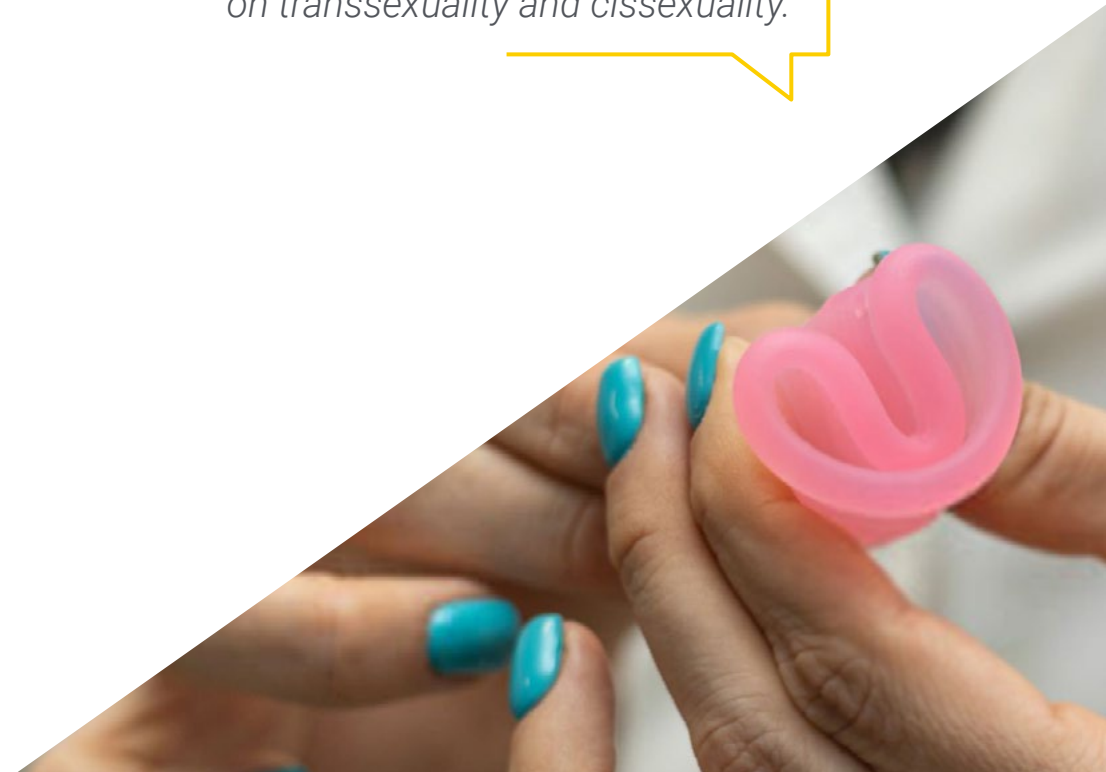
Delve whenever you want, thanks to the best teaching material, into the current normative and non-normative erotic peculiarities.

A university qualification based on the most recent scientific evidence on transsexuality and cissexuality.

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 objective of this Postgraduate Diploma is none other than to provide the Psychology professional with the necessary tools, techniques and resources to be able to adequately develop therapeutic work and the promotion of Sex Education. Therefore, from a theoretical-practical perspective, the graduate will obtain the most exhaustive and latest knowledge on Human Sexuality. For this purpose, they will have a specialized team in Sexology that will guide them to successfully achieve these goals.

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This program will lead you, throughout its 450 teaching hours, to successfully work on projects oriented to the promotion of Sexual Health"

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 the 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. Conceptual, Historical and Dissemination Framework

- Delve into the concepts of Sexology
- Gain in-depth knowledge of dissemination techniques
- Create personal brand and voice for dissemination

Module 3. Sexual and Reproductive Health

- 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

The Relearning system will allow you to be up to date on Human Sexuality and Sexual Health without investing long hours of study"

03
Course Management

The importance of Sex Education from early childhood to adulthood makes it necessary for Psychology professionals to have real experts in Sexology and the dissemination of this information to different population groups. That is why TECH has brought together in this Postgraduate Diploma an excellent teaching team specialized in this field and with extensive professional experience in psychological offices and health spaces. With this, students will have guaranteed access to up-to-date and quality information that will allow them to be fully up-to-date in this area.

