



## Internationalization Programs Study Abroad 2020

Course title: **DISCOVER A NEW WORLD: SEXOLOGY**

**Teaching period:** July 6 to July 31, 2020

**Teaching hours:** 80 hours

**Academic coordinator:** Inmaculada Fernández Agis, Irene Ocaña Cubero, Amanda Ortiz Gabaldón, Anahit Poghosyan Kirakosyan y Adrián Nanclares Simón.

**Knowledge area:** Sexology

### 1. INTRODUCTION

Nowadays most students don't receive any approach to sexual education. This negative focus on sexuality often leads to blaming, shaming and frightening emotions related to sexuality. For these reasons the CERNEP Sexology Unit (UESX) proposes a sexual education programme in order to meet students' needs.

The course is structured with some basic and empirical sexological concepts, to promote personal growth and knowledge about sexual diversity.

The aim of this course is to leave the current and most common sexological focus; which is mainly based on prevention, reductionism and pathologies/illnesses. The programme is designed to provide sexual education, where students could learn different sexological concepts, develop a positive attitude towards sexuality (*erotophilic attitude*) and lead to an holistic and hedonistic view of sexuality field.

This approach leads to students' empowerment and personal growth. As a result, the participants will strengthen and broaden capabilities, skills and values (assertive communication, self-esteem and empathy among others).

The core content of the course is to gain the basic sexological knowledge in order to develop a positive approach to sexuality and live it in a full and complete way, without fears, guilt, shame and anxiety, promoting and reaching sexual health and general wellbeing.

In order to accomplish the principal goal of the course, seven practical modules are proposed:

- Myths and Misbeliefs about Sexuality
- Diversity and Sexuality
- Sexual equality
- Culturally-based differences in sexuality
- Fantasies, Desire and Sexual Pleasure
- Relationships and Strategies for the Development of Well-being and Sexual Satisfaction



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- Guided tours: Visiting Sexologic Studies Unit and Research Centre CERNEP

Because of the purpose of promoting the incorporation of the participants in the University life, of creating a positive climate and of promoting the cohesion of the group, a breakfast will be realized before each module in the different cafes of the University of Almeria.

The aim of the course is to provide sexological training to understand sexual diversity thus developing a complete and full sexuality, where the person could make decision in a free, mature and safe way. In order to create a positive, trusting and welcoming atmosphere, the active participation of the students is required.

### 2. OBJECTIVES

1. Learn about the main concepts in Sexology
2. Stenghten erotophilic attitude
3. Encourage an holistic and hedonistic sexology's perspective
4. Understand and respect sexual diversity
5. Erotic Development
6. Develop people's abilities, skills and values
7. Show an active and participatory presence and conduct



## Internationalization Programs Study Abroad 2020

### 3. CONTENT

Modules	Description
<b>MODULE A</b> <i>[Myths and Misbeliefs about Sexuality- 10h]</i>	<ul style="list-style-type: none"> <li>Teachers in charge: Chiara Di Giovanni y Nicolás Jaramillo</li> <li>Course module contents: Basic concepts about sexology in order to demystify/remove the myths about sexuality</li> <li>Activities: dynamics will be planned in order to reinforced acquired theoretic concepts</li> <li>Module's evaluation and Participant Satisfaction Questionnaire</li> </ul>
<b>MODULE B</b> <i>[Diversity and Sexuality- 15h]</i>	<ul style="list-style-type: none"> <li>Teachers in charge: Inmaculada Fernández, Pedro La Calle y Miren Larrazábal</li> <li>Course module contents: A global vision of sexual diversity</li> <li>Activities: Understanding sexual diversity through a practical workshop</li> <li>Module's evaluation and Participant <i>Satisfaction Questionnaire</i></li> </ul>
<b>MODULE C</b> <i>[Sexual equity- 15h]</i>	<ul style="list-style-type: none"> <li>Teachers in charge: Adrián Nanclares, Laura Marcilla y Daniel García</li> <li>Course module contents: Understanding the importance of sexual equity in our personal and sexual relationships.</li> <li>Activities: a workshop will be planned in order to reinforce acquired theoretical concepts</li> <li>Module's evaluation and Participant <i>Satisfaction Questionnaire</i></li> </ul>
<b>MODULE D</b> <i>[Sexuality in other cultures - 5h]</i>	<ul style="list-style-type: none"> <li>Teacher in charge: Manuel Lucas</li> <li>Course module contents: Basic contents about cultural-based differences in sexuality</li> <li>Activities: a workshop will be planned in order to reinforce the knowledge of sexual diversity in different cultures</li> <li>Evaluation and Participant <i>Satisfaction Questionnaire</i></li> </ul>



