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# Professional Education and Training Program 2024

## Deceptive Sexuality and Trauma Treatment

The Institute for Sexual Health (ISH), Inc.

# Table of Contents

The Institute for Sexual Health (ISH)	1
DSTT Professional Education and Training 2024	2
Clarification on Eligibility	3
ISH Faculty	4
Education and Training in Deceptive Sexuality and Trauma Treatment	5
Becoming a Deceptive Sexuality and Trauma Therapist	6
Education and Training Breakdown	8
Syllabus Overview	9
Level 1 Course Descriptions and Learning Objectives	10
Level 2 Course Descriptions and Learning Objectives	15
Level 3 Course Descriptions and Learning Objectives	22
Level 4 Certification	25



The Institute for Sexual Health (ISH) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Sexual Health maintains responsibility for this program and its content.

# The Institute for Sexual Health (ISH)

The Institute for Sexual Health (ISH) is the official resource for education and professional trainings in Deceptive Sexuality and Trauma Treatment (DSTT). Founded in 2009 by Dr. Minwalla, ISH was one of the first and only U.S. treatment centers to challenge the “co-sex addict” model and articulate the systemic abuse associated with infidelity and compulsive sexual behavior disorder. The Institute for Sexual Health (ISH) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Sexual Health maintains responsibility for this program and its content.

## The Institute for Sexual Health has Three Primary Goals (2023-2025):

**1**

### Professional Education & Training

To provide advanced professional education and training for psychologists, mental health professionals, clinical sexologists, and related professionals who work in the fields of sexual health, infidelity, compulsive sexual behavior disorder, sex addiction, intimate partner, and psychological abuse.

**2**

### Be A Better Man Program

To provide gender-sensitive psychoeducational programming for men and other patient populations impacted by infidelity and compulsive sexual behavior disorder, psychological abuse and trauma related symptoms.

**3**

### Resource Library

To provide valuable online information for the public seeking specialized information and resources related to infidelity, compulsive sexual behavior disorder, intimate partner abuse, psychological abuse, and deceptive sexuality, and the various types of trauma that victims and survivors may experience.

## ISH Mission Statement

To help people and society move towards sexual and gender health by advancing human rights over gender and sexual entitlement and oppression.

## Official Institution for Professional Education and Training in DSTT



The Institute for Sexual Health (ISH) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Sexual Health maintains responsibility for this program and its content.

## Relevant Clarification of Terms

### What is Deceptive Sexuality?

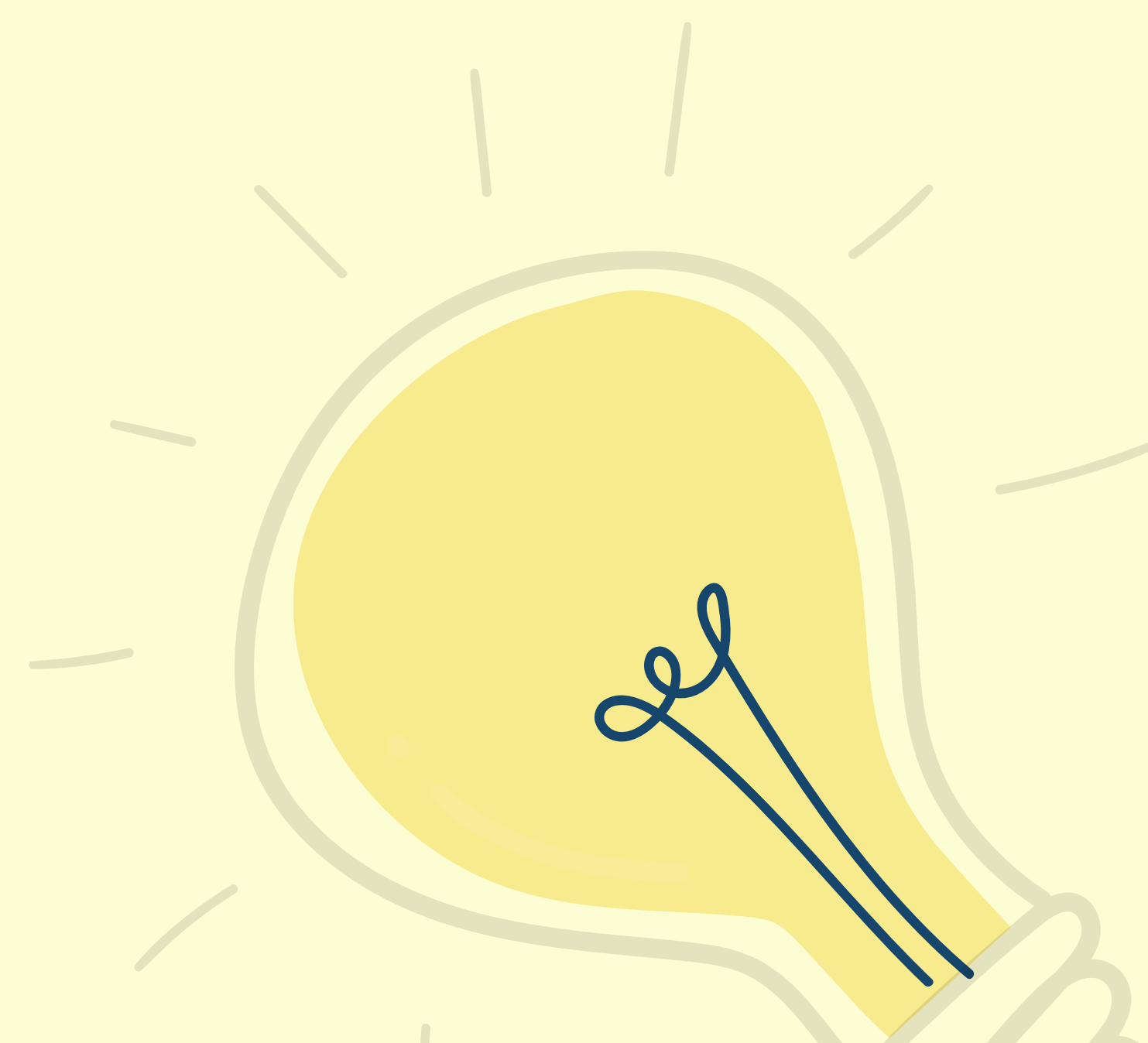
Deceptive Sexuality (DS) involves someone having a deceptive, compartmentalized, sexual-relational reality in the context of intimate relationship(s) or family system. The term subsumes and addresses the intersection of infidelity, compulsive sexual behavior, psychological abuse disorder, and intimate partner and relationship abuse

