



Six Months Masters 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

The unique course is first of its kind, providing the Medical Professionals an opportunity to learn and practice various skills in involving the psychological, psychosomatic and biophysiosocial aspects of sexual medicine. The course empowers the professionals with appropriate skills to understand the core concept of psychosexual problems encountered in clinical practice. The course has been thoughtfully planned and crafted and delivered by renowned sexual medicine experts who will provide scientifically evidence based methods and approaches for health care professionals for clinical applications





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	<ul style="list-style-type: none">• Psychosexual Therapy: An Introduction
Introduction to Sexual Health	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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
 Common Psychological Causes of Sexual Dysfunction	<ul style="list-style-type: none">• Psychological Factors Responsible for Sexual Dysfunctions <ol style="list-style-type: none">1. Psychosomatic Circle of Sex2. Origin of Psychological Problems3. Immediate Psychological Causes4. Conflict-Intrapsychic causes of sexual dysfunctions5. Cultural genesis of sexual conflict6. The relationship-Dyadic causes of sexual dysfunction
Basics of Sexuality	<ul style="list-style-type: none">• Male Sexual Anatomy - Part 1• Male Sexual Anatomy - Part 2• Female Sexual Anatomy - Part 1• Female Sexual Anatomy - Part 2 
 Sex & Sexuality, Myths & Misconceptions	<ul style="list-style-type: none">• Male Myths• Female Myths• Sexual Myths• Dhat & Psyschaesthetic Syndrome• OP Clinic Management
Sex Counselling	<ul style="list-style-type: none">• Counselling for Psychosexual Dysfunctions <ol style="list-style-type: none">1. Therapeutic alliance and relationship2. Counselling skills3. Approaches to counselling for psychosexual dysfunctions4. Case studies5. Key takeaways 





Curriculum

Module Name	Chapter Name
 <p data-bbox="261 719 675 786">Sexual Evaluation by Psychological Perspective</p>	<ul data-bbox="810 544 1396 965" style="list-style-type: none">• 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
<p data-bbox="284 1171 651 1238">Classification of Sexual Disorders</p>	<ul data-bbox="810 1144 1385 1234" style="list-style-type: none">• Classification of Psychosexual Disorders: Historical Aspects, Current Status & Future Directions 
<p data-bbox="336 1435 598 1469">Desire Disorders</p>	<ul data-bbox="810 1384 1302 1518" style="list-style-type: none">• Sexual Desire Disorders - Part 1• Sexual Desire Disorders - Part 2• Sexual Addiction Disorders
 <p data-bbox="248 1839 687 1872">Cognitive Behavior Therapy</p>	<ul data-bbox="810 1664 1273 2045" style="list-style-type: none">• Counselling for Psychosexual Dysfunctions1. CBT Explained2. CBT Repertoire3. CBT Process4. Sex and Brain5. Case Studies6. Management strategies 









Curriculum

Module Name	Chapter Name
 <p>Psychiatry and Sexual Medicine</p>	<ul style="list-style-type: none"> • 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 
 <p>Female Sexual Dysfunction : FSD</p>	<ul style="list-style-type: none"> • 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
 PLISSIT Model	<ul style="list-style-type: none">• PLISSIT Model of Psychological Interventions for Sexual Problems <ol style="list-style-type: none">1. Introduction2. Components of PLISSIT model3. EXPLISSIT model4. Permission Level and case scenarios5. Limited Information and case scenarios6. Specific Suggestions and techniques7. Intensive Therapy8. Summary and take home knowledge
Influence of STI/HIV & Genital variations on sexual function	<ul style="list-style-type: none">• 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 
 Principles of Sex Therapy	<ul style="list-style-type: none">• Principles of Sex Therapy <ol style="list-style-type: none">1. Explanation of Sex Therapy2. The formulation3. Groundwork to be undertaken before Sex Therapy4. Dynamics of therapeutic actions5. List of sex therapeutic strategies6. Guidelines for therapists7. The vicious circle of failure and breaking it 





Curriculum

Module Name	Chapter Name
 <p>Gender and Sexuality</p>	<ul style="list-style-type: none"> • Gender Identity Disorders • Gender Reassignment Surgery : MTF, FTM • LGBTQIA+
 <p>Sex Therapeutic Strategies</p>	<ul style="list-style-type: none"> • Sex Therapeutic Strategies 1. Concept definition 2. Importance of Multi Disciplinary Team Approach 3. Strategies in Sex Therapy <ul style="list-style-type: none"> - Sensate Focus - Erectile Dysfunction - Pre Mature Ejaculation - Male Orgasmic Disorder - Anorgasmia in Women - Female Orgasmic Disorder - Vaginismus 4. Modern Behavioural Techniques 5. Marriage & Couples Therapy 6. Family Counselling 
<p>Expert opinions</p>	<ul style="list-style-type: none"> • 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



mhpro+
THE MEDICS ONLINE ACADEMY

CERTIFICATE OF MASTERS

This is to certify that **YOUR NAME** has successfully completed the course in
COURSE NAME on DD/MM/YYYY (Completion Date)

Certified by MasterHealthPro Inc., USA


 Dr. SS Vasan
 Program Director


 Suresh Elangovan
 President & CEO

S A M P L E

An Association with


 ACADEMY FOR MEN'S HEALTH
 SINGAPORE


 INTERNATIONAL SOCIETY OF FERTILITY &
 REPRODUCTIVE HEALTH


 SOUTH ASIAN SOCIETY FOR
 SEXUAL MEDICINE

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