

Having the Conversation - **PLISSIT**



Permission

Limited **I**nformation

Specific **S**uggestions

Intensive **T**herapy

Assessment - DOUPE

Detailed Description

Onset

Understanding

Past

Expectations



www.tenor.com

Referring and Consulting

Credentials You'll See...

- CST - Certified Sex Therapist
- CSE - Certified Sex Educator
- CSC - Certified Sexuality Counselor
- CSAT - Certified Sex Addiction Therapist



AASECT - American Association of Sex Educators, Counselors, & Therapists

www.aasect.org

WWW.NEWTONPSYCH.COM

Becoming an AASECT Certified Sex Therapist

Education: Masters or doctoral degree in a clinical discipline (e.g., marriage and family therapy, social work, counseling, psychology, psychiatry) that includes psychotherapy training.

Clinical Certification or Licensure: Must hold a state regulatory license in the state in which the applicant practices.

Human Sexuality Education, Core Knowledge: (90) clock hours of academic coursework in sexuality education.



Becoming an AASECT Certified Sex Therapist

Sex Therapy Training: Sixty (60) clock hours of training in how to effectively carry out (do) sex therapy with patients/clients whose diagnoses include the ‘Psychosexual Disorders’ described in the current edition of the *Diagnostic and Statistical Manual (DSM)* of the American Psychiatric Association.

Sexual Attitudes Reassessment: Ten (10) clock hours of structured group experience consisting of a process-oriented exploration of the applicant’s own feelings, attitudes, values, and beliefs regarding human sexuality and sexual behavior [e.g., a *Sexuality Attitude Reassessment (SAR)*].

Becoming an AASECT Certified Sex Therapist

Clinical Experience: Three hundred (300) hours of AASECT supervised clinical treatment of patients/clients who present with sexual concerns.

Supervision: A minimum of fifty (50) hours of supervision with an AASECT Certified Supervisor of Sex Therapy.

