

**UK COLLEGE OF HOLISTIC TRAINING**



**PROSPECTUS**  
**Diploma in Sexology**



**Distance Learning Course**

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## **DIPLOMA IN SEXOLOGY PROSPECTUS – UK COLLEGE OF HOLISTIC TRAINING**

Sexology is the academic study of sexuality. It is a discipline that draws from many areas, e.g. psychology, anthropology, social history, social studies, comparative religion, anatomy/physiology, and medical sciences.

Our new Diploma in Sexology is a comprehensive, multi-disciplinary distance learning course with a guideline study time of 9 to 12 months based upon at least 5 hours' study per week. It requires a single university-level illustrated textbook of over 600 pages, authored by a professor at an American university, that can be downloaded or read online. There are 15 modules and each is assessed by a series of short questions. There are typically 6 questions per module with suggested answer lengths ranging from 100 to 500 words depending on the topic being covered. Once each module is completed, the coursework is emailed to the tutor and feedback is given by email. There is no final examination.

The course length is estimated at 150 hours of study though *individual study times will vary considerably* depending on level of previous education and knowledge, study skills, comprehension, English language competence, etc. At present there is no deadline for completion of the course.

### Availability

This course is scheduled to commence in January 2019, though if completed ahead of schedule, early enrolment will be welcomed. Enquiries are invited from October 2018.

Upon launch of the course, enrolment and start of study may take place all year round.

**Before January 2019 we will be accepting applications in advance and will inform students as soon as they can commence study. From January 2019 we will not accept individual applications to start the course at a future date: students should apply when they are ready to pay the tuition fee and start the course. If payment is made promptly and an electronic version of the textbook is ordered, students should be able to commence study within two working days, or even the same day if all systems are working smoothly.**

### Entry requirements

Applications are open to any adult working in a relevant profession, whether as a career or as a voluntary worker (including retired professionals). Relevant professions may include: counsellor, psychotherapist, hypnotherapist, life coach, psychologist, psychiatrist, medical professional, teacher/lecturer, educator, law enforcement or legal professional, pastoral counsellor, social worker, advice worker, support group worker, researcher. University students may also apply to take this course as an extracurricular programme (however university credit is not available for this course.) Applications from students not meeting the above guidelines but with an interest in the course will be considered on their merits. UKCHT reserves the right to reject any application without giving a reason.

## Introduction

This is a very comprehensive course with over 600 pages of university-standard textbook material including many links to online resources plus the UKCHT course manual which includes the assessment questions, exclusive bibliographies for further professional study and links to sources of free educational materials written by experts. Please do not confuse this course with very cheap on-line courses.

The textbook is supplemented by fifteen study guides of approx. 50 pages each, one for each module. These will be available direct from UKCHT as downloads, and are only available to enrolled UKCHT students. The aim of the study guides is to make the textbook information more accessible and easy to absorb, and also to act as a handy reference library for revision purposes for any professional application. It is recommended that students reach the appropriate study guide, then turn to the textbook for more in-depth study, before attempting the set assignment questions for the module.

The tuition fee includes the issue of the fifteen study guides so there is nothing more to pay after paying the tuition fee and ordering the core textbook.

Please note: Good and affordable distance learning sexology courses are not easy to find. We are aware that there is a sexology course offered by a private institute in the United States whose material *has not changed since the 1980s* and that does not contain a fraction of the content of our course.

The source material we have carefully selected for this course takes an innovative multi-disciplinary approach to gender and sexuality, including neuroscience, developmental, cognitive and social psychology, and in addition provides a historical overview, coverage of the influence of religion, politics and philosophy, and discussions of comparative public policy and law from an international perspective. We believe that we are the only independent, non-university adult education school in the UK using this advanced material.

The references to recommended resources and websites throughout will make the course a go-to source of materials and ideas for your professional educational or therapeutic activities.

**WARNING:** The course material contains explicit and sometimes detailed references to sexual activity of many kinds, presented in a manner that is legal and presented for educational and academic purposes. Links are also provided to various on-line sources regarding sexuality, some of which may contain medical or other imagery. Again the links are only to legitimate sources and are presented strictly for educational purposes. This course does *not* provide access to any illicit material of any kind.

