

# Module Handbook MASTER'S DEGREE PROGRAMME SEXOLOGY

## Sexual Health and Sexual Counselling (Master of Arts) 120 ECTS

As of: March 2022

<b>Module 1</b>	<b>Module Title:</b> Interdisciplinary Fundamentals of Sexology, Sexual Health and Introduction to the Sexocorporel Model	
<b>Module coordinator<sup>i*</sup>:</b> Heinz-Jürgen Voß, Prof. Dr.		
<b>Qualification level*:</b> Master of Advanced Studies	<b>Semester*:</b> 1	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 16 ECTS	<b>Total workload:</b> 480 hours	<b>Contact time*:</b> 192 hours
		<b>Self-study*:</b> 288 hours
<b>Duration and frequency of the module:</b> annually	<b>Prerequisites for participation:</b> See admission regulations of the University of Applied Sciences	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	The students: 1° are familiar with the aims, content, requirements and resources of the university and the ISP. They form themselves as a study group in the socio-psychological sense and are familiar with the scientific character of the programme; 2° are familiar with initial approaches to sexology and sexological research; 3° are familiar with the sexual development of children, adolescents and adults according to Sexocorporel and have an insight into the basic ideas and individual components of the Sexocorporel approach; 4° can categorise the Sexocorporel approach in the history of sexology; 5° have acquired specific skills of self-perception and perception of others in the context of sexual health; 6° have reflected on their own sexualisation process in childhood and adolescence and are aware of their own sexual problems and questions; 7° know the sexual medical basics of female and male sexuality (anatomy, physiology, endocrinology);	
<b>Module content:</b>	Students are familiarised with the aims, content and requirements of the continuing education programme. They become familiar with sexual science approaches and gain an insight into sexual science research. Students will familiarise themselves with scientific approaches to the development of children, adolescents and adults at different stages of life according to Sexocorporel. Students know the anatomical basics of the sexual organs and the pelvic floor. Students refine their perceptual skills in the context of self-perception and the perception of others. They are sensitised to become aware of their own sexual problems and to formulate these in the group. Writing an essay deepens the students' own critical stance and discussion of selected topics.	
<b>Type of course(s):</b>	Lecture, seminar with presentations, group discussions, group work, physical work	
<b>Forms of learning:</b>	The variety of educational methods enables students to actively participate, to place the theoretical references in the context of practice and to develop professional self-reflection skills for sexual counselling	

<b>Prerequisites for the awarding of ECTS-credit points (CP)</b>	Complete the coursework: Essay on a self-selected range of topics
<b>Applicability of the module</b>	The structure of the modules follows a specific logic in terms of content. Individual modules can be attended by students from related degree programmes after consultation with the Director of Studies.
<b>(Basic) literature*:</b>	According to the literature references, handouts and working papers of the respective seminars

<b>Module 2</b>	<b>Module Title:</b> Interdisciplinary Fundamentals of Sexual Counselling and Sexual Research	
<b>Module coordinator<sup>i*</sup>:</b>	Heinz-Jürgen Voß, Prof. Dr.	
<b>Qualification level*:</b> Master of Advanced Studies	<b>Semesterr*:</b> 2	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 16 ECTS	<b>Total workload:</b> 480 hours	<b>Contact time*:</b> 160 hours
		<b>Self-study*:</b> 320 hours
<b>Duration and frequency of the module:</b> annually	<b>Prerequisites for participation:</b> Successful completion of Module 1	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	<p>The students:</p> <ul style="list-style-type: none"> <li>1° know different scientific approaches to human development and sexuality in different phases of life:</li> <li>general aspects of developmental psychology as well as sexuality in adulthood according to the sexocorporel model;</li> <li>2° are aware of their own sexual problems and questions, can name them and communicate them in the group;</li> <li>3° are familiar with various scientific approaches to human development and the sexual development of children and adolescents: general aspects of developmental psychology, psychosexual development according to Freud;</li> <li>4° are able to establish links to future sexual counselling work through work shadowing in the field of sexual counselling;</li> <li>5° are to understand intersectional perspectives of sexuality in the focus of gender identity and sexual orientation;</li> <li>6° understand the connections between sexodynamics and aspects of the Sexocorporel model;</li> <li>7° have basic legal knowledge for counselling;</li> </ul>	
<b>Module content:</b>	<p>Students deal with scientific approaches to the development of children, adolescents and adults at different stages of life. This includes general developmental psychological approaches as well as sexuality in adulthood to the Sexocorporel model. They are sensitised in self-awareness focused on the topic to recognise their own sexual problems and to express these in the group. They learn to connections from the intersectional perspective of gender identity and sexual orientation. Students learn to place sexual counselling in a legal context, including sexual health, and they can integrate the legal</p>	

