

## Report

### PURPOSE OF THE STSM:

In my society sexuality is covered with mystery and negative message this makes more difficult for people to ask questions and take information about sex issues. Most of my students find extremely difficult to talk about sex for them sexuality is a sensitive and awkward topic that raises feelings of embarrassment, shame or inadequacy. In our school system, sex is just not a tolerated topic for conversation, sadly a lack of sex education means most of them don't even have relatively basic information on how to protect themselves for Sexual Transmitted infections including HIV. In our academic program at University of Social Sciences, we don't have a program regarding Sexuality and Sexology.

- The purpose of this STSM is to learn how to design the Sexology Master for students of Social Science University in Tirana.

### DESCRIPTION OF WORK CARRIED OUT DURING THE STSMS

I visit the Centre for Sexology and Sexuality (CSS), studies at Malmö University on February, 24, 2000-February,29, 2000. The CSS is hosted by the Department of Social Work at the Faculty of Health and Society. The CSS was established in January 2014, the open of the CSS was continue to strengthen education and development of professionals in sexology after the Master of Sexology. The principal research team at the CSS has organized undergraduate courses and graduate programs in sexology and sexuality studies for more than ten years.The CSS aims to encourage researchers to carry out interdisciplinary research on sexology and sexuality from different perspectives as medical, clinical, humanistic and social sciences, and also to facilitate multidisciplinary and interdisciplinary collaboration in this field between researchers at different levels as a community, national and international. According to CSS Report<sup>1</sup>, 2018 the general scientific goal is to study the complexity of human sexuality, with a basis in social constructivism, but including medical, psychological and clinical sexological perspectives.

#### **February 24.**

- My first meeting was with Director of the CSS Prof Charlotta Holmström, and Julia Linde Administrative Researcher at CSS. They explain to me the aim, objectives, ongoing projects, the role of CSS, and the work they do to make CSS visible to all levels. Ongoing projects at the Centre for Sexology and Sexuality Studies have a qualitative approach using interviews, field observations and focus group methods, also questionnaires, vignettes, and case study methods are also used. Projects are divided into three main topics:

**Gender, sexuality, and norms-** how the vision of society influence sexuality across legislation, moral regulation, and discourse.

Migration and sexual and reproductive health and rights.

Religion, sexuality and gender Equality

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<sup>1</sup> Evaluation Report, January, 2014-March, 2018.

The attitude of the general population regarding HIV

Sexual consent

Fatherhood, gender and intimacy

**Sexual and Reproductive Healths and Rights** – consider sexuality and reproductive health in the frame of Human Rights

Female genital cutting

Infertility

Sexual health in relation to treatment and rehabilitation within the health care system

Sexual problems and sexual health among young people

**Sexual, Vulnerability and Social Problems** – this is focused more on intervention and prevention relating to sexuality

Sex for compensation

Vulnerability and Sexual Health

Sex Violence

Sexual and Reproductive Health in vulnerable young groups

The CSS organize on regular base external and internal seminars:

1. The public seminars are open to the public and targeted at a broad audience and have included presentations from both invited speakers from other universities and CSS members
2. Internal research seminars have in focus to present and discuss ongoing research with fellow researchers affiliated to CSS which produce productive discussions among Ph.D. students, researchers, and senior scholars.

In the last years, CSS center has organized each year international conference regarding Sexology and Sexuality issues.

### **February, 25.**

- I have a meeting in the morning with Dr. Aje Carlborn, Master Program Manager, and also his area of research is religion and culture influence on sexual and reproductive behaviors. Mr. Carlborn gives a broad picture of the Master Program on Sexology, and explains to me each course. The Master Program on Sexology started in 2007, and it was the first and the only of its kind in the Nordic countries. The master program has focused on people who are already working as psychologists, physicians, counselors, midwife or nurses. The MA programs in sexology provide students with an in-depth comprehension of different cultural views on sexuality. Master Program on Sexology is a four-year program, and it has 11 demand courses, three of the courses are clinical (3, 5, 11). The academic year is divided into two parts autumn and spring session. Each course is twice a month. Each mentor has up to three students. After finish, the Master Program in Sexology the students obtain the diploma on MA in Sexology.

Each year, students select two representative students who meet with Master Program Manager to present their needs or challenges they are facing during the program.

The lectures in the Master's program meet every month and share their experience and discuss the challenges they face.

- The second meeting was with Ass. Professor Eva Elmerstig, midwife, sex therapist and Professor of Clinical Courses in Sexology Master Program. She has focused on vaginal pain during vaginal intercourse in young Swedish women. She explains the PLISSIT

model of sex therapy. It is a modeling system used in the field of sexology to determine the different levels of intervention for individual clients.

