

Name of the curriculum	Follow-up training in sexual counseling
Curriculum group	Social work and counseling
The basis for curriculum development	<ul style="list-style-type: none"> <li>• Council of Europe. (2007) The Council of Europe Convention on Protection of Children against Sexual Exploitation and Sexual Abuse. Lanzarote.</li> <li>• Directive 2011/93/EU of the European Parliament and of the Council of 13 December 2011 on combating the sexual abuse and sexual exploitation of children and child pornography and replacing Council Framework Decision 2004/68/JHA</li> <li>• IATSO. (2000) Standards of Care for the Treatment of Adult Sex Offenders of the International Association for the Treatment of Sexual Offenders. General Assembly of the International Association for the Treatment of Sexual Offenders, Toronto.</li> <li>• IATSO. (2006) Standards of Care for Juvenile Sexual Offenders of the International Association for the Treatment of Sexual Offenders. General Assembly of the International Association for the Treatment of Sexual Offenders, Hamburg.</li> <li>• Kallip, K., Eelma, S., Haldre L., Kastepõld-Tõrs, K., Viks-Binsol, P. (2022) Ennast või teisi kahjustava seksuaalkäitumisega laste ja noorte mõjutamine kriminaaljustiitsüsteemis. Civitta Estonia AS, Tartu.</li> <li>• Kraas, K. &amp; Tammiste B. (2016) Seksuaalkuritegusid toime pannud alaealistele mõeldud erisekkumise vajaduse ja võimaluste analüüs. Kriminaalpoliitika analüüs, 8. Ministry of Justice, Tallinn.</li> <li>• Tammiste, B. (2020) Analysis and proposals for the development of the criminal record in relation to sex offenders. Kriminaalpoliitika lühianalüüs, 5. Ministry of Justice, Tallinn.</li> <li>• Part, K., Oidermaa, A-K., Sisask, M., Pertel, T., Hunt, K., Meigas, D., Raudsepp, T., Suurtee, A., Külm, K-L., Mark, L., Kaoküla, I. &amp; Kereme, H. (2015) Noorte tervisealase internetinõustamise kvaliteedistandardid: Juhend kvaliteediindikaatorite määratlemiseks ja mõõtmiseks seksuaaltervise ja vaimse tervise veebinõustamise näitel. Eesti Seksuaaltervise Liit, Peaasi; Tallinn.</li> </ul>
Language of instruction	The training takes place in English and/or Estonian.
Learning objective	As a result of the training, the person who has completed the training responds to the appeals received in the internet environment, analyzing the problem and giving professional advice based on the knowledge acquired during the training, the legislation in force in Estonia, and modern scientific and medical approaches on the topics of inappropriate sexual behavior.
Target group	Psychologists, psychiatrists, psychotherapists, (mental health) nurses, doctors and other healthcare professionals, specialists who provide sexual counseling services (including youth counselors).
