

**Note:**

The following curriculum is a consolidated version. It is legally non-binding and for informational purposes only.

The legally binding versions are found in the University of Innsbruck Bulletins (in German).

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Based on §25 para. 1 no. 10 of the Universities Act 2002 – UG, BGB1. I No. 120/2002, in the current version, and §38 of the “Study Law Regulations” part of the statutes, re-disclosed in the University of Innsbruck bulletin of 3 February 2006, Issue 16, No. 90, in the current version, the following is decreed:

Curriculum for the  
**Continuing Education Programme of Sexual Therapy**  
at the University of Innsbruck

**§ 1 Qualification Profile**

The graduates of the continuing education programme of Sexual Therapy

- a) have an extensive historic and cultural science related knowledge of the development of sexual and partnership-related behavioural patterns and types of experiences;
- b) have, besides of consulting competences, also the required basic knowledge for therapy of sexual problems and irritations and of sexual-therapy diagnostics;
- c) know different paradigmatic and methodological approaches for the aetiology and different types of therapeutic intervention for sexual symptomatologies and are also able to apply them;
- d) have special knowledge of all sorts of different sexual behaviours and experiences including the problems that arise from discrimination and exclusion in case of non-heteronormative sexual experiences and behaviour;
- e) have a command of special forms of intervention for dealing with the psychotherapeutic coping with sexual violence and sexual traumatisation;
- f) know about special forms of explanation and intervention in case of perverse and deviant sexual behaviour;
- g) have a knowledge of problems related to sexual orientation, gender identity disorder, transsexuality and transgender;
- h) are able to work with sexually deviant persons and sexual offenders in therapy;
- i) know about the special, discrimination-related problems of handicapped persons and about their sexual concerns and are able to assist them;
- j) know the medical and psychosocial basics of sexuality of people in an advanced age and have the competence to treat them;
- k) have the theoretic and practical knowledge for using the integrative therapy approach (Hamburg model);
- l) are able to treat couples and single persons in sexual therapy and can substantiate their treatment in a scientific way.

## **§ 2 Scope and Duration**

- (1) The continuing education programme covers 40 semester hours (SSt) and 90 ECTS-credits. One ECTS-credit corresponds to a workload of 25 hours. The continuing education programme is offered part-time and has a duration of six semesters.

## **§ 3 Admission**

- (1) Only persons that have been admitted to the continuing education programme according to §4 para. 4 and have paid their tuition fee can be admitted as non-degree students at the University of Innsbruck by the rectorate.
- (2) The deadlines for the admission procedure are fixed and announced before the start of the semester at the website of the University of Innsbruck and in other suitable media.
- (3) Applications for admission to the continuing education programme must be made in time and by appending the required documents (application form, CV and motivational letter in original version and confirmations of degrees and/or job experience in copy).
- (4) A maximum of 10 participants are admitted to the continuing education programme in each academic year.

## **§ 4 Admission Procedure**

- (1) Admission is first effected in the 2012/13 winter semester (during the respective admission periods).
- (2) Admission requirements: The continuing education programme is accessible to graduates of a bachelor or diploma or a doctoral study programme of Educational Science, Psychology or Medical Science with an advanced subject-specific training (working under supervision) according to the psychotherapy law of the country of origin, as well as to psychotherapists in training under supervision and graduates of a subject-specific training according to the regulations of the psychotherapy law of the country of origin. Doctors holding the ÖÄK-diploma of Psychotherapeutic Medicine or trainees for the subject of Psychiatry and Psychotherapeutic Medicine can be admitted. A psychotherapeutic client approach in a resp. setting is another basic requirement for admission.
- (3) The head of the programme may also admit persons without university or college of higher education degree, if they have a regulated scientific psychotherapeutic qualification according to the professional qualification regulations of 2005/36/EG.
- (4) An application interview gives the programme applicants the opportunity to discuss the information given in their application and to present their views on the programme-relevant professional objectives. The application interview takes place in front of an application committee that is summoned by the head of the programme and consists of the head of the programme and one course lecturer who is asked by the head to join.
- (5) The head of the programme decides on the admission based on the formal requirements and the application interview.

## **§ 5 Types of Courses**

- (1) Lectures with tutorials (VU) are courses with continuous performance assessment that introduce to the subject area or to parts of the specialist field and its methods. They feature practical tutorials and give instructions required for the independent acquisition of knowledge.
- (2) Tutorials (UE) are courses with continuous performance assessment that predominantly serve the communication of practical skills and the scientific dealing with practice-relevant tasks.