	basis into their knowledge of how to act. A work shadowing programme familiarises students with sexual counselling and/or sexuality education work and how it relates to their future work.
<b>Type of course(s):</b>	Lecture, seminar with presentations, group discussions, group work, bodywork
<b>Forms of learning:</b>	The variety of educational methods enables students to actively participate, to place theoretical references in the context of practice and to engage in professional self-reflection.
<b>Requirements for the awarding of ECTS credit points (CP)</b>	Work shadowing in the field of sexual counselling in a recognised institution. Examination: written report on the work shadowing that takes within the module
<b>Applicability of the module</b>	The structure of the modules follows a specific logic in terms of content. Individual modules can be attended by students from related degree programmes after consultation with the head of the programme.
<b>(Basic) Literature*:</b>	According to the literature references, handouts and working papers of the respective seminars

<b>Module 3</b>	<b>Module Title:</b> Theory and Practice of Sexual Counselling and Insight Sexual Education	
<b>Module coordinator<sup>i*</sup>:</b>	Heinz-Jürgen Voß, Prof. Dr.	
<b>Qualification level*:</b> Master of Advanced Studies	<b>Semester*:</b> 3	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 16 ECTS	<b>Total workload:</b> 480 hours	<b>Contact time*:</b> 192 hours
		<b>Self-study*:</b> 288 hours
<b>Duration and frequency of the module:</b> annually	<b>Prerequisites for participation:</b> Successful completion of module 2	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	<p>The students</p> <p>1° have anatomical and physiological knowledge of the pelvic floor;</p> <p>2° know sociological principles in the context of sexuality;</p> <p>3° know the basic contents, approaches and contents of sexual education for different target groups;</p> <p>4° are able to perceive the physical signals of clients in sexual counselling and to react accordingly;</p> <p>5° are familiar with the requirements of partnership and contemporary family planning in a social context and are able to establish historical references;</p> <p>6° deepen their awareness of body perception in the context of self-perception and perception by others;</p> <p>7° are able to establish references to their future work by designing and implementing a sexual education event;</p>	
<b>Module content:</b>	<p>Students combine their sexual medical knowledge with individual aspects of the Sexocorporel model. Students acquire basic sexual science knowledge in the area of partnership and family planning as well as historical and current perspectives.</p> <p>They are familiar with the scientific development of historical and political contexts of sexuality. Students deepen their perceptual skills in the context of self-perception and the perception of others.</p>	

<b>Type of course(s):</b>	Lecture, seminars with presentations, group discussions, group work, working in dyads
<b>Forms of learning:</b>	The variety of educational methods enables students to actively participate, to place the theoretical references in the context of practice and to develop professional self-reflection skills for sexual counselling.
<b>Prerequisites for the awarding of ECTS credit points (CP)</b>	Examination: Conception and realisation of a sexual education event and preparation of a project report
<b>Applicability of the module</b>	The structure of the modules follows a specific logic in terms of content. Individual modules can be attended by students from related degree programmes after consultation with the course director
<b>(Basic) literature*:</b>	According to the literature references, handouts and working papers of the respective seminars

<b>Module 4</b>	<b>Module Title:</b> Introduction to Theory and Counselling of Sexually Relevant Concerns/Problems of Men*	
<b>Module coordinator<sup>i</sup>*:</b>	Heinz-Jürgen Voß, Prof. Dr.	
<b>Qualification level*:</b> Master of Advanced Studies	<b>Semester*:</b> 4	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 16 ECTS	<b>Total workload:</b> 480 hours	<b>Contact time*:</b> 256 hours
		<b>Self-study*:</b> 224 hours
<b>Duration and frequency of the module:</b> annually	<b>Prerequisites for participation:</b> Successful completion of module 3	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	<p>The students</p> <p>1° know psychological aspects of sexuality such as cognitions, emotions, factors influencing perception, learning and personality;</p> <p>2° master the theoretical foundations of counselling;</p> <p>3° have skills in sexual counselling, in particular differential diagnostic skills on the basis of a concern;</p> <p>4° know the different causes of ejaculatio praecox / ICD-10) and can treat these;</p> <p>5° know the symptoms and treatment of sexually transmitted diseases;</p> <p>6° can differentiate between primary, secondary and situational erectile dysfunction and know appropriate treatment approaches;</p> <p>7° know the classification of sexual problems according to ICD-10 / ICD- 11 and are sensitised to the effects of acute and chronic diseases on the sexuality of men (internal, urological and andrological diseases);</p> <p>8° know political-historical concepts and developments on sexuality and sexual health;</p> <p>9° are able to name scientific aspects of sexual health and to integrate pathogenetic and salutogenetic ways of thinking in sexual counselling;</p> <p>10° have theoretical knowledge of the development of sexual urges and know possible emergency interventions in addition to sexological counselling/treatment;</p> <p>11° have knowledge of lustlessness and anorgasmia;</p>	

