



OVERVIEW OF SASH CREDENTIALS

The SASH certifications are the only credentials in the industry that comprehensively address specific areas of sexual health. Clinical Professionals who seek to market to potential clients that they are expertly trained above and beyond competing providers in a specific area relating to sexual health and can therefore offer a specialized and deeper level of understanding in that area, may be interested in obtaining a SASH Credential in that area. In many cases, for active clinicians practicing in the field, several of an individual's credential requirements may already be met, making this specialized certification a valuable tool for little additional effort.

To emphasize their experience and knowledge as a leading professional in the industry, clinicians may apply for one or more of the following specialized certifications:

- Certified Problematic Sexual Behavior Therapist (CPSBT)**
- Certified Sexual Wellness Therapist (CSWT)**
- Certified Sexual and Relational Trauma Therapist (CSRTT)**
- Certified Sexual Offender Clinician (CSOC)**
- Distinguished Sex Therapist (DST)**

SASH maintains a standard that professionals need core knowledge about human sexuality and specific skills training in various topics to effectively work with a client. The following represent the general requirements and the core knowledge areas specific to this credential. It is not necessary to complete the General Knowledge Requirements prior to seeking the specific skills educational requirements.

Requirements for All Certifications

MEMBERSHIP

Current membership in the Society for the Advancement of Sexual Health (SASH).

EDUCATION/LICENSURE REQUIREMENTS

1. A medical degree (including Doctor of Osteopathic Medicine), advanced practice nursing degree, or a graduate degree in a field of behavioral health (e.g., psychology, social work, counseling, marriage, and family therapy) from an accredited university.
2. At least one year of licensure to practice independently as a mental health provider (e.g., licensed clinical psychologist, licensed psychiatrist, licensed professional counselor, licensed mental health counselor, licensed marriage and family therapist, licensed clinical social work, licensed psychiatric nurse practitioner, or equivalent) at the masters or doctoral level.
3. If the applicant holds a degree from a non-accredited institution or is practicing outside of the United States or in a United States territory, the applicant will provide documentation to demonstrate that the education and licensure that they have obtained is functionally equivalent to these standards.

GENERAL HUMAN SEXUALITY EDUCATION REQUIREMENTS

To be eligible for any of the SASH credentials, an individual must have coursework in the core knowledge areas listed below. These hours must be obtained from an accredited college or university, or alternatively from a continuing education organization, such as SASH, that is certified to provide CE credits from any of the approved organizations. At least ten (10) hours must be completed in-person or via synchronous e-learning.

Please note that the Credentialing Committee reserves the right to reject any educational credits, or to request additional education in any subject matter prior to awarding a certification.

Human Sexuality Core Knowledge Areas

1. Sexual Development, Anatomy, Physiology, and Reproduction
 - a. Sexual development across the lifespan from a biological, psychological, and social perspective
 - b. Sexual and reproductive anatomy and physiology
 - c. Sexual response cycle and models of sexual desire
 - d. Theories explaining individual differences in sexuality
 - e. Conception and childbirth
2. Sexual Health Challenges
 - a. The influence of health and medical factors on sexuality (e.g., illness and infection, disability, mental health, medications, contraception and safer sex practices, fertility struggles, pregnancy and childbirth, pregnancy termination, sexually transmitted infection, physical injuries)
 - b. Sexual functioning challenges and dysfunctions (e.g., discrepancy in partner desire, absence of desire, difficulties attaining or sustaining arousal, difficulties with sexual pain and penetration, and orgasm difficulties)
 - c. The interaction of substance use/abuse and sexuality
 - d. Sexually transmitted infections
 - e. Sexual trauma (e.g., exploitation, abuse, harassment, and assault)
 - f. Multiple theories of problematic sexual behavior
3. Sexual Identity and Erotic Expression
 - a. Sexual orientation
 - b. Gender identity and gender roles
 - c. Diverse sexual expressions and lifestyles (e.g., consensual non-monogamy, tantra, BDSM)
 - d. Social, economic, cultural, religious/spiritual, and familial factors influencing sexual behaviors and values
 - e. The interaction of technology and sexuality
 - f. Pleasure enhancement skills, techniques, and tools