## Course outline

*The following outline has been edited to remove or rephrase certain explicit terms that are inevitably used in this field of study, since we have no control over who may view this document.*

### **Module 1: Cultural and Historical Perspectives on Sexuality**

- 1.1 Global Cultural Perspectives and Influence of Abrahamic Religions
- 1.2 Sexuality across Major Geographic Regions and Cultural Traditions
- 1.3 Science of Sexuality and Key Figures in Sexology
- 1.4 Future Extrapolation in Sexuality and Politics

### **Module 2: Research Methods**

- 2.1 Why and How We Study Sexology
- 2.2 Perspectives from Evolution, Culture, and Other Theories
- 2.3 Experimental Methods and Challenges

### **Module 3: Human Sexual Anatomy and Physiology**

Including Sexual Health  
(content redacted for this document)

### **Module 4: Gender Identity and Sexual Development**

- 4.1 Sexual Differentiation: Defining Female and Male
- 4.2 Sexual Differentiation: Biological Female or Male
- 4.3 Gender Identity and Roles
- 4.4 Transgender: Biological and Cultural Perspectives

### **Module 5: Attraction, Arousal and Orientation**

- 5.1 Senses, Reflexes, and Hormones
- 5.2 Response Cycles
- 5.3 Individual and Sex Differences in Response
- 5.4 Sexual Attraction
- 5.5 Sexual Orientations
- 5.6 Sexual Minorities, Religion, and Law

### **Module 6: Sexual Relationships, Love, and Communication**

- 6.1 Short Term Relationships, Dating and Casual Partners
- 6.2 Love, Intimacy and Romance

6.3 Partnerships/Marriage, Family Structures, and Divorce

6.4 Monogamy and Alternatives

6.5 Working to Improve Relationships

### **Module 7: Cross-Cultural Sexual Behaviour**

7.1 Sexual Dreams and Fantasies

7.2 Masturbation and Celibacy

7.3 Forms of Erotic and Sexual Contact

7.4 Experimental Sexual Play and Behaviour

### **Module 8: Gender and Sexuality across the Lifespan**

8.1 Infancy and Early Childhood

8.2 Puberty, Adolescent Sexuality, and the Media

8.3 Sex Education, Pleasure, Pregnancy, and Disease Prevention

8.4 Gender Roles and Difference over the Lifespan

8.5 Sexuality and Aging

### **Module 9: Variations in Sexual Behavior**

9.1 Sexual Diversity

9.2 Consenting Behaviours

9.3 Nonconsenting and Criminal Behaviours

9.4 Causes and Treatments of Problematic Behaviours

### **Module 10: Fertility, Contraception, and Abortion**

10.1 Ovulation and Hormones

10.2 Contraception

10.3 History and Politics of Family Planning

### **Module 11: Pregnancy, Childbirth, and Parenthood**

11.1 Multiple Paths to Parenthood

11.2 The Three Trimesters of Pregnancy

11.3 Childbirth and Parenthood

### **Module 12: Sexual Difficulties, Dysfunctions, and Treatments**

12.1 Origins of Disorders: Culture, Experiences, Physiology, and Relationships

12.2 Diagnosing and Treating Disorders

12.3 Sex Therapy and Relationship Therapy

12.4 Other Sexual Difficulties

### **Module 13: Sexually Transmitted Infections and Prevention**

- 13.1 Morality versus Behavioral Health
- 13.2 Nonviral Infections
- 13.3 Viral Infections other than HIV
- 13.4 HIV and AIDS Worldwide
- 13.5 Safer Sex

### **Module 14: Sexual Aggression and Coercion**

(content redacted for this document)

### **Module 15: Sex as a Commodity and the Regulation of Sexuality**

- 15.1 Enhancements, Surgery, and Objectification
- 15.2 Erotica, Pornography, and the Internet
- 15.3 Selling Sex and Human Trafficking
- 15.4 The Future of Sex

## Assessment and Examination

Students progress through the course by continuous assessment and there is no final exam. Each module is assessed by a series of written questions. Although the textbook is at university level, we have selected the assessment questions so as to be accessible for the average educated student, without needing prior knowledge of psychology, social sciences or statistics. If you have been able to work through texts at Advanced Level (UK) or high school certificate standard, you should be able to cope with this course. All assessments are of the “open book” variety: you will be able to consult the text and the study guides as you write your answers. Naturally, you will come across many new ideas, facts and concepts, but there are introductions, explanations and glossaries to help you. You can email your tutor if you need clarification of any part of the text or any assessment question.

## Textbook Author and Course Compiler

UKCHT puts a great deal of thought and research into selecting the best textbook(s) for its courses.