<b>Contents of the module:</b>	Students learn psychological aspects of sexuality such as cognitions, emotions, factors influencing perception, bonding, learning and self-assessment. Students deal with methods of scientific counselling and sexual counselling in the context of sexual health. Using the ICD-10/ICD-11 classification, they learn how sexual dysfunctions in men* arise and can be treated. Students use clinical cases to analyse the individual sexual disorders using scientific methods and the Sexocorporel model. They will be able to make connections to the basic principles of sexology and apply the treatment approaches they have learnt in practical case studies. They will gain a sound insight into the symptoms and treatment of sexually transmitted diseases. Students will be familiarised with empirical social research in the context of sexuality. have theoretical knowledge of the development of sexual urges and know possible emergency interventions in addition to sexological counselling/treatment
<b>Type of course(s):</b>	Lecture, seminars with presentations, group discussions, group work, self-awareness
<b>Forms of learning:</b>	The variety of educational methods enables students to actively participate, to place theoretical references in the context of practice and to engage in professional self-reflection skills for sexual counselling.
<b>Requirements for the awarding of ECTS credit points (CP)</b>	Examination: Completion of a supervised case study with detailed documentation
<b>Applicability of the module</b>	The structure of the modules follows a certain logic in terms of content. Individual modules can be attended by students from related degree programmes after consultation with the course director
<b>(Basic) literature*:</b>	According to the literature references, handouts and working papers of the respective seminars

<b>Module 5</b>	<b>Module title:</b> Introduction to Theory and Counselling on Sexually Relevant Concerns/ Problems of Women*	
<b>Module coordinator<sup>i</sup>*:</b>	Heinz-Jürgen Voß, Prof. Dr.	
<b>Qualification level*:</b> Master of Advanced Studies	<b>Semester*:</b> 5	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 16 ECTS	<b>Total workload:</b> 480 hours	<b>Contact time*:</b> 224 hours
		<b>Self-study*:</b> 256 hours
<b>Duration and frequency of the module:</b> annually	<b>Prerequisites for participation:</b> Successful completion of module 4	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	The students 1° are to name possible causes of orgasmic disorders and know different treatment approaches; 2° know how they can support women and men with a chronically decreased libido based on their individual lack of desire; 3° are familiar with relationship aspects of sexuality such as attachment behaviour, communication, the couple system, love and partnership logic and intimacy;	

	<p>4° know the ICD definitions of vaginismus and dyspareunia and are able to define individual sexual counselling treatment goals;</p> <p>5° know the classification of sexual problems according to the ICD and are sensitised to the effects of acute and chronic diseases on women's sexuality (internal, gynaecological and andrological diseases);</p> <p>6° are familiar with empirical social research in the context of sexuality and are familiar with qualitative research methods;</p> <p>7° are able to perceive physical signals of clients in sexual counselling and to react accordingly;</p>
<b>Module content:</b>	Students deal with individual disorders and problems on the basis of clinical cases using scientific methods and the Sexocorporel model. Students deepen their understanding of body perception and the knowledge gained in sexual counselling. They are able to make connections to the basics of sexual science and apply the treatment approaches they have learnt in application-related case studies. They are sensitised to the effects of acute and chronic illnesses on the sexuality of women*. They deal with aspects of relationships in the context of sexuality. They learn which means of communication are available to couples and how they act and react as lovers and partners according to different patterns. They also deal with the attachment behaviour that influences the relationship level. Students demonstrate the sexual counselling skills they have acquired in a sexual counselling session and reflect on these in supervision.
<b>Type of course(s):</b>	Lectures, seminars with presentations, group discussions, group work, individual work, bodywork
<b>Forms of learning:</b>	The variety of educational methods enables students to actively participate, to place the theoretical references in the context of practice and to develop professional self-reflection skills for sexual counselling
<b>Prerequisites for the awarding of ECTS credit points (CP)</b>	Examination: Completion of a supervised case study with detailed documentation
<b>Applicability of the module</b>	The structure of the modules follows a certain logic in terms of content. Individual modules can be attended by students from related degree programmes.
<b>(Basic) Literature*:</b>	According to the literature references, handouts and working papers of the respective seminars.