### Deceptive Sexuality Trauma?

Deceptive Sexuality Trauma (DST) is the term for the specified trauma-and stressor related disorder, which occurs when people are subjected to a deceptive, compartmentalized, sexual-relational reality in the context of an intimate relationship(s) or family system, or deceptive sexuality.

### Deceptive Sexuality and Trauma Treatment?

Deceptive Sexuality and Trauma Treatment is the psychological treatment for deceptive sexuality and resulting traumatic sequences, as developed by psychologist and clinical sexologist, Dr. Omar Minwalla. This is a specialized treatment that targets the psychological assessment, diagnosis and treatment of infidelity, compulsive sexual behavior, psychological abuse disorder, as well as the specified trauma-and stressor-related disorder, utilizing a comprehensive systemic approach for the abuser, the victim-survivor(s), and the abusive-injured relationship(s)



The DSTT Professional Education and Training 2024 offering is the third cohort and round of professional education and training conducted by The Institute for Sexual Health and Dr. Minwalla.

# DSTT Professional Education and Training 2024

## Program Description

This professional education and training target the psychological assessment, diagnosis and treatment of infidelity, compulsive sexual behavior, psychological abuse disorder, as well as the specified trauma-and-stressor-related disorder, utilizing a comprehensive and systemic approach for treating the abuser(s), the victim-survivor(s), and the abusive-injured relationship(s). It helps professionals increase competencies in addressing the psychological abuse and the trauma associated with infidelity and compulsive sexual behavior disorder, instead of only focusing on the sex part of the problem, and empowers professionals with awareness and review of our professional ethics and best practices related to gender-based violence and the treatment of psychological abuse and trauma.

Deceptive Sexuality involves someone creating and maintaining a deceptive, compartmentalized, sexual-relational reality in the context of an intimate relationship(s) or family system. The term subsumes and addresses infidelity, compulsive sexual behavior, psychological abuse disorder, as well as intimate partner and relationship abuse. Deceptive sexuality trauma is the specified trauma-and stressor related disorder experienced by people who are subjected to deceptive sexuality and abuse.

## Target Audience

Psychologists, Licensed Marriage and Family Therapist (LMFT), Licensed Social Workers (LSW), Psychiatrists, Medical Doctors (MD), Registered Nurses, Licensed Mental Health Practitioners, or approved Pre-LicensedSupervisee-Psychology-Interns or Doctorate Degree in psychology.

## Eligibility

Level 1: Illumination Series	→	
Level 2: Application Series	→	
Level 3: Practice Series	→	
Certification Hours	→	

### Potential Candidates

#### Licensed Mental Health Professional Track (Levels 1-4):

- Must have earned a **Master's Degree or higher** from an accredited institution in psychology, counseling, or related mental health field.
- **Must be a licensed mental health professional**, meaning you can legally practice independently without supervision through a state board (or equivalent) as a counselor, social worker, therapist, psychiatrist, or psychologist.
- **Registered Intern under the supervision of a licensed mental health professional** and have permission and support from appropriate supervisor.

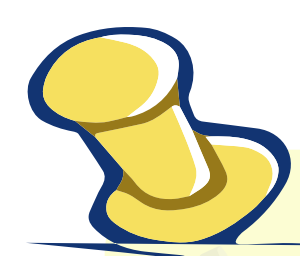
#### Non-Licensed Mental Health Professional Track (Level 1 Only):

- **Unlicensed related professionals** who have obtained a masters or post graduate degree and have experience in the field of deceptive sexuality and trauma (DST) can apply for **Level 1: Illumination series only**.
- **This is a special track for non-licensed mental health treatment provider populations**, for example Pastors and Specialized Researchers etc., to take part in **Level 1: Illumination series only**, and applications will be accepted on a case by case basis.

## Level of Professional Education

This education and training is Advanced.

**Advanced** – CE program content at an advanced level builds upon established experience, knowledge and skills in the content area. This may include more diverse applications to specific populations or a novel application of the skill presented. Advanced level programming allows learners to refine their knowledge and skills in a content area and learn to effectively utilize them across challenging contexts. The content and instructional flow is consistent with the needs or a learner who has knowledge, experience, and skills in the content area. Advanced level programming tends to be more specialized in nature and allows the learner to integrate and enhance knowledge and skills into their practice or other professional domains.