4. Intimacy and Relationships
 - a. Relationship dynamics and intimacy skills
 - b. Sexual communication between partners
 - c. Negotiating differences in sexual desire, interests, preferences, and values between partners
 - d. Models of effective communication (e.g., verbal and non-verbal communication)
5. Professional Development
 - a. Ethics
 - b. Professional communication skills (concerning clients, colleagues, and students)
 - c. History of the research, theory, and treatment concerning human sexuality
 - d. Methods and principles of sexuality research
 - e. Careers in sexual health

SEXUAL ATTITUDES REASSESSMENT (SAR)

To be eligible for any of the SASH credentials, an individual must have completed a group experience of no less than ten clock hours in which the individual processes, explores, and reevaluates their own beliefs, feelings, values, attitudes, and trauma involving the topic of human sexuality and human sexual behavior. The experience may be done over multiple sessions, but each session must be conducted for a minimum of three (3) clock hours and must be conducted in a group setting.

For the experience to count as credit towards a credential, it must not have been conducted in the course of personal therapy. If the experience was conducted in the course of academic work, the participant must show that it was experiential in nature and not a lecture-based learning exercise. The individual must be a participant in the experience, and not a facilitator.

Approved Continuing Educational Providers

Training organizations approved by the following continuing education certifying bodies likely meet the educational requirements of the individual certifications offered by SASH. It is the responsibility of the training organization offering continuing education to maintain their status as an approved provider from these organizations.

- American Psychological Association (APA)
- Accreditation Council for Continuing Medical Education (ACCME)
- National Board for Certified Counselors (NBCC- ACEP)
- National Association of Social Workers (NASW)
- Association of Social Work Boards (ASWB-ACE)
- Association of Marriage and Family Therapists (AAMFT)
- NAADAC-The Association for Addiction Professionals
- State or local government organizations

Certified Problematic Sexual Behavior Therapist (CPSBT)

Clinical professionals seeking certification as a CPSBT have an interest in treating individuals struggling with problematic sexual behavior (PSB). These clinicians understand the nuances of PSB and know that only through very specific therapeutic approaches can someone heal.

SPECIFIC REQUIREMENTS

Initial Certification Requirements (in addition to General Prerequisite Requirements listed previously)

1. Complete a minimum of seventy (70) total hours of training in problematic sexual behavior in the past five (5) years. At least thirty-five (35) hours of this training must be completed in person or via synchronous video e-learning. The remaining may be completed either in person, or via distance learning. These hours must be obtained from an accredited college or university, or alternatively from a continuing education organization that is certified to provide CE credits from any of the approved organizations (see page #3). Please note that the SASH Credentialing Committee reserves the right to reject any educational credits or to request additional education in any subject matter prior to awarding a certification.

This training must meet the following minimum requirements:

- a. Multiple theories of problematic sexual behavior and its etiology
 - b. Assessment and diagnosis related to problematic sexual behaviors
 - c. Clinical intervention for problematic sexual behavior
 - d. Treatment for affected family members
 - e. Factors relating to sexuality in diverse populations (e.g., sexual minorities, age, ethnicity, homelessness, substance use population) and differentiating problematic sexual behavior within diverse populations
 - f. Sexual offender evaluation and treatment.
 - g. Limits of competence, ethics, legal concerns, and standards of care for treatment of problematic sexual behavior
- *Training in only one treatment methodology is not sufficient to meet these requirements. Must be able to document training in multiple (minimum of three) methodologies
2. Complete a minimum of three hundred-fifty (350) hours of direct clinical intervention with individuals or family members affected by problematic sexual behaviors.
 3. Complete at least thirty (30) hours of clinical supervision of treatment for problematic sexual behaviors.
 - a. Supervision may be conducted by any CPSBT Supervisor
 - b. Supervision may be conducted by someone who is a recognized expert in this subject matter who is not a predesignated CPSBT supervisor, as approved by SASH on a case-by-case basis. To have such a supervisor approved, the applicant must submit a *supervisor-special request* letter, along with a copy of the supervisor's vita and a statement of the qualifying nature of the supervision.
 - c. A minimum of ten (10) hours must be completed in individual (one on one) supervision. Two individuals can be counted toward individual supervision.
 - d. The remaining supervision can occur in groups no larger than six (6) supervisees.