The author of the key textbook used for this Diploma is Professor Marcus C. Tye, Dean of the School of Health Sciences at the College of Staten Island, City University of New York, Professor in the Psychology Department and a clinical psychologist. The current edition of the textbook was published in 2013. Please note that Professor Tye is not connected with UK College of Holistic Training and is not involved in the administration, admissions, tutoring or assessment of this course. His textbook is used by UKCHT as an educational resource available to any course provider, in the same way as any other published textbook. This does not imply the Professor’s approval of any particular use of the materials, other than their availability to the education sector via the publishers. UKCHT is not connected with the City University of New York in any way and the UKCHT Diploma is not a qualification from the City University of New York.

From the “About the Author” page of the textbook: *[Dr Tye] first started teaching human sexuality in 2003 and aimed to write a comprehensive textbook that was accessible for beginning students, yet relevant for advanced students. His goal was to include cultural variation, gender and economic equity, global development, and LGBT equity throughout the text.*

From the textbook description: *[The text] takes an integrated approach to exploring the complex dimensions of biology, culture, psychology, sociology, history, and philosophy that explain human sexual diversity. [The author] contextualizes specific topics, such as sexually transmitted infections, in a broader picture of comprehensive sex education and public policy, access to healthcare, and economic equality.*

The compiler of this course is Morris Berg PhD, Principal of UKCHT who has devised many courses for UKCHT and other colleges. Dr Berg studied sexology as part of a clinical psychology module at North East London Polytechnic. He later studied Sexual Attitude

Restructuring. As a hypnotherapist he learned hypnotherapeutic approaches to psychosexual problems and has compiled relevant course units for another college. Based upon his professional knowledge and assessment of independent study he was awarded a Diploma in Sexology by the College of Integrated Therapies. He has maintained an interest in this field and now has the opportunity of presenting the UKCHT Diploma in Sexology to a new generation of professionals.

### Qualification and Accreditation

Successful students will receive the Diploma in Sexology awarded by UK College of Holistic Training. A printed Diploma will be issued and posted to the student.

UKCHT is fully accredited by the International Association for Distance Learning. The course itself has no specific accreditation as the field of sexology as a purely academic discipline is not regulated. This course is not a qualification in any form of therapy or practice and is not a route to membership of a professional body.

UKCHT is an organisational member of [ACCPH](#) (Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists)

UKCHT is registered with UK Register of Learning Providers no. 10028354. This is not an accreditation but a government register making it easy for organisational purchasers to find suitable courses for their personnel. Only genuine education providers can be members of the Register.

University credit is not available for this course since it is a private sector course independent of the university system.

If any further validation or accreditation is acquired for this course details will appear on the UKCHT website and in communications to students/graduates. At the moment this is under consideration.

### Course Transcripts

A printed Course Transcript, confirming completion of the course and detailing the full course syllabus, will be available to graduates on request for an additional cost of £ 25. Grades for individual modules will not appear on the transcript.



## Tuition fee and payment

The tuition fee for the course is £450 (450 pounds sterling/UK pounds) for individual students only. For currency conversion see [www.xe.com](http://www.xe.com)

The fee for corporate or organisational delegates is £ 750 payable in advance (excluding the textbook which the student is responsible for ordering and should claim reimbursement from their organisation). Enrolment will not be activated until the tuition fee is paid.

The textbook is not available directly from us and must be ordered on-line from the publisher's website in the USA. It is not available from bookstores. Students will need to register for an account with the publisher. The cost of the textbook is US \$ 29.95 for online access only, **US \$ 49.95 for online access plus PDF download**, or US \$ 54.95 for online, PDF download and printed full-colour textbook (plus postage and packing from the US, which can be expensive as the book is heavy). **Online plus PDF** offers flexibility, affordability and instant availability and will suit most students.

If sales tax is applied to the textbook you will be advised prior to completing your book purchase.

Only one comprehensive textbook is required for the course, though students may elect to acquire supplementary books of their choice.

Instructions on textbook access and purchase will be provided to enrolled students in the UKCHT course manual.