This professional education and training builds upon the foundation of a completed doctoral program in psychology and is best suited and ideal for licensed mental health professionals with substantial clinical experience treating compulsive sexual behavior, sexual addiction, problematic sexual behaviors, and relationships impacted by various forms of infidelity.

Please carefully consider your professional suitability. This professional education should not be used as personal treatment intervention or therapy. If you have experience as an injured partner, survivor, or as an abuser, you should take special consideration prior to enrolling in the course.

If you need assistance determining your personal suitability, please contact DSTT Program Administrator at [erm@theinstituteforsexualhealth.com](mailto:erm@theinstituteforsexualhealth.com) to schedule a **private consultation with Dr. Minwalla**

# Clarification on Professional Eligibility and Suitability for the DSTT Education and Training Program 2024

## Level 1 Unlicensed Professional Track

Level 1 provides a foundational expansion in understanding infidelity and problem sexuality. It is a consciousness-raising process designed to enhance professional knowledge, help increase awareness, and illuminate, primarily to help people see and understand how abuse and trauma relates to infidelity and compulsive sexuality. Level 1 may be suitable for specific unlicensed professionals who may work with people presenting with infidelity and compulsive/problematic sexual behaviors, such as clergy or religious professionals, medical doctors, domestic abuse advocates, unlicensed sexologists, academic researchers, etc. Such professionals recognize that possessing education and training of a psychotherapist does not authorize one to engage in work of a psychotherapist and that taking Level 1 does not mean a license to provide psychological treatment.

## Levels 2-4 Licensed Professionals

Deceptive Sexuality and Trauma Treatment (DSTT) is a psychological treatment model that addresses the abuse and the trauma associated with infidelity and problematic or compulsive sexual behaviors. The specified abuse and trauma disorders are mental health disorders and listed in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, 2013. For this reason, unlicensed professionals (including coaches) who are not educated, trained, and licensed to legally provide psychological treatment for mental health disorders, would not be suitable candidates for learning how to treat patients presenting with this type of abuse or trauma.

For further information on the differences between Psychotherapy versus Coaching:

<https://www.camft.org/Resources/Legal-Articles/Chronological-Article-List/coaching-vs-therapy>



## Dr. Omar Minwalla, Psy.D.

Licensed Psychologist & Clinical Sexologist

Level One Level Two Level Three Level Four

Dr. Omar Minwalla is a Licensed Psychologist and Clinical Sexologist trained at the University of Minnesota Medical School. Dr. Minwalla has spent 20 years as a first responder on the front lines of treating infidelity and compulsive sexual behavior.

His grounded theory of Deceptive Sexuality and Trauma Treatment (DSTT) not only establishes a new standard of care for the treatment of infidelity, compulsive sexual behavior disorders, and sex addiction, but shines a light on a unique method for the treatment of systemic abuse, injustice and complex trauma, called Intentional Vibe Trauma Treatment (IVTT).

Dr. Minwalla is the founder of The Institute for Sexual Health (ISH) which was one of the first and only U.S. treatment centers to challenge the “co-sex addict” model and articulate the systemic abuse associated with infidelity and compulsive sexual behavior disorder.



If you're treating patients with problematic sexual behavior or infidelity but leaving out the abuse problem, you're not treating an important part of the problem.

Dr. Omar Minwalla, Psy.D.

## Trish Haight, LMFT, DSTT

Licensed Psychotherapist

Level Two Level Three Level Four

Trish Haight is a Licensed Marriage and Family Therapist (LMFT), MFC 48797, SEP, NARM, NATouch, AF-EMDR, CSAT, CPTT, CCPS.

Trish is a certified Deceptive Sexuality and Trauma Therapist (DSTT), a specialization in deceptive sexuality and trauma (DST), offered by The Institute for Sexual Health (ISH).

Trish is a leading professional voice in Deceptive Sexuality and Trauma Treatment (DSTT) and is an Adjunct Professor and Faculty Member of The Institute for Sexual Health (ISH), and currently teaches Level 2 and 3 of the DSTT Professional Training along with Dr. Omar Minwalla, Licensed Psychologist and Clinical Sexologist.

Trish formally trained directly under Dr. Omar Minwalla and was an instrumental part of Dr. Minwalla's original core clinical treatment team at The Institute for Sexual Health from 2009 - 2015, which is referred to as Dr. Minwalla's, Sacred Clinical Incubator, giving birth to both DSTT and IVTT, Intentional Vibe Trauma Treatment.