* *Ongoing Certification Requirements may be found on SASH website (<https://www.sash.net/become-a-sash-certified-therapist/>)*

Certified Sexual Wellness Therapist (CSWT)

Clinicians with an interest in helping individuals understand sexual wellness and the interplay of desire, pleasure, arousal, intimacy, and other issues related to sexual well-being may seek CSWT certification.

SPECIFIC REQUIREMENTS

Initial Certification Requirements (in addition to General Prerequisite Requirements listed previously)

1. Complete a minimum of seventy (70) total hours of training in sexual wellness, dysfunction (physical and mental), and pleasure enhancement in the past five (5) years. At least thirty-five (35) hours of this training must be completed in person or via synchronous video e-learning. The remaining may be completed either in person, or via distance learning. These hours must be obtained from an accredited college or university, or alternatively from a continuing education organization that is certified to provide CE credits from any of the approved organizations (see page #3). Please note that the Credentialing Committee reserves the right to reject any educational credits or to request additional education in any subject matter prior to awarding a certification.

This training must meet the following minimum requirements:

- a. Theories and methods of sex therapy relating to sexual wellness and functioning.
- b. Assessment and diagnosis of psychosexual disorders
- c. Relationship intervention for problems implicating sex and intimacy.
- d. Sex therapy intervention techniques must include the following areas but can include others:
 - i. Arousal disorders
 - ii. Desire disorders
 - iii. Orgasmic disorders
 - iv. Paraphilic disorders
 - v. Pain and discomfort (e.g., Vaginismus, Dyspareunia)
 - vi. Medical and disability concerns and sexuality
- e. Limits of competence, ethics, legal concerns, and standards of care for sexual functioning and wellness therapy.

*Training in only one treatment methodology is not sufficient to meet these requirements.

2. Complete a minimum of three hundred-fifty (350) hours of direct clinical intervention with individuals or family members affected by problematic sexual behavior.
3. Complete at least thirty (30) hours of clinical supervision of treatment for problematic sexual behavior.
 - a. Supervision may be conducted by any CSWT Supervisor
 - b. Supervision may be conducted by someone who is a recognized expert in this subject matter who is not a predesignated CSWT supervisor, as approved by SASH on a case-by-case basis. To have such a supervisor approved, the applicant must submit a *supervisor-special request* letter, along with a copy of the supervisor's vita and a statement of the qualifying nature of the supervision.
 - c. A minimum of ten (10) hours must be completed in individual (one on one) supervision. Two individuals in supervision can be counted toward individual supervision.
 - d. The remaining supervision can occur in groups no larger than six (6) supervisees.

Ongoing Certification Requirements may be found on SASH website (<https://www.sash.net/become-a-sash-certified-therapist/>)

Certified Sexual and Relational Trauma Therapist (CSRTT)

Therapists seeking certification as a sexual and relational trauma therapist have a focus on improving the lives of survivors of sexually related trauma. These professionals are invested in helping the injured by the sexual behaviors of others to heal and relationships can be celebrated and optimized.

SPECIFIC REQUIREMENTS

Initial Certification Requirements (in addition to General Prerequisite Requirements listed previously)

1. Complete a minimum of seventy (70) total hours of training in sexual and relational trauma in the past five (5) years. At least thirty-five (35) hours of this training must be completed in person or via synchronous video e-learning. The remaining may be completed either in person, or via distance learning. These hours must be obtained from an accredited college or university, or alternatively from a continuing education organization that is certified to provide CE credits from any of the approved organizations (see page #3). Please note that the Credentialing Committee reserves the right to reject any educational credits or to request additional education in any subject matter prior to awarding a certification.

This training must meet the following minimum requirements:

- a. The psychological, biological, emotional, and social experiences of survivors in the aftermath of trauma and posttraumatic symptoms and etiology
- b. Treatment methods specifically tailored to sexual abuse or assault survivors, with exposure to multiple theoretical perspectives.
- c. Treatment methods specifically tailored to sexual relational trauma (e.g., infidelity), with exposure to multiple theoretical perspectives.
- d. Sexual resilience (health, empowerment, safety, and fulfillment) in the aftermath of trauma
- e. Concerning limits of competence, ethics, legal concerns, and standards of care for sex and relational trauma

*Training in only one treatment methodology is not sufficient to fully meet these requirements. Training in EMDR or other general trauma methodologies may count towards these hours.