Conditions for starting studies	<p>The participant has completed the basic training of sexual counselors or has completed professional training in the field of sexual behavior in the amount of at least 20 ECTS (400 acad/h). The participant has at least a bachelor's degree in a social or health field. The participant contributes or is willing to contribute to (internet) counseling as a counselor for minors and adults with sexually deviant behavior.</p> <p>A sufficient level of English is required to participate in the study (some lectures may be held in English).</p>

Study volume and structure (in academic hours)	<table> <tr> <td>Total amount of study in academic hours:</td><td>120 acad/h</td></tr> <tr> <td>Volume of classroom work in academic hours:</td><td>80 acad/h</td></tr> <tr> <td>Including the volume of practical work in academic hours:</td><td>0 acad/h</td></tr> <tr> <td>Including the amount of independent work in academic hours:</td><td>40 acad/h</td></tr> </table>	Total amount of study in academic hours:	120 acad/h	Volume of classroom work in academic hours:	80 acad/h	Including the volume of practical work in academic hours:	0 acad/h	Including the amount of independent work in academic hours:	40 acad/h
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Learning outcomes	<p>Upon completion of module I:</p> <ul style="list-style-type: none"> <li>Understands the diversity of sexuality, gender, and relationships (including in different cultures and religions) and distinguish between normal and inappropriate sexual behavior.</li> </ul> <p>Upon completion of module II:</p> <ul style="list-style-type: none"> <li>Analyzes the legality of sexual behavior according to the regulations in force in Estonia, knows how to justify their assessment, and knows legal options for changing behavior (e.g., probation, behavior control, etc.).</li> </ul> <p>Upon completion of module III:</p> <ul style="list-style-type: none"> <li>Distinguishes sexual orientation and sexual function disorders, including their diagnosis and treatment options.</li> </ul> <p>Upon completion of module IV:</p> <ul style="list-style-type: none"> <li>Applies risk assessment methods to plan safe behavior and guides the counselee in making changes.</li> <li>Relates the causes of sexually deviant and criminal behavior to theoretical starting points.</li> </ul> <p>Upon completion of module V:</p> <ul style="list-style-type: none"> <li>Distinguishes the sexually inappropriate behavior of minors and adults and its causes.</li> <li>Describes the possible consequences of sexual misconduct for victims.</li> </ul> <p>Upon completion of module VI:</p> <ul style="list-style-type: none"> <li>Analyzes given cases (including their own personal assessments of them) based on the standards of sexual and counseling ethics and answer the most common questions about sexually deviant behavior.</li> </ul>								
Learning content	<p><b>Module I - Introduction</b></p> <ul style="list-style-type: none"> <li>Diversity of sexuality, gender, and relationships.</li> <li>Sexuality in different cultures and religions.</li> <li>Conventional and inappropriate sexual behavior, dealing with boundaries in different cultures, including in the context of Estonia.</li> <li>Noticing and becoming aware of one's own attitudes and values and its impact on the sexual counseling process.</li> </ul> <p><b>Module II - Legal Foundations</b></p> <ul style="list-style-type: none"> <li>The border between legal and illegal sexual behavior in Estonian legal practice (practical examples based on case studies).</li> <li>Sexual crimes in Estonian legal practice (compositions of the crime, procedural process, etc.) and notification requirements.</li> <li>Distinguishing between erotica and pornography.</li> <li>Child pornography - how do perpetrators get hold of this material, and what are the actions of law enforcement agencies to prevent/detect it.</li> </ul>								

	<ul style="list-style-type: none"> <li>• Legal options for changing behavior (e.g., probation, behavior control, etc.).</li> </ul> <p><b>Module III - Medical treatment of sexual disorders</b></p> <ul style="list-style-type: none"> <li>• Sexual orientation disorders, their diagnosis, and psychiatric drug treatment.</li> <li>• Sexually deviant behavior disorders and disorders that may involve sexually deviant behavior.</li> <li>• Sexual dysfunction.</li> </ul> <p><b>Module IV - assessment and rehabilitation of sex offender behavior</b></p> <ul style="list-style-type: none"> <li>• Theoretical and biological bases of sexual deviant and criminal behavior and explanatory theories.</li> <li>• Recidivism risk assessment and security planning.</li> <li>• Mechanisms and patterns of denial.</li> <li>• Basics of rehabilitation.</li> </ul> <p><b>Module V - sexual deviant behavior of minors and trauma experience</b></p> <ul style="list-style-type: none"> <li>• Sexually deviant behavior of minors and response to it.</li> <li>• Sexual abuse and trauma.</li> </ul> <p><b>Module VI - Seminar</b></p> <ul style="list-style-type: none"> <li>• Principles and methods of sexual counseling, case analysis.</li> <li>• Sexual ethics and counseling ethics, case discussion.</li> <li>• Questions that come to sexual counseling and their solution in the form of group work are more typical.</li> </ul>
Learning methods	The learning methods are described by the training provider as a result of the execution of the procurement contract.