"

You will have at your disposal an excellent team of professionals specialized in Sexology with a wide experience in Sexual and Couple Therapies"

Management

Ms. Ramos Escamilla, María

- Sexologist, Couples Therapist and 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 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

Ms. Cilveti Lapeira, Margarita

- Psychologist in Psychology and Sexology Office
- General Health Psychologist by the Autonomous University of Madrid
- Master in Sexology: education and sexual counseling by INCISEX and the University of Alcalá
- Expert in Brief Systemic Therapy at the Centro Soluciones

04
Structure and Content

The Syllabus of this Postgraduate Diploma has been carefully designed by the teaching team versed in Psychology and Sexology. Their accumulated experience in this field has led them to elaborate a syllabus that leads the specialist to bring up to date their knowledge on the biological, social and psychological foundations that influence Sexuality, relational diversity and the main difficulties for conception. All this, in addition, complemented by numerous teaching materials hosted in the virtual library of this program.

A syllabus with a theoretical-practical approach that will facilitate the management and care of patients with fertility problems"

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

Module 2. Conceptual, Historical and Dissemination Framework

Module 3. Sexual and Reproductive Health

3.1. Contextualization

    3.1.1. Definition

    3.1.2. Technical and Sociological Developments

    3.1.3. Assisted Reproductive Treatment and its Legal Context in Different Countries

3.2. HIV

    3.2.1. Historical Context

    3.2.2. Associated Stigma

    3.2.3. Current Treatments

    3.2.4. Positive Resources

3.3. Voluntary Termination of Pregnancy

    3.3.1. Definition

    3.3.2. Procedure

    3.3.3. Media Impact

    3.3.4. Physical, Emotional and Economic Consequences

3.4. Fertility: Ovaries and Uterus

    3.4.1. Gamete Formation

    3.4.2. Menstrual Cycle

    3.4.3. Classical Fertility Management Methods

        3.4.3.1. Symptothermal Method

        3.4.3.2. Cervical Mucus Recording

        3.4.3.3. Cervical Height Recording

    3.4.4. Testing of Individuals with Ovaries and/or Uterus

    3.4.5. Fertility in the Reaffirmation of Sexual Identity

3.5. Fertility: Testicles

    3.5.1. Gamete Formation

    3.5.2. Cycle of Sperm Formation/Regeneration

    3.5.3. Habits that Can Alter the Fertile Potential

    3.5.4. Testing of Individuals with Testicle

    3.5.5. Fertility in the Reaffirmation of Sexual Identity

3.6. Treatments in Assisted Reproduction I

    3.6.1. Directed Sexual Relationships (DSR)

    3.6.2. Artificial Insemination with the Partner's Sperm

    3.6.3. Artificial Insemination with Donor Sperm

3.7. Treatments in Assisted Reproduction II

    3.7.1. In Vitro Fertilization (IVF)

    3.7.2. Intracytoplasmic Sperm Microinjection (ICSI)

    3.7.3. Blastocyst Culture

    3.7.4. Preimplantation Genetic Diagnosis (PGD)

3.8. Sexological Support During the Search for Pregnancy

    3.8.1. Impact of the Assisted Reproduction Process on Erotic Desire

    3.8.2. Sexual Satisfaction with a Diagnosis of Infertility

3.9. Myths of Fertility

    3.9.1. Probability of Pregnancy

    3.9.2. Postures that Favor Pregnancy

    3.9.3. Orgasm and Fertility

    3.9.4. Efficacy of Fertility Techniques

    3.9.5. Ejaculatory Abstinence and Fertility

3.10. Sexual Health Promotion

    3.10.1. Difference between Prevention and Promotion

    3.10.2. Tools for the Promotion of Sexual Health

A 100% Online program that will allow you to acquire the necessary learning to adequately transmit sexual assistance to people with functional diversity"

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

20%

15%

15%

3%

20%

17%

3%

7%

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.

Certificate

The Postgraduate Diploma in Human Sexuality and Sexual Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Human Sexuality and Sexual 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 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 Human Sexuality and Sexual Health**

Official Nº of hours: **450 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Human Sexuality and Sexual Health

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

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 EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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