- (3) Proseminars (PS) are courses with continuous performance assessment that offer an in-depth specialist perspective acquired in discussions. The subject matter is discussed from different perspectives and differentiated.
- (4) Seminars (SE) are courses with continuous performance assessment that include contributions on a given or suggested theme that is dealt with and the specialist knowledge of which is acquired in an independent way.
- (5) Conversation classes (KO) are courses with continuous performance assessment in which approaches, methods and problems of writing a thesis are discussed.
- (6) (6) Practical classes (PR) are courses with continuous performance offering guidance and supervision. The competence to apply the theory (decision making and responsibility) is learned and exercised.

## § 6 Compulsory Modules

The following compulsory modules covering 90 ECTS-credits must be passed:

1.	<b>Compulsory Module: Orientation Unit</b>	SSt	ECTS-Credits
a.	<b>PS Historic and Biographic Approaches to Sexual Experiences and Behaviour</b>	2	4
b.	<b>PS Cultural Context and Social Change of Sexual Experiences and Behaviour</b>	1	3
	<b>Total</b>	<b>3</b>	<b>7</b>
This module covers historic-anthropological as well as phylogenetic and ontogenic and biographic developments of sexual experiences and behaviour to the present time.			
<b>Objective:</b> Students that have passed the module know the historicity and adaptability of sexual experiences and behaviour and their dependencies on cultural contexts and social rules and conventions.			
<b>Prerequisites:</b> none			

2.	<b>Compulsory Module: Bio-Psycho-Social and Sexual-Medical Fundamentals and Diagnosis</b>	SSt	ECTS-Credits
a.	<b>PS Sexuality as Psycho-Social Phenomenon</b>	1	2
b.	<b>PS Fundamentals of Sexual Medicine and Sexual-Medical Diagnosis including Infectious Diseases and Aids</b>	1	3
	<b>Total</b>	<b>2</b>	<b>5</b>
The first part of the module deals with the outlining and problematization of sexual experiences and behaviour as complex bio-psycho-social model that goes beyond one-sided biological and psychological perspectives and in the second part of the module fundamental knowledge of sexual medicine and diagnostics is imparted, also including questions of infectious sexually transmitted diseases and the basic principles of HIV-Aids counselling.			
<b>Objective:</b> Students that have passed the module are able to understand and analyse sexuality as complex bio- psycho-social unit based on sexual-medical and diagnostic principles.			
<b>Prerequisites:</b> none			

<b>3.</b>	<b>Compulsory Module: Concepts and Methods of Sexual Counselling</b>	<b>SSt</b>	<b>ECTS-Credits</b>
	<b>PS Concepts and Methods of Sexual Counselling</b>	2	3
	<b>Total</b>	<b>2</b>	<b>3</b>
	The module introduces to the most important principles, methods and forms of interventions of professional sexual counselling.		
	<b>Objective:</b> Students that have passed the module know the methodological and practice-related basics of professional sexual counselling.		
	<b>Prerequisites:</b> none		

<b>4.</b>	<b>Compulsory Module: Different Methodological Approaches to Human Sexuality</b>	<b>SSt</b>	<b>ECTS-Credits</b>
<b>a.</b>	<b>SE Psychoanalytic and Psychodynamic Approaches to Sexuality and Sexual Disorders</b>	1	3
<b>b.</b>	<b>SE Systemic-Family-Therapy Approaches to Sexuality and Sexual Disorders</b>	1	3
<b>c.</b>	<b>SE Behavioural Therapy Approaches to Sexuality and Sexual Disorders</b>	1	3
	<b>Total</b>	<b>3</b>	<b>9</b>
	The module introduces to and enhances knowledge in three different paradigmatic approaches to sexuality and sexual disorders and conveys resulting scientific findings on human sexuality experiences and behaviours and their symptomatic deviances.		
	<b>Objective:</b> Students that have passed the module have an extensive knowledge of three important approaches to human sexuality and on the aetiology and functionality of psychosexual behaviour and disorders.		
	<b>Prerequisites:</b> none		