2. Complete a minimum of three hundred-fifty (350) hours of direct sexual and relational trauma intervention with individuals or couples.
3. Complete at least thirty (30) hours of clinical supervision of sexual and relational therapy practice with individuals or couples.
 - a. Supervision may be conducted by any CSRTT Supervisor
 - b. Supervision may be conducted by someone who is a recognized expert in this subject matter who is not a predesignated CSRTT supervisor, as approved by SASH on a case-by-case basis. To have such a supervisor approved, the applicant must submit a *supervisor-special request* letter, along with a copy of the supervisor's vita and a statement of the qualifying nature of the supervision.
 - c. A minimum of ten (10) hours must be completed in individual (one on one) supervision. Two individuals in supervision can be counted toward individual supervision.
 - d. The remaining supervision can occur in groups no larger than six (6) supervisees.

* *Ongoing Certification Requirements may be found on SASH website (<https://www.sash.net/become-a-sash-certified-therapist/>)*

Certified Sexual Offender Clinician (CSOC)

Therapists seeking certification as a CSOC understand the unique qualities of this specialty and sexual offender treatments. The combined knowledge of clinical models/treatment and the legal system allow clinicians to be effective treatment providers.

SPECIFIC REQUIREMENTS

Initial Certification Requirements (in addition to General Prerequisite Requirements listed previously)

1. Complete a minimum of seventy (70) total hours of training concerning sexual offending in the past five (5) years. At least thirty-five (35) hours of this training must be completed in person or via synchronous video e-learning. The remaining may be completed either in person, or via distance learning. These hours must be obtained from an accredited college or university, or alternatively from a continuing education organization that is certified to provide CE credits from any of the approved organizations (see page #3). Please note that the Credentialing Committee reserves the right to reject any educational credits or to request additional education in any subject matter prior to awarding a certification.

This training must meet the following minimum requirements:

- a. Assessment, to include each of the following:
 - i. Actuarial risk assessment of sexual offenders
 - ii. Assessment of arousal patterns
 - iii. Polygraphy
- b. Clinical evaluation of sexual offenders, to include training specific to each of the following:
 - i. Case conceptualization
 - ii. Differences between contact and non-contact offenders
 - iii. Differences between juvenile and adult offenders
 - iv. Effects associated with intellectual and developmental disabilities, and identification of treatment factors
- c. Diagnostic concerns specific to sexual offending, to include:
 - i. Paraphilic disorders
 - ii. Personality disorders
 - iii. psychopathy
- d. Treatment of sexual offenders, to include (at a minimum):
 - i. Containment model
 - ii. Good Lives model
 - iii. Impact on victims
 - iv. Impact on family members
 - v. Chaperone training
- e. Criminal justice system
- f. Concerning limits of competence, ethics, legal concerns, and standards of care for sex offender assessment and treatment

*Training in only one treatment methodology is not sufficient to fully meet these requirements.

2. Complete a minimum of three hundred-fifty (350) hours of direct clinical intervention with individuals or family members affected by problematic sexual behavior.
3. Complete at least thirty (30) hours of clinical supervision of treatment for sexual behavior.
 - a. Supervision may be conducted by any CSOC Supervisor
 - b. Supervision may be conducted by someone who is a recognized expert in this subject matter who is not a predesignated CSOC supervisor, as approved by SASH on a case-by-case basis. To have such a supervisor approved, the applicant must submit a *supervisor special request* letter, along with a copy of the supervisor's vita and a statement of the qualifying nature of the supervision.
 - c. A minimum of ten (10) hours must be completed in individual (one on one) supervision. Two individuals in supervision can be counted toward individual supervision.
 - d. The remaining supervision can occur in groups no larger than six (6) supervisees.

* *Ongoing Certification Requirements may be found on SASH website (<https://www.sash.net/become-a-sash-certified-therapist/>)*

Distinguished Sex Therapist (DST)

Automatically Awarded to Individuals with 3 SASH Certifications

Therapists seeking certification as a DST represent the highest level of experience and knowledge in the industry. The Distinguished Sex Therapist credential communicates to the world advanced expertise.

SPECIFIC REQUIREMENTS

1. Complete all requirements for at least three (3) of the four (4) above credentials.
2. At least five (5) years of professional practice in the field of human sexuality while holding licensure to practice independently as a mental health provider.