## Internationalization Programs Study Abroad 2020

<p><b>MODULE E</b></p> <p><i>[Fantasies, Desire and Sexual Pleasure -15h]</i></p>	<ul style="list-style-type: none"> <li>• Teachers in charge: Inmaculada Fernández, Joaquín Molina y Anahit Poghosyan</li> <li>• Course module contents: Basic concepts about sexual fantasies, desire, pleasure and erotic development</li> <li>• Activities: erotic development workshop with practical activities</li> <li>• Module's evaluation and Participant <i>Satisfaction Questionnaire</i></li> </ul>
<p><b>MODULE F</b></p> <p><i>[Relationships and Strategies for the Development of Well-being and Sexual Satisfaction - 10h]</i></p>	<ul style="list-style-type: none"> <li>• Teachers in charge: Irene Ocaña y Amanda Ortiz</li> <li>• Course module contents: Understanding various couple relationships' typologies and structures. Being aware about how to fulfil a global satisfaction in our personal and sexual relationships</li> <li>• Activities: experiential and dynamic workshop that will lead the participants in boosting personal abilities, skills and values. Different strategies and erotic resources/means will be explained and applied</li> <li>• Module's evaluation and Participant <i>Satisfaction Questionnaire</i></li> </ul>
<p><b>MODULE G</b></p> <p><i>[Visit to Sexological Studies Unit an Research Centre CERNEP - 10h]</i></p>	<ul style="list-style-type: none"> <li>• Teachers in charge: Inmaculada Fernández, Amanda Ortíz, Irene Ocaña, Anahit Poghosyan and Adrián Nanclares</li> <li>• A visit group at the University of Almería, at the Research Unit Centre CERNEP and UESX (Sexological Study Unit at University of Almeria) to know the work and research develop in both units.</li> <li>• Closing and farewell of the course</li> </ul>

### 4. METHODOLOGY

The course has a theoretical and practical nature and the purpose is learning using dynamics and practical methods, with the aim to enrich the teaching-learning process. The course is divided into seven modules which will be presented by professionals with multidisciplinary competence belonging to the Sexological Studies Unit (UESX) of the University of Almeria (psychologists, medicians, educators), all of them specialized in sexology.

The main language used for the presentations will be English, as it is the most wide spoken language especially among international students. All the professionals have certified capabilities to teach their topics.



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The used methodology will be dynamic. It is necessary that attendees take part actively since they are the main actors of this process. Participants' background knowledge, age and knowledge's needs will be take into consideration. For this reason, it is possible to talk about our methodology as open and flexible. Contents will be reached through dynamics developed by means of experience so it will be possible to facilitate a meaningful, functional and communicable learning.

At the end of each module, the leading teacher will assess what attendees have learned. He/She will ask participants to write a brief summary of what discussed, a note with personal considerations, a summary of the within-group discussion and key questions regarding the topics explained in the class.

### 5. PROFESSIONAL VISITS AND COMPLEMENTARY ACADEMIC ACTIVITIES

- **Breakfast** before each module in the different cafes of the University of Almeria
- A **visit group in the University of Almería** and in particular the Research Centre CERNEP and UESX (Sexological Studies Unit).
- **Professional in Sexology (Pending confirmation)**

### 6. ASSESSMENT

Will be evaluated:

1. Class attendance
2. Active participation
3. After each workshop or class, the professionals will assign 45 minutes for evaluation activities in order to assess what has been learned. Group discussion, group Works, personal consideration and reflections among others.



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### 7. LECTURERS

**Inmaculada Fernández Agis:** Psychologist with a specialization in neuropsychology and PH. D in Psychology. Director of Research Centre CERNEP (Evaluation and Rehabilitation Neuropsychological Centre) and Sexological Studies Unit -UESX (*Research Unit in Sexology Field*) at the University of Almeria. Professor of Psychology. Professor of Psychological Fundamentals In Sexology of the Official Sexology Master in the University of Almeria. Executive member of the S.E.I.S. (*Spanish Society for Sexologic Intervention*) and Director of the Neuropsychology Department in Almeria's COP.

**Adrián Nanclares Simón:** Graduated in Psychology. Currently studying the International Master in Juridical and Forensic Psychology. Technician of investigation in UESX.

**Irene Ocaña Cubero:** Teacher of Physical Education and graduated in Psychopedagogy, specialized in Educational Sexology. Currently working in the UESX and Coaching specialist. Member of the S.E.I.S.

**Amanda Ortiz Gabaldón:** Psychologist and Sexologist. Currently attending a Psychology PhD in Sexology and a master degree in General Health Psychology. Currently working at UESX. Member of the S.E.I.S.

**Anahit Poghosyan Kirakosyan:** Graduated in Psychology and General Sanitary Psychology. Currently studying the Official master of Sexology in the University of Almeria. Technician of investigation in UESX.

**Chiara Di Giovanni:** Graduated in Medicine and in the Official Master of Sexology Science of the University of Almeria. Member of the S.E.I.S.

**Nicolás Jaramillo Yakovevla:** Graduated in Psychology, specialized in Sexology. Hypnosis and Systemic Therapy expert. Co-founder of Shanti Therapeutic Centre.

**Pedro La Calle:** Graduated in Medicine, specialized in Gynecology and Clinical Sexology. Ph.D in Medicine. Executive member of the S.E.I.S and member of CERNEP and Sexology Research Unit (UESX).

**Manuel Lucas Matheu:** President of S.E.I.S. Life member of the Internacional Academy in Medical Sexology. Professor and member of the Academic Commission of the Official Master in Sexology Science in the University of Almeria. In addition, director of sexology office Mediterraneo Hospital of Almeria.

**Joaquín Molina García:** Teacher graduated in Primary Education, specialized in Educational Sexology. Currently attending a bachelor degree in Nursing Science. Currently working in the UESX and Coaching specialist. Member of the S.E.I.S.



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**Laura Marcilla Jiménez:** Graduated in Psychology and Official Master of the University of Almeria. Involved in promoting sexual health.

**Miren Larrazábal:** Degree in Psychology. Specialist in Clinical Psychology and Master in Sexology. Teacher in masters in Sexology. President and founder of the Kaplan Institute of Psychology and Sexology. Member of the Spanish Society of Intervention in Sexology (SEIS).

### Organized by:

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