### **February, 26**

- The first meeting was with Maja Bodin. She is doing her post-doctoral studies. She is involved in CSS research “How to improve the fertility in the man 20-40 years old”. It is a qualitative Danish –Swedish research. The fertility in Sweden alters but has long been below the level of 2.1 children per woman. Nowadays people in Sweden have their first child on average five years later than in the 1970s. Due to the increased middle age, people give birth to children one after another, in a short period so they need more help with assisted conception. The purpose of the project is to obtain profound knowledge and increase understanding of how people of different ages think, and how they have previously thought, regarding fertility and family formation and understanding what information and factors are important for people's attitudes and decisions about reproduction through interviewing people from different generations and at different stages in life.
- The second meeting, it was with Torbjörn Skoglund-Nyberg counselor in Youth Center at Malmo. He explains to me about the HIV situation in Sweden, the route of transmission and the most vulnerable group of the population regarding HIV. He explains the procedure of HIV testing and counseling in two scenarios: 1) when the youth is recommended from health providers for HIV testing and 2) when the youth is coming volunteer for HIV testing. In the Sweden the youth didn't need the permission of parents for HIV testing, but if the youth result HIV+ the parents are notified.

### **February, 27**

On this day, I have meetings organized in two focus groups.

- The first was with Ph.D. students working on CSS research. Ph.D. students were Camilla Larson Palm, Camilla Ivarsson, and Nada Amroussia, Ylva Grönlund), and second with MA students. In the first meeting, I learn about their projects. The Projects were about Female Genital Cutting, Migration and Sexual and Reproductive Health, Sexual Health in LGBT migrants and the Purchase of sex by men. All projects were qualitative research based on focus groups and individual interviews. All of the Ph.D. students want to learn how to use the software to analyze the qualitative dates.
- The second meeting was with two MA students. I tried to understand their view regarding Sexology MA. Students like more clinical courses and they have more difficulties in the research method course. The multidisciplinary class helps them to see a problem from different perspectives. They appreciate the recommended literature given by lectures and the way how the recommended literature was distributed. The student expresses the difficulty to create the connection to each other because the classes it was 2 times per months, and also they would like to have more study visit.

### **February, 28.**

- I participate in the breakfast meeting where CSS staffs, Ph.D. students and post-doctoral students work together in the same room all day in their projects, and also they interact

with each other. I have the opportunity to make a short presentation of my work and my research.

**February, 29**

- I visit the Center “Positive Group of PLWH”, and I have a meeting with the coordinator of the Center. The Center “Positive Group of PLWH” has objectives
  - To support PLWH
  - To help them to understand what does mean to live with HIV
  - To help them to adapt with new health status and to refer them for necessary services
  - Raise their awareness about HIV transmission, and the importance of good adherence in therapy.
  - To promote positive attitudes
  - To find partners

The HIV law in Sweden has changed in 2016. Today in Sweden PLWH in ART has no obligation to tell their sexual partners about their HIV status.

The biggest issue that Center ”Positive Group of PLWH” was how to make visible for PLWH their Center, also they were opened for the research regarding Sexual behaviors of PLWH in Sweden.

**DESCRIPTION OF THE MAIN RESULTS OBTAINED**

I learned that we should follow 5 steps for designing the Sexology Master Program

1. Outline the Program Objectives

1. To select people from different disciplines this would help to have a multidisciplinary approach to Sexuality.

2. To learn how to define and explain sexuality through an Interdisciplinary approach.

To study sexual anatomy and physiology, the male and female sexual responses, sexually transmitted diseases, sexual dysfunctions, psychosexual development, the process of building sexual identity and the determination of sexual roles.

To carry out tasks related to the prevention of sexually transmitted diseases and health education, and to promote the good clinical practice and the use of scientific evidence among sexologists.

2. Syllabus of Master Program

First year		Second Year		Third Year		Four year	
Autumn Semester	Spring Semester	Autumn	Spring	Autumn	Spring	Autumn	Spring
Course 1	Course 3	Course 5	Course 7	Course 9	Course 11	Write thesis	
General information what is Sexology	Diagnose of Sexual Dysfunction	Sexual Prevention Models and Counseling Sexual Problems	Sexuality in words and Picture	Epistemology- Research Methods	Counseling for people with sexual dysfunction		

Course 2	Course 4	Course (choose 6A or 6B)	Course 8	Course 10		
		6 A				
Physiology how influence Sexual Motivation	Sexual Lifestyle	Substance abuse how influence Sexual Behaviors	Sexual Health and Global Perspective about Sexual Health	Culture, Politics and Sexology		
		6 B				
		Sexuality and Disabilities				

3. Define the teaching strategy

The teaching strategies should be seen as strategic agents working within certain social contexts, on various levels. The teaching strategies should be flexible according to the students' understanding and needs.

4. Determine how you will evaluate student learning

The Master program has no grades but just (failed, approved or great approved), the final evaluation takes account of students' active presence in class, paper, and exam.

5. What materials we should use

Depending on the lecture who designs the course, after evaluating the needs of the students.

**FUTURE COLLABORATIONS (if applicable)**

Albania is the country that has little research in Sexology and Sexuality. So we discuss the possibility of further collaboration.

1. if students of Sexology Master in Malmo would be interested to develop their research in different NGOs in Albania, I would be happy to connect them.
2. if would have any international project, in which Albania could be included I would be happy to be a focal point for it
3. if the Sexology Master shortly would be in English me and many of colleagues would be interested to follow it.
4. To submit the paper in the next conference of Sexology