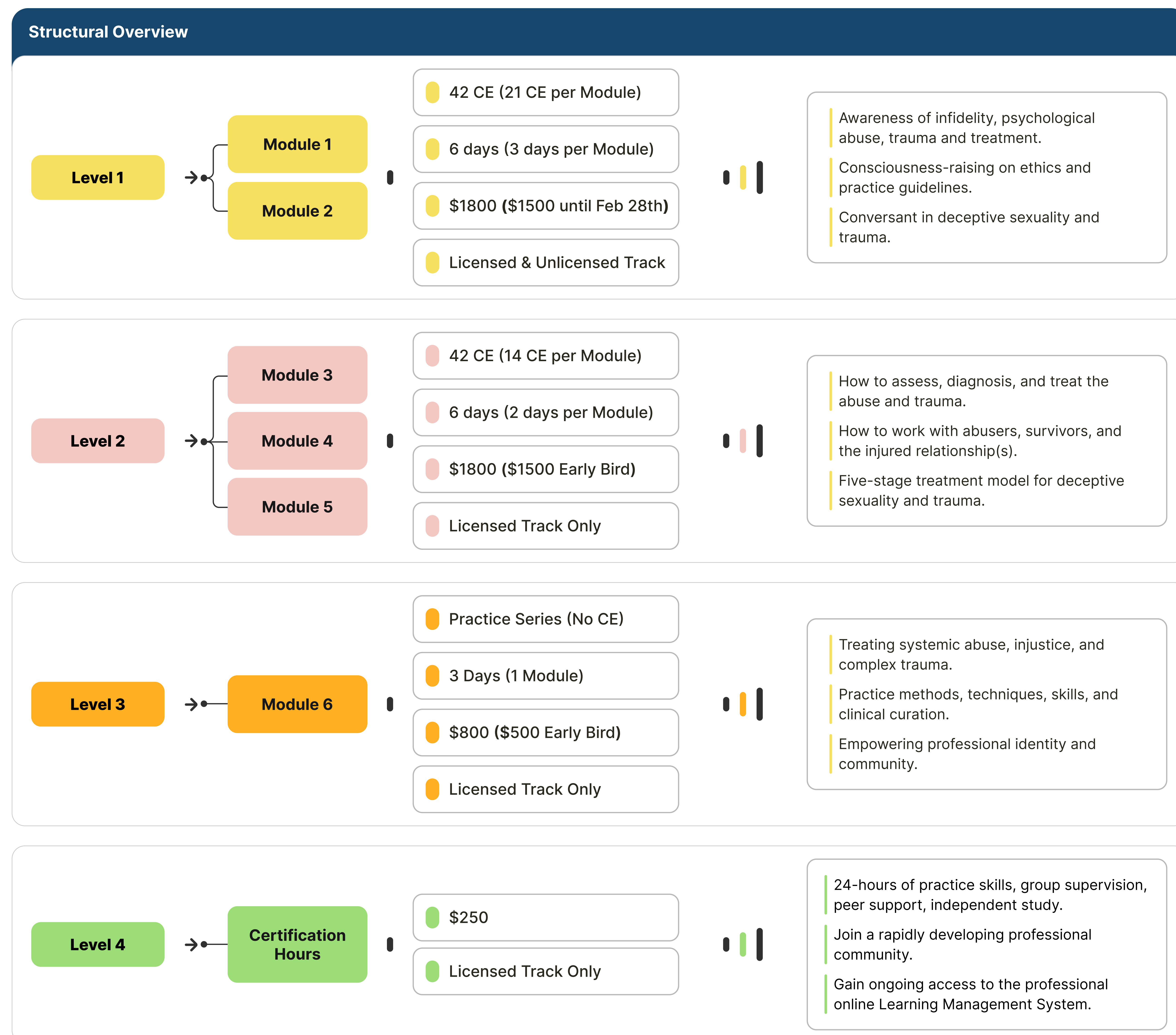
Helping people move through trauma with curiosity and truth, slow like molasses, top down, bottom up, heart and soul.

Trish Haight, LMFT

# Education and Training in Deceptive Sexuality and Trauma Treatment

## Program Organization and 2024 Information

There are three Levels of Education and Training, and then a certification process of professional practice and supervision hours required to complete the entire training and receive designation.



### Training Schedule

- Module 1: April 12–14, 2024
- Module 2: May 3–5, 2024
- Module 3: August 24–25, 2024
- Module 4: September 21–22, 2024
- Module 5: October 5–6, 2024
- Module 6: October 25–27, 2024

### Daily Schedule

7am – 3pm each day, with an hour break and shorter 15 minute breaks.

### Cancellation Policy

Cancellations up to the beginning of the course will be refunded a full amount, and then once in attendance, any withdrawal or cancellation will be provided a partial or full refund. If you need to cancel your participation, please contact DSTT Program Administrator at [erm@theinstituteforsexualhealth.com](mailto:erm@theinstituteforsexualhealth.com)



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# Becoming a Deceptive Sexuality and Trauma Therapist

## Why Become a DSTT?

Treatment for infidelity, compulsive sexual behavior, or sex addiction do not adequately address the psychological abuse disorder or the related trauma. However, patients are increasingly seeking professionals who possess specialized training in how to assess, diagnose, and treat not just the sexual behavior problems, but also the abuse and trauma associated with these disorders. This program offers professionals specialized training to better meet this patient demand and need, and to help professionals increase their clinical and ethical competencies in treating patients impacted by infidelity and problematic sexual behaviors. Join this rapidly growing conscious community of DSTT-aware professionals!