## Means of payment

**TUITION FEE – UKCHT will accept payment from self-funding students ONLY by PayPal for this course. (You will not normally need to have a PayPal account but you can open one free of charge if you wish. PayPal will send you a link for electronic payment explaining how you can pay.)**

**TEXTBOOK –** The publisher will accept PayPal, as well as Visa, Mastercard, American Express, JCB, and Discover cards. You will need to open an account with the publisher so you will need to use your own card or PayPal facility, not someone else's.

n.b. UK College of Holistic Training only accepts card payments via PayPal. Asking students to pay us for this course by PayPal proves that you are also able to pay for the textbook electronically and will avoid tuition refund requests due to the student not having an electronic payment means to order the textbook. We cannot order the textbook for , as a special security-marked copy is produced on demand for direct dispatch to each student.

Information for foreign students in countries without means of PayPal or card payment: we cannot assist individual students, but if you are an institution with a group of delegates for the course (minimum 10 students), we might be able to accept tuition fee payments by international bank transfer and to make a special arrangement for ordering electronic

textbooks. Institution representatives are welcome to contact us. Administration fees may apply. Taxation issues may prevent supply to certain countries.

### Payment plans

We regret that payment plans are not available for this course at present. We can accept payment by PayPal with your credit card, allowing you to budget using your card balance.

### VAT and Brexit – important information for EU applicants

UKCHT being a smaller, specialised educational enterprise is not registered for VAT (Value Added Tax or sales tax). Many countries have imposed taxes on international on-line sales of digital products but since our courses include a significant tutorial component in the form of personal assessment, feedback, and individual email communication, we have been informed by HMRC that we are exempt from digital sales taxation in the European Union.

However, the position after Brexit is unclear and, if we would be forced to levy tax for EU students, we would have to reconsider providing our courses for the EU since the burden of administration and expenses for tax registration and accounting in multiple countries would make it uneconomical to offer the course to EU students.

*If you are in the EU and are interested in this course, we urge you to enrol now so as to guarantee that you can study with us. We do not know what will happen after March 2019.*

### Information for corporate or organisational delegates

This course has been priced at a reasonable level for the self-funding student. The fee for corporate or organisational delegates is £ 750 per delegate payable in advance (excluding the textbook which the student is responsible for ordering and should claim reimbursement from their organisation).

Enrolment will not be activated and textbook and/or download instructions will not be issued until the tuition fee is paid. Previously, we have experienced very long delays in payment from schools, local authorities and other organisational customers, and as a result, the actual delegates became disappointed and dropout rates for organisational delegates were far higher than industry norms.

It is unfair both to delegates and small educational businesses such as ourselves for payments, once authorised, to be delayed. If you are a potential student seeking course funding from your employer or sponsoring organisation, please consider this information carefully.

The course manual and study guides that we provide, and the textbook sold by the publisher, are for the use of the student/delegate only and are not licensed to be used as part of the organisation's library or for distribution to colleagues.

We will accept UK company cheques, BACS payments and international bank transfers. No refunds can be made for B2B sales. Pro-forma invoices issued on request. Students will be individually responsible for ordering the textbook from the USA and paying by PayPal or card. Each copy of the textbook is licensed for a single student and will bear a coding to this effect. Organisations are responsible for checking that each student is able to pay for the book electronically prior to confirming their delegation.

UKCHT is not registered for VAT so the total fee quoted is the total fee payable.

Please make all organisational enquiries to [info@ukcht.net](mailto:info@ukcht.net)

### Student's responsibility for prompt order of the textbook

We do not produce or sell the textbook and its sale is the sole responsibility of the publishers. For licensing reasons we cannot act as a distributor.

If you are accepted for the course and have paid your fee, *you should order the textbook promptly even if you are not able to start your studies right away.* We have every confidence in the textbook being available from the publishers, and we have been liaising with them for over a year in the process of planning future courses. Under UK consumer law you can ask us for a refund of your course fee up to two weeks after you make your payment if you change your mind. However, if you postpone ordering the book and some time later, it is not available to you for any reason, we are not obliged to issue a refund. However, we would, in such a very unlikely scenario, do our best to help you complete your studies.

As the book purchase from the publisher will normally be a download, refunds for the book will not normally be available. You will be able to contact the publisher should you need any help with accessing your copy.

### Can I call myself a sexologist?

There are no particular regulations governing the title of “sexologist” to the best of our knowledge. However, this course is meant to be a professional development course for existing professionals or those preparing to enter one of the helping professions or relevant educational careers.

From the core textbook: “*Some of those who study sexuality identify as sexologists, but most identify professionally as psychologists, biologists, anthropologists, sociologists, historians, and so on with an interest in some aspect of sexuality.*” For the UK, we would add that students of sexuality practising in the private sector would mostly identify as counsellors, hypnotherapists or psychotherapists, having the appropriate professional qualifications.

