**General Human Sexuality Educational Requirements (no less than 90 clock hours, \*indicates 3 hours of training required**

**Please fill out training details below. Add rows as needed.**

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| 1. **Sexual Development, Anatomy, Physiology and Reproduction** | | | | | | | | | |
| 1. Sexual Development across the life-span from a biological, psychological, and social perspective\* 2. Sexual and Reproductive anatomy and physiology\* | | | | | | 1. Sexual response cycle and models of sexual desire\* 2. Theories explaining individual differences in sexuality\* 3. Conception and Childbirth | | | |
| **a.** | **b.** | **c.** | **d.** | **e.** | **Course/Training and Presenter** | **Date** | **Hours** | **Education Group** | **CE Body (e.g. APA, NBCC, NASE, ASWB)** |
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| 1. **Sexual Health Challenges** | | | | | | | | | |
| 1. The Influence of Health and Medical Factors on Sexuality\* 2. Sexual functioning challenges and dysfunctions\* 3. The interaction of substance use/abuse and sexuality\* | | | | | | 1. Sexually transmitted Infections \* 2. Sexual Exploitation, abuse, harassment and assault \* | | | |
| **a.** | **b.** | **c.** | **d.** | **e.** | **Course/Training and Presenter** | **Date** | **Hours** | **Education Group** | **CE Body (e.g. APA, NBCC, NASE, ASWB)** |
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**Please fill out training details below. Add rows as needed.**

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| 1. **Sexual Identity and Expression** | | | | | | | | | | | |
| 1. Issues related to sexual orientation and impacting sexual minorities\* 2. Issues related to gender identity and gender roles\* 3. Diverse sexual expression and lifestyles\* | | | | | | | | 1. Social, Economic, cultural, religious/spiritual, and familial factors influencing sexual behaviors and values\* 2. The interaction of technology and sexuality\* 3. Pleasure enhancement skills, techniques and tools\* | | | |
| **a.** | **b.** | **c.** | **d.** | **e.** | **f.** | **Course/Training and Presenter** | **Date** | **Hours** | **Education Group** | **CE Body (e.g. APA, NBCC, NASE, ASWB)** |
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| 1. **Intimacy and Relationships** | | | | | | | | |
| 1. Category: Relationship dynamics and intimacy skills\* 2. Sexual Communication between partners\* | | | | | 1. Negotiating differences in sexual desire, interests, preferences, and values between partners\* 2. Models of effective communication | | | |
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| 1. **Professional Development** | | | | | | | | | | |
| 1. Ethics 2. Professional Communication skills\* | | | | | | | 1. History of the research, theory, and treatment concerning human sexuality 2. Methods and Principles of sexuality research 3. Careers in Human Sexuality | | | |
| **a.** | **b.** | **c.** | **d.** | **e.** | **Course/Training and Presenter** | **Date** | **Hours** | **Education Group** | **CE Body (e.g. APA, NBCC, NASE, ASWB)** |
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| **SARS or similar (must be 10 hours total, in no less than 3-hour increments** | | | | | |
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##### SASH offers a rigorous credentialing process that is unique to the sexual health industry. The SASH certifications are the only credentials in the industry that comprehensively address specific areas of sexual health.

SASH offers certification opportunities in [Problematic Sexual Behavior](https://www.sash.net/certified-problematic-sexual-behavior-therapist-cpsbt/) **(CPBST)**,  [Sexual and Relational Trauma](https://www.sash.net/certified-sexual-and-relational-trauma-therapist-csrtt/) **(CRSTT)**,  [Sexual Wellness](https://www.sash.net/certified-sexual-wellness-therapist-cswt/) **(CSWT)**, and [Sexual Offending](https://www.sash.net/certified-sexual-offender-clinician-csoc/) **(CSOC)**. Clinicians can apply for one or more of the specialized certifications to emphasize their experience and knowledge as a leading professional in the industry. All qualified clinicians possess a stock of general human sexuality knowledge.

To truly accentuate your knowledge, professionals holding three or more certifications can apply to be certified as a Distinguished Sex Therapist, communicating to the world your advanced expertise.

**Select the credential you are applying for and use the Specific Training form for your selected credential.**

***ADD ROWS AS NEEDED to your selected form***

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| **Certified Sexual Relational Trauma Therapist (CRSTT) Specific Training** | | | | | | | | | | |
| 1. Psychological, biological, emotional, and social experiences of survivors in the aftermath of trauma and posttraumatic symptoms and etiology. (10 hours 2. Treatment methods specifically tailored to sexual abuse or assault survivors, with exposure to multiple theoretical perspectives. (20 hours) | | | | | | 1. Sexual resilience (health, empowerment, safety, and fulfillment) in the aftermath of trauma (15 hours) 2. Limits of Competence, ethics, legal concerns, and standards of care for sexual resilience in the aftermath of trauma (5 hours | | | | |
| **a.** | **b.** | **c.** | **d.** | **Course/Training and Presenter** | | **Date** | **Hours** | **Education Group & CE Body (e.g. APA, NBCC, NASE, ASWB)** | **SASH Approval** |
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| **Certified Sexual Wellness Therapist (CSWT) Specific Training** | | | | | | | | | | |
| 1. Theories and methods of sex therapy relating to sexual wellness and functioning (10hours) 2. Assessment and diagnosis of psychosexual disorders (10 hours) 3. Relationship intervention for problems implicating sex and intimacy (10 hours) | | | | | | 1. Sex therapy interventions techniques including arousal disorders, desire disorders, orgasmic disorders, paraphilic disorders, pain and discomfort, sexual orientation/identity, medical/disability concerns, and sexuality (25 hours) 2. Limits of Competence, ethics, legal concerns, and standards of care for sexual functioning and wellness therapy (5 hours) | | | | |
| **a.** | **b.** | **c.** | **d.** | **Course/Training and Presenter** | | **Date** | **Hours** | **Education Group & CE Body (e.g. APA, NBCC, NASE, ASWB)** | **SASH Approval** |
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| **Certified Problematic Sexual Behavior Therapist (CPBST) Specific Training** | | | | | | | | | | |
| 1. Multiple Theories of PSB and its Etiology (10 hours ) 2. Assessment and Diagnosis related to PSB (10 hours) 3. Method of Clinical Intervention for Problematic Sexual Behavior (20 hours) 4. Treatment for Affected Family Members (10 hours) | | | | | | 1. Factors related to sexual diversity (5 hours ) 2. Sexual Offender Evaluation and Treatment (5 hours) 3. Limits of Competence, ethics, legal concerns, and standards of care for problematic sexual behavior (5 hours) | | | | |
| **a.** | **b.** | **c.** | **d.** | **Course/Training and Presenter** | | **Date** | **Hours** | **Education Group & CE Body (e.g. APA, NBCC, NASE, ASWB)** | **SASH Approval** |
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| **Certified Sexual Offender Clinician (CSOC) Specific Training** | | | | | | | | | | |
| 1. Assessment including actuarial risk, arousal patterns, polygraph (15 hours) 2. Diagnostic concerns specific to sexual offending including paraphilic disorders, personality disorders, psychopathy (10 hours) | | | | | | 1. Treatment of sexual offenders including containment model, good lives model, impact on victims, impact on family members, chaperone training (20 hours) 2. Criminal justice system (5 hours) 3. Limits of Competence, ethics, legal concerns, and standards of care for sex offender assessment and treatment (5 hours) | | | | |
| **a.** | **b.** | **c.** | **d.** | **Course/Training and Presenter** | | **Date** | **Hours** | **Education Group & CE Body (e.g. APA, NBCC, NASE, ASWB)** | **SASH Approval** |
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