

Six Months Masters Course in

Psychosexual Medicine



About Us

MHPro is a Continuing Medical Education (CME) platform to upskill healthcare professionals with evidence-based knowledge delivered online with immersive learning experience. The MHPro curriculum aims to prepare clinicians to master Basic Sciences, which then empowers them to deal with patients and their problems in a hospital or outpatient milieu. During the program, new clinical skills and considerable medical knowledge, and domain-specific core competencies will be stressed as clinicians acquire both diagnostic and therapeutic skills



MHPro is committed to a competency based curriculum. Learners will be graded and receive pertinent feedback

Welcome to MHPro





Course Introduction

The course is first of its kind providing the Medical Professionals an opportunity to learn and practice various skills in sexual medicine especially involving the psychological aspects. The course looks at equipping the professionals with appropriate skills to understand the core concept of psychosexual problems encountered in day to day clinical practice. The course is delivered by renowned sexual medicine experts who will provide scientifically evidence based methods and approaches for health care professionals for clinical applications





Learning Objectives:

- To prepare professionally trainees in interview skills, capacity to collect history, evaluate to make a proper diagnosis and plan the care appropriately
- To learn nuances of clinical practice such that skills come handy and benefit the help seekers
- To learn theoretical and practical aspects of sexual and marital problems and their solutions
- Help practice get feedback and enrich knowledge in sexual medicine
- To Understand the Psychosomatic Circle of Sex and its origin
- To understand the conflict-intrapsychic, cultural and relationship-Dyadic causes of sexual dysfunctions
- To realize the role of counselling in treating psychosexual dysfunctions
- To recognize the prerequisite conditions and skills involved in effective counselling for psychosexual dysfunctions



Learning outcomes:



- To implement evidence based practice in psychosexual medicine - evaluation and diagnosis of various psychosexual challenges in practice
- Assessment of circumstances of the development of the Sexual Dysfunction
- Psychosexual counselling
- Behavioral exercises
- Understand the psychological components in psychosomatic circle of Sex
- Understand the various psychological factors, like immediate and the deep rooted causes of sexual problems



Program Director



Dr. S S Vasan

Uro-Andrologist & Medical Director,
Ankur Healthcare, Bengaluru, India
President SASSM



Course Directors



Dr. Peter HC Lim

Medical Director, Andrology,
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Dr. Rupin Shah

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Who should take up this course?



Psychiatrists, Embryologists, Medical Graduates, PG Students in the field of Urology, General Surgery, Gynecology, and Reproductive medicine





Curriculum

Module Name	Chapter Name
 The need for men's sexual health in today's era	• The case for men's health
Introduction to Sexual Health	• Introduction to Sexual Health - Why it is important • Dimensions of Sexuality • History of sexual medicine - the evolution • Kamasutra and other classics - Lessons to learn • Demystifying Sex 
 Psychosexual Development – Clinical Issues	• Psychosexual Development in Children • Genetic issues & Intersex conditions • Cognitive, Behavioural & Interpersonal Perspectives of Male Sexual Dysfunction • Cognitive, Behavioural, and Interpersonal Perspectives of Sexual Dysfunctions in Females • Human sexual response - Male • Human sexual response - Female • Adult Sexuality: Pre- marital, marital & Extra marital issues • Geriatric / Elderly Sexuality 





Curriculum

Module Name	Chapter Name
Adolescent Sexual Medicine and Challenges in Management	• Introduction to Sexuality in Adolescents • Evaluation of Puberty • Components of Adolescent Sexuality and terms related to it • Stages of sexuality development in adolescents- early, mid and late • Assessing sexual health- HEADSSS /psychosocial history and sexual health history • Sexual Behavior and STD • Media and Adolescent sexuality • Comprehensive Sexuality Education
Basics of Sexuality	• Male Sexual Anatomy - Part 1 • Male Sexual Anatomy - Part 2 • Female Sexual Anatomy - Part 1 • Female Sexual Anatomy - Part 2
Bio-Psycho-social issues in Sexuality	• Understanding Brain, Behavior & Sex • Understanding Biochemistry of Sex • Hormones & Sex • Bio-Psycho-Social Aspects of Sexual Dysfunction