<b>Module 6</b>	<b>Module Title:</b> In-depth Theory and Practice of Sexual Counselling	
<b>Module coordinator</b> <sup>i*</sup> :	Heinz-Jürgen Voß, Prof. Dr.	
<b>Qualification level*:</b> Master of Advanced Studies	<b>Semester*:</b> 6	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 16 ECTS	<b>Total workload:</b> 480 hours	<b>Contact time*:</b> 192 hours
		<b>Self-study*:</b> 288 hours
<b>Duration and frequency of the module:</b> annually	<b>Prerequisites for participation:</b> Successful completion of module 5	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	The students 1° know quality standards of scientific work;	

	<p>2° know quantitative and qualitative research methods of empirical social research;</p> <p>3° are to write a scientific paper on a sexological topic under professional supervision;</p> <p>4° know different approaches to sexual counselling (client-centred, psychoanalytical, behavioural therapy) as well as different methods of sexual counselling. (Clement, Schnarch, Hamburg model, Bodenmann, Fahrner/Götz);</p> <p>5° are familiar with the specific needs of people with physical, psychological and social impairments and know how to support them in the development of self-determined sexuality;</p> <p>6° have basic knowledge of the topic of sexualised violence;</p> <p>7° have reflected in depth on their own problems and questions in the context of sexual health;</p> <p>8° have basic knowledge of gender diversity (e.g. trans*, inter*) and know how to deal with it in an appreciative manner in the treatment process for sexual disorders;</p> <p>9° know aspects of successful gay, lesbian and bisexual sexuality;</p> <p>10° are sensitised to the sexual behaviour of men and women in couples counselling and have the knowledge to support couples in a resource-orientated way;</p>
<b>Module content:</b>	Students develop an understanding of people with physical, mental and social disabilities by familiarising themselves with the different types of disability. Students deal with sexualised violence and learn how to support women and men in their strengths according to the salutogenetic approach (Antonovsky) in sexual counselling. In the context of sexual health, students deepen their understanding of their own problems and issues. Students deal with the complexity of gender identity and sexual orientation. Students learn about the laws of couple dynamics and can apply this knowledge counselling couples. Students deepen their scientific skills and analyse the scientific quality of social science work on the basis of scientific standards. They deal with quantitative and qualitative research methods of empirical social research and learn, under expert supervision, how to write their own sexological thesis independently to conduct their own sexological research.
<b>Type of course(s):</b>	Individual discussions, group discussions, lecture, seminars with presentations
<b>Forms of learning:</b>	The variety of educational methods enables students to actively participate, to place theoretical references in the context of practice and to develop professional self-reflection skills for sexual counselling. Independent scientific work with supervision.
<b>Requirements for the awarding of ECTS credit points (CP)</b>	Examination: Graded academic paper (approx. 20 pages)
<b>Applicability of the module</b>	The structure of the modules follows a specific logic in terms of content. Individual modules can be attended by students of related degree programmes after consultation with the Director of Studies. Master's thesis preparation
<b>(Basic) literature*:</b>	According to the literature references, handouts and working papers of the respective seminars

<b>Module 7</b>	<b>Module Title:</b> Master's Thesis and Presentation
<b>Module coordinator<sup>i*</sup>:</b> Heinz-Jürgen Voß, Prof. Dr.	

<b>Qualification level*:</b> Master of Advanced Studies	<b>Semester*:</b> 7	<b>Module type*:</b> Compulsory module
<b>Credit points:</b> 24 ECTS	<b>Total workload:</b> 720 hours	<b>Contact time*:</b> 48 hours
		<b>Self-study*:</b> 672 hours
<b>Duration and frequency of the module:</b> annually	<b>Participation requirements:</b> Successful completion of module 6	<b>Language*:</b> German
<b>Qualification goals / competences:</b>	The students 1° work independently on a sexual science topic; 2° demonstrate the knowledge and skills they have acquired in the degree programme in their Master's thesis; 3° integrate professional field-specific aspects into sexual science work;	
<b>Module content:</b>	In the course units, students deepen the academic skills they acquired in their first degree programme. They take up interest-based questions from previous modules and develop the concept for their Master's thesis. With the Master's thesis, students demonstrate their acquired sexual science and sexual counselling skills. With their work, they provide an innovative contribution to the further development of sexology and sexual counselling.	
<b>Type of course(s):</b>	Seminar	
<b>Forms of learning:</b>	Individual and group work with support from university lecturers	
<b>Requirements for the Awarding of ECTS credit points (CP)</b>	Successful completion of the Master's thesis of approx. 60-80 pages. The central results of the Master's thesis and further considerations with reference to the expert reports are in a 30-minute public presentation. The candidate answers questions from the examination board and the committee	
<b>Applicability of the module</b>		
<b>(Basic) literature*:</b>		

i      \* These categories are not directly required by the state ordinances or the model ordinance of the Standing Conference of the Ministers of Education and Cultural Affairs of the Federal States; however, the information has proven to be useful in order to illustrate the implementation of the programme concept and to provide students with sufficient information about the module and its requirements.