



Three Months Fellowship Course in

Psychosexual Techniques



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

This comprehensive course provides the medical professionals an opportunity to learn and practice various skills involving the psychological, psychosomatic and biophysiosocial aspects of sexual medicine. Delivered by renowned sexual medicine experts and planned aesthetically to provide scientifically evidence based approaches for evaluation, diagnosis and management in clinical practice





Learning Objectives:

- Psychosomatic Circle of Sex
- Origin of Psychological Problems
- Immediate Psychological Causes
- Conflict-Intrapsychic causes of sexual dysfunctions
- Cultural genesis of sexual conflict
- The relationship-Dyadic causes of sexual dysfunction
- To realize the role of counselling in treating psychosexual dysfunctions
- To recognize the prerequisite conditions and skills involved in effective counselling for psychosexual dysfunctions
- To understand the different approaches used in counselling for psychosexual dysfunctions
- To identify suitable approaches for specific problems



Learning outcomes:

- Understand the psychological components in psychosomatic circle of Sex
- Understand the various psychological factors, like immediate and the deep rooted causes of sexual problems
- Assessment of circumstances of the development of the Sexual Dysfunction
- How to plan intervention
- Process orientated therapeutic procedures
- Behavioral exercises to be instructed



Program Director



Dr. S S Vasan

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



Course Directors



Dr. D. Narayana Reddy

Consultant of Sexual Medicine at
Apollo Hospitals, Chennai, India



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
Introduction	• Psychosexual Therapy : An Introduction
Introduction to Sexual Health	• Introduction to Sexual Health - Why it is important • 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
Common Psychological Causes of Sexual Dysfunction	• Psychological Factors Responsible for Sexual Dysfunctions





Curriculum

Module Name	Chapter Name
Common Psychological Causes of Sexual Dysfunction	1. Psychosomatic Circle of Sex 2. Origin of Psychological Problems 3. Immediate Psychological Causes 4. Conflict-Intrapsychic causes of sexual dysfunctions 5. Cultural genesis of sexual conflict 6. The relationship-Dyadic causes of sexual dysfunction
Basics of Sexuality	• Male Sexual Anatomy - Part 1 • Male Sexual Anatomy - Part 2 • Female Sexual Anatomy - Part 1 • Female Sexual Anatomy - Part 2
Sex Counselling	• Counselling for Psychosexual Dysfunctions 1. Therapeutic alliance and relationship 2. Counselling skills 3. Approaches to counselling for psychosexual dysfunctions 4. Case studies 5. Key takeaways
Desire Disorders	• Sexual Desire Disorders - Part 1 • Sexual Desire Disorders - Part 2 • Sexual Addiction Disorders





Curriculum

Module Name	Chapter Name
Cognitive Behavior Therapy	• Sexual Dysfunction And Cognitive Behavior Therapy (CBT) 1. CBT Explained 2. CBT Repertoire 3. CBT Process 4. Sex and Brain 5. Case Studies 6. Management strategies
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
Co-Morbidity and Sexual dysfunction	• Tobacco and Sexuality
PLISSIT Model	• PLISSIT Model of Psychological Interventions for Sexual Problems 1. Introduction 2. Components of PLISSIT model 3. EXPLISSIT model





Curriculum

Module Name	Chapter Name
PLISSIT Model	1. Permission Level and case scenarios 2. Limited Information and case scenarios 3. Specific Suggestions and techniques 4. Intensive Therapy 5. Summary and take home knowledge
Principles of Sex Therapy	• Principles of Sex Therapy 1. Explanation of Sex Therapy 2. The formulation 3. Groundwork to be undertaken before Sex Therapy 4. Dynamics of therapeutic actions 5. List of sex therapeutic strategies 6. Guidelines for therapists 7. The vicious circle of failure and breaking it
Gender and Sexuality	• LGBTQIA+
Sex Therapeutic Strategies	• Sex Therapeutic Strategies 1. Concept definition 2. Importance of Multi Disciplinary Team Approach 3. Strategies in Sex Therapy - Sensate Focus - Erectile Dysfunction - Pre Mature Ejaculation





Curriculum

Module Name	Chapter Name
Sex Therapeutic Strategies	- Male Orgasmic Disorder - Anorgasmia in Women - Female Orgasmic Disorder - Vaginismus 1. Modern Behavioural Techniques 2. Marriage & Couples Therapy 3. Family Counselling
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





Certificate Sample



USA | INDIA | UAE | UK

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