<b>5.</b>	<b>Compulsory Module: Integrative Treatment Options</b>	<b>SSt</b>	<b>ECTS-Credits</b>
	<b>SE Work with Sexual Dysfunctions including Hypoactive Sexual Desire Disorder</b>	2	6
	<b>Total</b>	<b>2</b>	<b>6</b>
	This module covers only one course and introduces to the theory and application areas of an integrative therapeutic model including extensive explorations, diagnosis and questions of indication. It also refers to the applications that can be learned from this model and applied in individual therapeutic and counselling settings.		
	<b>Objective:</b> Students that have passed the module have an in-depth theoretic knowledge of integrative therapeutic techniques and their benefits for non-therapeutic and advising fields of use (also in the sense of well-aimed referral).		
	<b>Prerequisites:</b> none		

6.	Compulsory Module: Sexual Violence and Work with Offenders	SSt	ECTS-Credits
a.	VU Forms of Intervention for Victims of Sexual Violence and Exploitation	2	5
b.	SE Work with Sexual Offenders	1	3
	<b>Total</b>	<b>3</b>	<b>8</b>
This module covers the basic diagnostic and methodological principles of forms of intervention for victims of sexual abuse and in the work with sexual offenders.			
<p><b>Objective:</b> Students that have passed the module have theoretical and practical-relevant knowledge required for the work with abused persons. They are also familiar with the most important principles for dealing with sexual offenders and are thus able to competently refer both target groups to corresponding institutions.</p>			
<b>Prerequisites:</b> none			

7.	Compulsory Module: Differential Possibilities of Sexual Development	SSt	ECTS-Credits
a.	SE Perversions	1	3
b.	SE Sexual Orientation and Gender Identity	1	2
c.	SE Transsexuality	1	2
	<b>Total</b>	<b>3</b>	<b>7</b>
This module deals with the emergence and forms of progression of differential, non-heteronormative and clinically perverse types of love, their prevalence, psychosocial problems for the concerned persons and their access to counselling and care.			
<p><b>Objective:</b> Students that have passed the module have an enhanced theoretical and practice-relevant knowledge of non-heteronormative forms of love, perverse experiences and behaviours and of questions of sexual orientation, gender identity problems and transgender.</p>			
<b>Prerequisites:</b> none			

8.	Compulsory Module: Discriminated Sexuality	SSt	ECTS-Credits
a.	SE Sexual Counselling for Homosexual Persons	1	2
b.	SE Sexual Counselling for Persons with Handicaps	1	2
c.	SE Sexual Counselling for Persons of an Advanced Age	1	2
	<b>Total</b>	<b>3</b>	<b>6</b>
This module covers the basics and particularities of questions of sexuality of persons, who still are confronted with exclusion and tabooization by society: homosexual persons, handicapped and old persons. Scientifically reflected methods of intervention and close-to-life solution patters towards non-discrimination of the mentioned groups are offered for these groups in consideration of their respective particularities for perceiving and experiencing their sexual interests and the difficulties they are confronted with.			

	<p><b>Objective:</b> Students that have passed the module know about the biological and psychosocial principles of sexual experience and behaviours of these groups, as well as of help offers for the individual cases and of structural, close-to-life models of change. They are able to apply suitable counselling and intervention forms for the respective target group, based on critical reflection of the psychosocial and social mechanisms of tabooization of the sexuality of homosexual, handicapped and old persons.</p>
	<p><b>Prerequisites:</b> none</p>

9.	Compulsory Module: Special Psychotherapeutic Problems	SSt	ECTS-Credits
	<b>SE Special Problems of Psychotherapy with Homosexual, Older or Handicapped Persons</b>	2	4
	<b>Total</b>	<b>2</b>	<b>4</b>
	<p>The course of this module focuses on the psychotherapeutic approaches to the problems and difficulties of counselling and treating homosexual persons (e.g. coming-out, dealing with family members, colleagues at work and more), people with handicaps (e.g. legal questions and questions of sexual assistance) and people of an advanced age (especially bio-psychosocial aspects, medication and more).</p>		
	<p><b>Objective:</b> Students that have passed the module have an in-depth critical awareness for special therapeutic problems in the work with homosexual, older and handicapped persons. This facilitates the psychotherapeutic approach and can make it more effective.</p>		
	<p><b>Prerequisites:</b> positively passed compulsory modules 1 to 8</p>		