Description of the learning environment	<p>The training takes place as contact training in classrooms or online for one day or two consecutive days for 20 weeks. A maximum of one module per two weeks.</p> <p>On contact study days, the training takes place in a room with suitable conditions for study.</p> <p>The size and layout of the training room allow participants and the trainer to move around freely and divide into groups (group work and joint activities).</p> <p>The training room has presentation equipment (Data projector with cable and HDMI connection, screen, speakers), permanent internet connection, flipchart, papers, pens, markers, and the possibility and means of attaching group work to the wall.</p> <p>Drinking water is available in the training room. A coffee break is available in the training room or in its immediate vicinity.</p> <p>The training room is illuminated by natural daylight.</p> <p>The air conditioner ensures a comfortable climate in the training room.</p> <p>Participants will be informed about parking arrangements.</p> <p>On training days held in the online environment, the trainer ensures an optimal video bridge connection, taking into account the size of the group, which allows registering the list of participants on each training day. If the online environment does not allow automatic registration, the trainer is responsible for registering the participants and forwarding the list of participants for each training day to the subscriber.</p>
Independent work	The learning methods are described by the training provider as a result of the execution of the procurement contract.

Learning materials	<p>Mandatory sources:</p> <ul style="list-style-type: none"> <li>• Frans, E. (2020) Sensoa lipusüsteem: Laste ja noorte lubamatule ja sobimatule seksuaalkäitumisele reageerimine. Ed. Part, K., Rumvolt, L., Pertel, T. &amp; Janter, K. Social Insurance Board, Tallinn.</li> <li>• <a href="https://intra.tai.ee/images/TE_konverents_2021_ettekanded/Lop_usesioon/Erika_Frans.pdf">https://intra.tai.ee/images/TE_konverents_2021_ettekanded/Lop_usesioon/Erika_Frans.pdf</a></li> <li>• Penal Code. SG I 2001, 61, 364.</li> <li>• To explain and diagnose ICD 11 and/or DSM V paraphilic disorders</li> <li>• <a href="https://ecpat.org/luxembourg-guidelines/">https://ecpat.org/luxembourg-guidelines/</a></li> <li>• <a href="https://www.goodlivesmodel.com/">https://www.goodlivesmodel.com/</a></li> <li>• Sootak, J. &amp; Pikamäe, P. (2021) Penal Code: Annotated edition. Juura, Tartu.</li> </ul> <p>Other learning materials are named and prepared by the training provider as a result of the execution of the procurement contract.</p>
Requirements for completing studies, including evaluation methods and evaluation criteria	<p>80% participation in modules. Absence from the training day is allowed with prior notice, and the trainer provides additional independent work for each module, the submission of which is mandatory. All independent work and other work to be evaluated has been submitted on time at a sufficient threshold.</p> <p>The evaluation methods and criteria are described by the trainer in the offer.</p>
Document issued upon completion of studies (certificate)	Certificate
A description of the qualification or study and work experience that ensures the trainer's competence	<p>Trainers must meet the following requirements:</p> <ul style="list-style-type: none"> <li>• The facilitator of Module II has in-depth knowledge of the Estonian Penal Code regarding offenses against sexual self-determination and minors and has been in the role of prosecutor, defender, or persecutor in criminal proceedings for the aforementioned offenses in Estonia for the past five years (provide case number(s)).</li> <li>• The facilitator of modules III, IV, and V has a higher education in psychology (master's degree or an equivalent level of education) and a minimum of 3 years of work experience with patients with sexual deviations within the last five years or psychiatric training and a minimum of 3 years of work experience as a psychiatrist within the last five years, including special knowledge of sexual orientation disorders and sexually deviant behavior.</li> <li>• At least one has experience in assembling training materials and conducting training in the last five years.</li> <li>• All have higher education and special knowledge of sex offenders or sexually deviant behavior and practical contact with the target group within the last five years.</li> </ul>
Time of confirmation of the curriculum	2024