### Goals of the Deceptive Sexuality and Trauma Education and Training Program

- 1. To provide targeted and specialized education and professional training for psychologists and clinical sexologists on deceptive sexuality and trauma treatment;** addressing the psychological and intimate partner abuse pertaining to infidelity, compulsive sexual behavior disorder, sex addiction, and the trauma and stressor-related disorders experienced by victims and survivors, children, and family systems.
- 2. To foster professional understanding and increase critical analysis of infidelity, compulsive sexual behavior, and sex addiction treatment** as it relates to literature and research on psychological abuse and intimate partner abuse and relationship violence, the bystander approach, gender-based violence, advancing human rights, and justice.
- 3. To allow psychologists to maintain, develop, and increase competencies** related to the treatment of psychological abuse disorder, infidelity, and compulsive sexual behavior disorder to improve services to the public and enhance contributions to the profession.
- 4. To promote psychological health and social and relational justice** by presenting education, empirical-research, various American Psychological Association reports and practice guidelines, that serve to advance human rights over gender and sexual entitlement and oppression.

### As a DSTT, you will...

- **Immerse yourself** in curriculum developed by Dr. Omar Minwalla and The Institute for Sexual Health.
- **Acquire instruction and gain access** to clinical assessment forms, for the abuser and for the victim survivor.
- **Receive practical guidance and gain access** to clinical protocols as well as psychoeducational materials, including slide decks and workbooks, upon completing all three levels and certification.
- **Acquire access** to the recorded live-webinar videos of Dr. Minwalla's lectures for all the Modules.
- **Be on the cutting edge** of treating compulsive sexual behavior, infidelity, psychological abuse, and trauma.
- **Grow your practice or treatment center** through a growing referral network.
- **Earn Continuing Education credits/hours** for your state licensure (Levels 1 and 2 of training).
- **Become part of a developing community of professionals** aware of and dedicated to best practices.

## Level 1: Illumination Series is a Great Step!

Each Level provides substantial level of education and training and can stand alone, or professionals can stop at either Level 1 or Level 2, or Level 3, and be provided the opportunity and potential for substantial professional development without the necessity to complete all levels or to become certified. Hence, taking Level 1 can be useful and beneficial for professionals seeking specialized education in infidelity and problematic sexual behavior.



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# Becoming a Deceptive Sexuality and Trauma Therapist

This program offers three levels of education and a final level of professional practice and supervision.

## Education, Training and Certification Process

### Application

Complete and Submit the Application

1

### Application Status

If accepted, you can Register for Level 1 or just Module 1.

3

### Level 1 Completion

After completing Level 1, professionals earn a certificate of completion, becoming more conversant and aware of the model, with both patients and professionals.

5

### Level 2 Completion

After completing Level 2, professionals earn a certificate for Level 2 and are more able to possess and apply clinical forms for assessment and initial stabilization protocol materials.

7

### Certification Hours

Final Certification requires 24 hours of practicing the skills learned in Module 6, which may occur with your cohort of other professionals that were in your training, group supervision, and independent study and review of materials such as pre-recorded lecture videos, etc.

9

### Application Confirmation

Once your application is reviewed you will receive notification via email.

2

### Attend Live Modules

Participants must complete all live-zoom training Modules for Continuing Education.

4

### Register for Level 2

Education and training for those who want to learn how to conduct structured assessments, diagnosis, and design initial treatment plans for the abuser, (Module 3), for the victim-survivor (Module 4), and also the abusive injured relationship(s) (Module 5). Start accruing supervision hours.

6

### Level 3 Completion

Professionals can take Module 6 and complete Level 3, and earn the designation Deceptive Sexuality and Trauma Educated (DSTE), and if they passed all the post-tests and meet requirements, can and have limited access to LMS and the referral list.

8

### Deceptive Sexuality & Trauma Therapist

Professionals who complete all requirements and are in good standing, will then graduate, receive final designation certificate and have the option of joining the Learning Management System and professional community, etc.

10

## Designations

### DSTT Deceptive Sexuality and Trauma Therapist

Indicates that the professional is a licensed mental health provider and has completed all 3 levels of professional education including supervision.

### DSTE Deceptive Sexuality and Trauma Educated

Indicates that the professional has completed all 3 levels of professional education.

### DSTP Deceptive Sexuality and Trauma Professional

This is the designation for non-licensed mental health professionals who have completed all 3 levels of professional education including supervision. **Discontinued: Only Level 1 is being offered in 2024.**

## Level Certificates

Once each Level of Education and Training is completed (meaning all the Modules or requirements for that Level have been completed), then the professional will earn a Certificate of Completion for that Level offered by **The Institute for Sexual Health (ISH)**.

## Professionals Earn Continuing Education Hours per Module

- Each Module has an online multiple-choice post-test to be completed to receive credit for the Module and to receive CE.
- Participants must pass the post-test with a passing score of 75% correct or higher.
- Participants are permitted up to three attempts to pass the post-test.
- Upon completion of attending the live-hours per Module & the post-test, a Certificate of Completion of that Module & the CE hours Certificate will be provided.
- Professionals receive CE provided by the American Psychological Association (APA) per Module.



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# Education and Training Breakdown

Professionals who have successfully completed all three Levels of Education and Training will receive a designation of DSTE, Deceptive Sexuality and Trauma Educated.

Professionals who want to be credentialed, must complete the final step of accruing 24 supervision and professional practice hours, and will have various options for attaining these hours. Options may change and evolve over time, however, professionals will have the opportunity to form and engage with their specific cohort, for: Group supervision (this can commence at the start of Level 2 and continue throughout the training, and all these hours will count towards certification supervision hours. Watching recorded lectures independently or as a group (6 hours). Candidates who successfully complete all curriculum and professional hours for credentialing must complete the final credentialing form in order to receive their final Certification and Designation of DSTT, Deceptive Sexuality and Trauma Therapist.