In principle we neither approve nor disapprove of the use of the title “sexologist”, though we would point out that like any other designation, it should not be used in a misrepresentative, ostentatious or sensationalist way. Sexologists are usually academics researching or teaching the field in universities as part of psychology, social studies or other disciplines. Medical sexologists are *medical doctors* specialising in sexual medicine. In the UK, counsellors and psychotherapists specialising in sexual and relationship counselling and therapy tend not to use the title “sexologist” as their main designation, as evidenced by the titles of the major training courses in the area of psychosexual counselling and therapy. We suggest that you retain your existing professional title(s) and add Dip. Sexol. to your profile to indicate your knowledge of this area. To use the word “sexologist” to imply that you can counsel or treat people in any way if you are not qualified to do so would be grossly misrepresentative, and we will not support such use.

Example of ethical and discreet use of the qualification: *Joe Bloggs, Dip. Hyp., Dip. Couns., Dip. Sexol., Hypnotherapist and Counsellor specialising in psychosexual problems and relationship issues.*

Some people may wish to take the Diploma for background study before applying to a professional training course in psychosexual therapy or counselling, or a relevant Master’s degree, as it may influence the chances of being accepted for such a course to show that you have acquired the knowledge that our Diploma contains and have a serious interest in becoming a helping professional.

### Training in becoming a sexual and relationship therapist

Becoming a qualified specialised sexual and relationship therapist in the UK is normally by completing a lengthy, classroom-based specialist counselling or psychotherapy course plus a

period of appropriate supervised practice and presentation of case studies, and there are at least six well-established accredited training bodies providing such courses.

Links to the websites of possible training organisations will be provided in the Course Manual as a guide to future career training.

### Bonus resource appendices

The Course Manual will include a series of bonus resource appendices that are not examined but are for reference by students who wish to pursue further knowledge of an area or to obtain a quick summary of relevant issues. Further appendices will be added from time to time and will be available as handouts.

The typical format of a resource appendix will be a bibliography and also links to relevant on-line articles, the latter giving the student the opportunity of immediate reading about various perspectives on the topic. These resources are additional to the various links provided throughout the course.

At the time of writing the following appendices are being prepared:

- Training in Psychosexual Counselling and Psychotherapy (with links to various training organisations)
- Sexual attitudes in Judaism (relevant to the discussion of Abrahamic faiths and their influence on sexuality which is covered in the core textbook, and useful to those with a Jewish clientele or the student interested in comparative religion/ sociology of religion/ anthropology)
- Sexuality and Autism/ Asperger's Syndrome
- Free Resources in Psychosexual Counselling and Psychotherapy – links to free publications for professionals provided by the website of a professional psychotherapy organisation. Books available include a textbook on Sexual Attitude Restructuring. Also includes links to publications on psychology, hypnotherapy, psychoanalysis, child therapy, etc. A very useful resource.

### How to Apply for the UKCHT Diploma in Sexology

Before you apply, please ensure that you have the full tuition fee available and that you have the time to commence the course shortly. If your application is accepted we will send you a PayPal request for payment. If payment is not received within seven days, the application will be cancelled automatically.

Here is the link to the application form for the UKCHT Diploma in Sexology:

<http://www.ukcht.uk/pages/appform2018-2.docx>

If we have emailed you this prospectus, we will normally also attach a copy of the application form.

Please return the completed application form by email to [info@ukcht.net](mailto:info@ukcht.net)

Or by post to:

UK COLLEGE OF HOLISTIC TRAINING  
27 Old Gloucester Street  
London WC1N 3AX  
United Kingdom

Please do not enclose any payment with the form if sending by post. We will ask you to pay the fee on acceptance.

*We prefer to receive applications by email!*

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UKCHT is not responsible for the content of any external websites featured in this prospectus.

Contact details:

UK COLLEGE OF HOLISTIC TRAINING

27 Old Gloucester Street

London WC1N 3AX

United Kingdom

Email [info@ukcht.net](mailto:info@ukcht.net)

Telephone 020 7060 2283

Website [www.ukcht.uk](http://www.ukcht.uk)

Mailing list subscriptions <http://www.ukcht.uk/subscribe.html>

Terms of trading <http://www.ukcht.uk/terms.html>

Privacy policy <http://www.ukcht.uk/privacy.html>