Curriculum

Module Name	Chapter Name
Sex & Sexuality, Myths & Misconceptions	• Male Myths • Female Myths • Sexual Myths • Dhat & Psychoaesthetic Syndrome • PLISSIT Model for Managing Sexual Dysfunctions • OP Clinic Management
Sexual Evaluation by Psychological Perspective	• Sexual Medicine Clinic - do's & don'ts-consents • Interview techniques & History taking • Mindfulness & Sex • Psychological / Behavioral therapies: Individual / Couple • How to choose drugs or psychological therapies • Couple Sex therapy: Including Sensate Focus
Classification of Sexual Disorders	• Classification of Psychosexual Disorders: Historical Aspects, Current Status & Future Directions
Desire Disorders	• Sexual Desire Disorders - Part 1 • Sexual Desire Disorders - Part 2 • Sexual Addiction Disorders





Curriculum

Module Name	Chapter Name
Management of Sexual Dysfunction / ED in office clinical practice	• Quick History-Taking Format • Using PDE5 inhibitors effectively • Mx of ED Rx failures/sudden non-responders-medically (not interested in other Rx) • Treatment with Intra-Penile Self-Injection and VED • Penile Prosthesis Implantation • Sex Therapy for Sexual Dysfunction • Erectile Dysfunction • Management of Priapism • Congenital Penile Curvature & Peyronie's Disease • Late Onset Hypogonadism • Case scenarios
Non ED sexual dysfunction: A Practical approach	• Mx of retrograde ejaculation • Patient concerns in young: shrinkage/ lack of early morning/thin semen/ decrease in force of ejaculation • PME- Rx advances and future • Traction devices of length and peyronies • Testis/Penile/Post Ejaculation pain_Mx and role of surgery • HSSD Mx • Phimosis: Foreskin Stretching devices • Infertility & Sexual Dysfunction • Case scenarios





Curriculum

Module Name	Chapter Name
 Psychiatry and Sexual Medicine	• Psychiatric disorders and sexual problems - Introduction • Treatment of psychiatric disorders and treatment emergent sexual dysfunctions • Psychiatric disorder and sexual dysfunction • Adult Sexual Violence: Harassment, Assault and Rape • Pornography & Sexuality
 Female Sexual Dysfunction : FSD	• History, Invest & classification of the problem • Mx-Low desire in women • Medical Management of Female Sexual Dysfunction: Critical Evaluation of Drugs • Mx-I don't know if I reach orgasms? (I don't enjoy) • Recurrent UTI and Sex • Vaginismus • Dyspareunia • Post-Menopausal Syndrome • Urological issues with Sex • Flibanserin • PDE5 Inhibitors • Testosterone/DHEA 





Curriculum

Module Name	Chapter Name
Co-Morbidity and Sexual dysfunction	• Sexual evaluation & Mx by Physician or GP perspective • Tobacco and Sexuality • Sexual evaluation & Mx by endocrinologist/Diabetologist perspective • HPG axis in Men and its Role in Spermatogenesis • Hypothalamus and Pituitary Disorders • Hypothalamus and Pituitary Disorders, Testicular Disorders & Environmental Factors and Its Influence on Sperm • Early diagnosis and interventions in Hypogonadism • Evaluation and management of endocrine abnormalities • Devices in Andrology
Influence of Dermatological conditions on sexual function	• Dermatological conditions those can adversely influence the sexual relationship • Genital dermatoses those can result in Sexual Dysfunctions • Certain genital conditions raises concern and Sexual Dysfunctions • Genital Hygiene
Influence of STI/HIV & Genital variations on sexual function	• The role of Prepuce - phimosis, Paraphimosis and Circumcision • Balanoposthitis and vulvovaginitis • Epididymitis, Orchitis, epididymo-orchitis and prostatitis • Genital discharges in men • Female Genital Discharges





Curriculum



Module Name	Chapter Name
Influence of STI/HIV & Genital variations on sexual function	• Impacts of STI-HIV on marriage, parenthood and resuming sex after treatment • Myths and misconceptions on STI-HIV • Serology of Syphilis and HIV • Post exposure prophylaxis, preexposure prophylaxis and universal work precautions • Venerophobia and HIV Phobia
Sexual Evaluation by Dermatologist Perspective	• Role of Female Partners and the Health Care Providers and Others in ED • Physiological Discharges and Sexual Dysfunctions
Guidelines and Complexities in sexual dysfunction Management	• Sexual Medicine and Sexual Dysfunction
Gender and Sexuality	• Gender Identity Disorders • Gender Reassignment Surgery: MTF, FTM
Expert opinions	• How to evolve a multidisciplinary practice • Mx of ED Rx failures/sudden non-responders-medically • Premature Ejaculation • Peyronie's Disease • Premature ejaculation diagnosis and management