## Level One

### Illumination Series

A consciousness-raising process on understanding the abuse and trauma related to infidelity and problem sexual behavior

#### Materials provided

1. Access to slide decks for each Module for 6 months for study and review.
2. Access to all the video recordings of lectures for each Module from your live training for 6 months.
3. Receive Level 1 academic resource materials for your ongoing study, possession, use, and reference.

## Level Two

### Application Series

Learn to apply clinical and ethical protocol to assess, diagnose, and treat the abuse and trauma.

#### Materials provided

1. Access to slide decks from your Illumination course in its entirety for study, review, and reference.
2. Access for each Level 2 Module for 6 months for study and review.
3. Access to all the video recordings of lectures for each Module from your live training for 6 months.
4. Receive Level 2 academic resource materials for your ongoing study, possession, and reference.
5. Receive Level 2 clinical assessment, diagnostic, and treatment-based forms per Module for your possession and use.

## Level Three

### Practice Series

Learn how to implement a unique treatment model, practice skills, and clinically curate services.

#### Materials provided

1. Access to slide decks from your Illumination, and Application courses in their entirety for ongoing study, review, and reference.
2. Access for Level 3 Module materials for 1-year for study and review.
3. Access to all the video recordings of lectures for each Module from your live training for 1-year for your study and review.
4. Receive Level 3 academic resource materials for your ongoing study, possession, and reference.
5. Receive Level 3 clinical based forms for Level 3 Module for your possession and use.

## ISH Policy on Missed Sessions

Please note the following information related to missed sessions:

1. To obtain Continuing Education (CE) credits, attendance at the live sessions is mandatory. In the event that any Module lecture must be missed, it is imperative to notify the administrator and secure approval.
2. If an absence is necessitated and approval is obtained for a module, the participant will have the opportunity to review the recorded course on the Learning Management System (LMS). However, it is essential to note that even in such cases, the posttest must be taken. Regardless of CE credit eligibility from the American Psychological Association (APA), all individuals, licensed or not, must complete the posttests.
3. Successful completion of Level 1 requires passing both posttests with a 75% score, which is applicable to unlicensed professionals as well.
4. In the case of missed sessions, individuals are obligated to review the recording and complete the posttest. While credit from the APA may not be attainable in such instances, credit will still be granted by ISH.
5. The deadline for the posttest is set up until the day preceding the commencement of the next module. If an extension is necessary, please inform us promptly. It is strongly recommended to complete the posttest before the upcoming module to keep the education in order.



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# Syllabus Overview

## Level 1: Illumination Series

### Module 1: Understanding Psychological Abuse, Infidelity, and Compulsive Sexual Behavior Disorder (21 CE)

**Day 1:** Introduction to Psychological Abuse, Infidelity, and Compulsive Sexual Behavior

**Day 2:** Etiological Factors to Psychological Abuse, Infidelity, and Compulsive Sexual Behavior

**Day 3:** Clinical and Ethical Practice Guidelines for Psychological Abuse, Gender, and Sexuality

### Module 2: Understanding the Trauma experienced by the Intimate Partner and Relationships impacted by Psychological Abuse, Infidelity and Compulsive Sexual Behaviors (21 CE)

**Day 1:** Psychological Abuse, Systemic Abuse and Complex Trauma

**Day 2:** Exposure to Abuse, Infidelity, Compulsive Sexuality and the Traumatic Sequences

**Day 3:** Infidelity as Gender-Based Violence, Our Professional Responses and Treatment

## Level 2: Application Series

### Module 3: Treating the Abuser of Psychological Abuse, Infidelity and Compulsive Sexual Behavior Disorder (14 CE)

**Day 1:** Assessment, Diagnosis, and Treatment of Abusers

**Day 2:** Working with Men and Psychological Abuse

### Module 4: Treating the Intimate Partner impacted by Psychological Abuse, Infidelity, and Compulsive Sexual Behavior (14 CE)

**Day 1:** Assessment, Diagnosis, and Treatment For Intimate Partners

**Day 2:** Working with Intimate Partners, Abuse and Trauma

### Module 5: Treating the Abusive-Injured Relationship(s) Impacted by Psychological Abuse, Infidelity, and Compulsive Sexual Behavior (14 CE)

**Day 1:** Assessment, Diagnosis, and Treatment for the Relationship

**Day 2:** Working with the Abusive-Injured Relationships

## Level 3: Practice Series

### Module 6: Practice Skills and Competencies (No CE)

**Day 1:** Clinical Forms and Protocol

**Day 2:** Intentional Vibe Trauma Treatment

**Day 3:** DSTT Psychoeducation

## Certification Hours

### Options for Hours

- Practice Skills
- Group Supervision
- Independent Study
- Individual Supervision

# Level 1: Illumination Series

## Understanding the Psychological Abuse, Victimization, and Trauma associated with Infidelity and Compulsive Sexual Behavior

Level 1 is an introduction to expanding our view and seeing more clearly the psychological abuse, victimization, and trauma associated with infidelity and compulsive sexual behavior, referred to as the Illumination series. The purpose of this advanced education is to provide professionals key academic, clinical, and ethical concepts as a professional foundation and consciousness-raising process, intended to help and empower professionals to become more aware of and conversant in deceptive sexuality abuse and trauma. This illumination series is taught by Dr. Omar Minwalla, Licensed Psychologist, Clinical Sexologist, and founder of The Institute for Sexual Health.