10.	Compulsory Module: Introduction to the Theory and Application of Integrative Couple Therapy	SSt	ECTS-Credits
a.	<b>UE Self-awareness Related Introductory Seminar: Sexuality – Biography - Language</b>	1	2
b.	<b>SE Theory and Techniques of Sexual and Couple Therapy</b>	1	2
	<b>Total</b>	<b>2</b>	<b>4</b>
	<p>This module includes besides of a self-awareness related part, which aims at facilitating the exercising and the learning of biographic approaches and verbal forms of expression relating to questions of sexuality with the person of the therapist, also an assisted introduction to the theory and techniques of couple and sexual therapy.</p>		
	<p><b>Objective:</b> Students that have passed the module are able to deal with difficult or stressful communicative situations with the clients relating to questions sexuality in a self-reflective way. They also have a well-founded theoretical knowledge of integrative sexual and couple therapy and are able to apply it.</p>		
	<p><b>Prerequisites:</b> positively passed compulsory module 1 to 9</p>		

11.	Compulsory Module: Supervised Therapy	SSt	ECTS-Credits
	<b>PR Therapeutical Clinical Practice of Sexual Therapy Including Case Supervision</b>	6	11
	<b>Total</b>	<b>6</b>	<b>11</b>
This module aims at imparting practical knowledge and experience in sexual and couple therapy intervention (supervised therapy) with a case-related practical experience that is supervised, assisted and instructed by an experienced teaching therapist from the course staff. The practice is accompanied by on-going case supervision through-out.			
<b>Objective:</b> Students gain practical knowledge and experience in sexual and couple therapy under supervision.			
<b>Prerequisites:</b> positively passed compulsory modules 1 to 10			

12.	Compulsory Module: Clinical Practice	SSt	ECTS-Credits
	<b>UE Psychotherapeutical Practice with Case Supervision /Group of the Year</b>	6	8
	<b>Total</b>	<b>6</b>	<b>8</b>
During this module participants present and discuss case studies from their own practice to and with their colleagues (group of the academic year).			
<b>Objective:</b> Students that have passed the module have in-depth knowledge and therapeutic skills gained by practical experience with cases headed by themselves and supervision in a group.			
<b>Prerequisites:</b> positively passed compulsory module 1 to 11			

13.	Compulsory Module: Final Module	SSt	ECTS-Credits
<b>a.</b>	<b>KO Conversation Class on the Final Thesis</b>	1	1
<b>b.</b>	<b>SE Seminar on the Final Thesis</b>	2	2
	<b>Total</b>	<b>3</b>	<b>3</b>
The conversation class supports the preparation works for the writing of the final thesis, relating to its contents and methodology. The final seminar is for presenting and defending the final thesis.			
<b>Objective:</b> Students that have passed the module are able to write a scientific thesis relating to their work or an area of clinically oriented sexual research. They are also able to reflect and report on, as well as present their sexual science and therapeutic knowledge relating to cases and based on theory.			
<b>Prerequisites:</b> positively passed modules 1 to 12			

## **§ 7 Master-Thesis**

- (1) A Master Thesis proving that the participant is able to write a scientific thesis relating to a special problem of sexual therapy must be written. The final thesis covers nine ECTS-credits.
- (2) Programme participants must suggest in writing a supervisor for their final thesis from the available course lecturers as well as the topic for their thesis by the end of the fifth semester. The supervisor as well as the topic is deemed to be accepted if the head of the programme does not forbid it within a month.
- (3) Students may write their final thesis in a foreign language if the supervisor agrees.

## **§ 8 Examination Regulations**

- (1) Attendance is compulsory for courses with continuous performance assessment.
- (2) Courses with continuous performance assessment are evaluated based on regular written and/or oral contributions of the students. The lecturers have to announce the methods and criteria for evaluation at the beginning of the course.
- (3) The compulsory modules 11 and 12 are evaluated by the head of the course with “passed” or “not passed”.

## **§ 9 Academic Degree for Graduates of the Continuing Education Programme**

Graduates of the continuing education programme of “Sexual Therapy” receive the academic degree of **“Master of Advanced Studies (Sexual Therapy)”**, abbreviated “MAS” after having positively passed all compulsory examinations and the positive evaluation of the final thesis. This degree is no independent professional licence for psychotherapists.

## **§ 10 Coming into Force**

This Curriculum comes into force one month after publication.

For the Curriculum Committee:  
Ao. Univ.-Prof. Dr. Michaela Ralsler

For the Senate:  
Univ.-Prof. Dr. Ivo Hajnal