

Name of university, Name of faculty: Trnava University
Faculty of Philosophy and Arts

INFORMATION SHEET OF THE SUBJECT

Code: YPSm109	Name: Career counseling		
Cover: Department of Psychology			
Type of educational activity: Seminar		Number of credits: 3	Recommended semester: WT
Scope of educational activity (in hours): Weekly: 2 For term of study: ZS 46			Study grade:
Method of educational activity: Combined			
Recommended semester	Study programme		
1.year WT	Psychology (YPSYCH-Mgr)		
2.year WT	Psychology (YPSYCH-Mgr)		
Underlie subjects:			
Conditions for passing the course:			
Method of evaluation: Completion by a continuing assessment			
Continuous evaluation: Active participation in seminars – 30%			
Semester paper on a selected topic in the field of psychological sexology – 70%			
Final evaluation:			
Finished: Grading Scale:			
A: minimum 93 points			
B: minimum 86 points			
C: minimum 79 points			
D: minimum 72 points			
E: minimum 65 points			
Learning outcomes:			
The aim of the course is to provide students with a comprehensive perspective on human sexuality from a psychological standpoint. The course focuses on psychological factors influencing sexuality, intimate relationships, and sexual behavior, while also considering biological, sociocultural, and ethical aspects.			
Upon completion of the course, the student will be able to:			
understand the fundamentals of human sexuality from psychological, biological, and sociocultural perspectives;			
discuss developmental, cognitive, and emotional factors influencing sexuality;			
identify and analyze common sexual problems and dysfunctions;			
critically evaluate research in the field of psychology of sexuality;			
apply knowledge to support healthy sexual development and address issues in sexual relationships.			
Schedule of subject:			
1. Introduction to Psychological Sexology Definition and significance of studying sexuality Historical development of sexology and the psychology of sexuality			
2. Biological Foundations of Sexuality Neuroendocrine processes and their influence on sexual behavior Evolutionary aspects of sexuality			
3. Development of Sexuality Across the Lifespan Sexuality in childhood, adolescence, adulthood, and old age Gender identity and sexual orientation			
4. Psychology of Intimate Relationships Mechanisms of attraction and love			

Sexual communication and relationship dynamics

5. Sexual Dysfunctions and Problems / Diagnosis

Psychological factors of sexual dysfunctions

Diagnosis and treatment (psychotherapy, counseling approaches)

6. Sexuality and Psychopathology / Diagnosis

Sexuality in the context of mental disorders

Paraphilias and atypical sexual behavior

7. Sociocultural Aspects of Sexuality

Influence of culture, religion, and media on sexuality

Sexual norms and taboos

8. Ethics and Law in Sexology

Ethical dilemmas in sexual therapy and research

Protection of rights and consent in sexual behavior

9. Current Challenges in Psychological Sexology

Technology and sexuality (online dating, pornography, etc.)

Gender diversity and inclusive approaches

Recommended reading:

- Heretik et al. (2016). Klinická psychológia (časť psycho.sexuológia)

- Weiss, P. et al. (2010). Sexuologie

- Lehmiller, J. J. (2023). The psychology of human sexuality. John Wiley & Sons.

Levounis, P., & Yarborough, E. (Eds.). (2020). Pocket guide to LGBTQ mental health: understanding the spectrum of gender and sexuality

- Diamond, J. (2005). Proč máme rádi sex. Evoluce lidské sexuality

- Kockott, G; Farnerová E.M. (2001). Sexuálne poruchy u muža

- Kratochvíl, S. (1999). Léčení sexuálních dysfunkcí

- Kratochvíl, S. (2000). Manželská terapie

- Kratochvíl, S. (2012). Sex jako obohacení života

- Weiss, P. (2002). Sexuální deviace

- Zvěřina, J. (2003). Sexuologie (nejen) pro lékaře

- Výskumné články z časopisov, ako je Archives of Sexual Behavior alebo

Journal of Sex Research.

Language requirements: Slovak

Notes:

Course evaluation:

Assessed students in total: 0

A	B	C	D	E	FX
0%	0%	0%	0%	0%	0%

Lecturers:

Mgr. Veronika Kohútová, PhD., lecturer, instructor, seminary supervisor

Date of last change: 01.09.2025

Approved by: prof. Mgr. Peter Halama, PhD.