Level One

### Illumination Series

A consciousness-raising process on understanding the abuse and trauma related to infidelity and problem sexual behavior.



Level Two

### Application Series

Learn to apply clinical and ethical protocol to assess, diagnose, and treat the abuse and trauma.

Level Three

### Practice Series

Learn how to implement a unique treatment model, practice skills, and clinically curate services.

Level Four

### Certification

Engage options for 24-hours of practice, group supervision, and independent study.

# Level 1 Course Descriptions and Learning Objectives

## Module 1: Understanding Psychological Abuse, Infidelity, and Compulsive Sexual Behavior Disorder (21 CE)

This course provides professionals the basic building blocks to understanding deceptive sexuality and trauma. Dr. Minwalla uses his educational metaphor, “the secret sexual basement”, to help professionals understand how infidelity, compulsive sexual behavior disorder, psychological abuse disorder, and trauma and stressor-related disorders intersect and inter-relate, specifically illuminating the abuse, the victimization, and the trauma associated with these clinical presentations. The course will then review and discuss etiological factors such as child and adolescent development, complex trauma, personality templates and personality pathology. Professionals will learn how masculine socialization, sexual entitlement, sexuality socialization, and personality characteristics relate to clinical symptoms of infidelity, compulsive sexual behavior, psychological abuse, and intimate partner abuse. Finally, to serve as a clinical and ethical foundation, the course reviews common problems encountered by psychologists in working in the areas of abuse and will discuss professional guidelines for the psychological practice with boys and men as well as guidelines for the psychological practice with girls and women. Professionals will also review and discuss professional guidelines for the psychological practice of working with human sexuality, stigma, and sexual minority persons and the importance of advancing sexual rights as human rights.

### Details

**Dates:** Apr 12-14, 2024

**Credits:** 21 CE

**Level of Professional Education:** Advanced

### Faculty



**Dr. Omar Minwalla, Psy.D.**

Licensed Psychologist & Clinical Sexologist

Dr. Omar Minwalla is a Licensed Psychologist and Clinical Sexologist trained at ...

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## Day 1: Introduction to Psychological Abuse, Infidelity, and Compulsive Sexual Behavior

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Identify the psychological abuse disorder as it relates to infidelity.
2. List and describe the diagnostic criteria for compulsive sexual behavior disorder.
3. Identify and differentiate sex offending from compulsive sexual behavior disorder.
4. Define and explain how sexual entitlement is associated with problematic sexual behavior.
5. Identify spouse and partner psychological abuse, using the Diagnostic and Statistical Manual–V.
6. Define the six symptoms of complex trauma.
7. Define and explain the appropriate use of the terms, abuse, and victim, as used in clinical treatment.

## Day 2: Etiological Factors to Psychological Abuse, Infidelity, and Compulsive Sexual Behavior

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Explain developmental complex trauma in client-friendly language.
2. Define personality and personality disorders, in client-friendly language.
3. Explain how personality characteristics influence clinical symptoms.
4. Explain how the gender socialization of boys and men relates to male sexual entitlement.
5. Discuss the role of male socialization in the psychological abuse associated with infidelity.
6. Explain how sexual socialization relates to sexual stigmatization and oppression.
7. List three primary psychological contributors to the psychology of infidelity, compulsive sexual behavior, and psychological abuse.

# Level 1 Course Descriptions and Learning Objectives

## Day 3: Clinical and Ethical Practice Guidelines for Psychological Abuse, Gender, and Sexuality

**Learning Objectives:** At the completion of the program, participants will be able to:

1. List 2 guidelines for the psychological practice with girls and women.
2. List 2 guidelines for the psychological practice with boys and men.
3. List 2 guidelines for the psychological practice with intimate partner abuse and relationship violence offered by the American Psychological Association Working Group.
4. List 2 guidelines for the psychological practice with sexual minority persons.
5. Explain and discuss the ethical and clinical imperative to identify the abuse disorder, victimization and trauma and stressor-related disorders related to psychological abuse, infidelity, and compulsive sexual behaviors disorder.
6. Compare, critique, and discuss various treatment approaches to infidelity, compulsive sexual behavior, and intimate partner psychological abuse from a clinical perspective.
7. Compare, critique, and discuss various treatment approaches to infidelity, compulsive sexual behavior, and intimate partner psychological abuse from an ethical, justice, and social perspective.

# Level 1 Course Descriptions and Learning Objectives

## Module 2: Understanding the Trauma experienced by the Intimate Partner and Relationships impacted by Psychological Abuse, Infidelity and Compulsive Sexual Behaviors

This course is an educational immersion to help professionals understand the specified trauma and stressor-related disorder experienced by victims, particularly women, children and family systems associated with infidelity, psychological abuse, and compulsive sexual behavior disorder. Professionals will learn how to identify the psychological abuse, the victimization and describe the traumatic sequences. Professionals will learn to diagnostically distinguish the relevant types of trauma and stressor related disorders, including complex trauma, acute and post-traumatic stress, betrayal trauma, attachment-based trauma, post-infidelity trauma, institutional betrayal trauma. The course presents a five-stage treatment approach, which places this type of abuse within a framework related to gender-based violence, the bystander approach, and promotes critical analysis and discussion of our professional clinical and ethical obligations as psychologists and mental health professionals.

### Details

**Dates:** May 3-5, 2024

**Credits:** 21 CE

**Level of Professional Education:** Advanced

### Faculty



#### Dr. Omar Minwalla, Psy.D.

Licensed Psychologist & Clinical Sexologist

Dr. Omar Minwalla is a Licensed Psychologist and Clinical Sexologist trained at ...

[Read More](#)

## Day 1: Psychological Abuse, Systemic Abuse, and Complex Trauma

**Learning Objectives:** At the completion of the program, participants will be able to:

1. List 4 types of trauma-related stress disorders associated with infidelity, compulsive sexual behavior, and psychological abuse.
2. List three specific injuries associated with the covert phase of deceptive sexuality integrity-abuse.
3. List the 6 symptoms of complex trauma and how they may apply to a victim of systemic psychological abuse.
4. Apply the client-friendly educational metaphor of the ego spinal column.
5. Identify, define, and explain the concept of gaslighting as psychological abuse and its relationship to infidelity.
6. Analyze and discuss the concept of “forced choice” as it relates to gaslighting mechanics.
7. Analyze and discuss the role of honesty in human relationships and the potential impact of psychological and relational health, including the therapeutic container.

## Day 2: Exposure to Abuse, Infidelity, Compulsive Sexuality, and the Traumatic Sequences

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Discuss the role of psychological abuse in the context of victim exposure to infidelity.
2. Explain 2 reasons for continued abuse in the exposure phase.
3. List the DSM-V symptoms of posttraumatic stress.
4. List the two injuries that become sources of posttraumatic stress in the exposure phase.
5. Explain and use educational metaphors for attachment relationships and injuries.
6. Explain and utilize an assessment method discovery and disclosure trauma.
7. Use a client friendly method for helping clients or patients understand triggers.



# Level 1 Course Descriptions and Learning Objectives

## Day 3: Progressive Ego-Core and Relational Sequences

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Identify and explain one of the critical healing tasks in the symptom progression phase.
2. List 2 potential impacts to an intimate partner's sexuality impacted by infidelity, compulsive sexual behavior, and psychological abuse.
3. List 2 potential impacts to an intimate partner's gender impacted by infidelity, compulsive sexual behavior, and psychological abuse.
4. Describe 2 common reasons for persistent negative relational patterns in the relationship between abuser and victim-survivor.
5. List 2 potential impacts on children and/or the family system impacted by infidelity, compulsive sexual behavior, and psychological abuse.
6. Define and discuss the role of justice in the treatment of infidelity, compulsive sexual behavior, and systemic psychological abuse and complex trauma disorders.
7. Identify the five stages of treatment for the treatment of infidelity, compulsive sexual behavior, and psychological abuse.

**Learning Objectives that have been sufficiently covered already, which were originally listed in Module 2, particularly on the Bystander Approach to Gender-Based Violence.**

1. Define the term gender-based violence.
2. Explain the fundamental attribution error of victim-blaming.
3. Describe and explain the bystander approach to violence prevention.
4. Discuss the role of addressing gender in the treatment of infidelity, compulsive sexual behavior, and psychological abuse.
5. Describe how the bystander approach is congruent with professional ethical responsibilities related to abuse intervention.

## Level 2: Application Series

### Learn to Apply Clinical and Ethical Protocol to Assess, Diagnose, and Treat the Abuse and Trauma

This course introduces professionals to the basic clinical tools and methods used to assess, diagnosis and treat patients seeking help for deceptive sexuality, meaning infidelity, compulsive sexual behavior, psychological abuse disorder and trauma and stressor-related disorders. Professionals will learn how to conduct a structured assessment, make appropriate diagnosis using the Diagnostic and Statistical Manual-V, and how to design an initial treatment plan for the abuser, the victim, and the injured relationship(s) as well, in a comprehensive and coordinated systemic model of intervention. The course also helps professionals with crisis management, how to stabilize the abuse and traumatic symptoms, and the role of targeted psychoeducation in treatment. The course helps professionals learn techniques and processes that facilitate clinical metabolization, post-traumatic growth and integration, and the role of individual, group, and couples work when addressing infidelity, compulsive sexual behavior, psychological abuse disorder and trauma and stressor-related disorders.

Level One

### Illumination Series

A consciousness-raising process on understanding the abuse and trauma related to infidelity and problem sexual behavior.

Level Two

### Application Series

Learn to apply clinical and ethical protocol to assess, diagnose, and treat the abuse and trauma.



Level Three

### Practice Series

Learn how to implement a unique treatment model, practice skills, and clinically curate services.

Level Four

### Certification

Engage options for 24-hours of practice, group supervision, and independent study.

# Level 2 Course Descriptions and Learning Objectives

## Module 3: Treating the Abuser of Psychological Abuse, Infidelity and Compulsive Sexual Behavior Disorder (14 CE)

This course reviews practice guidelines when working with abusers of intimate partner psychological abuse associated with infidelity and compulsive sexual behavior. Professionals will learn how to utilize a structured assessment for psychological abuse and for problematic sexual behavior, including compulsive sexual behavior disorder and how to appropriately diagnose the psychological abuse disorder related to infidelity and compulsive sexual behavior. The course will help professionals learn how to create a cognitive-behavioral treatment plan to reduce abusive behaviors. Gender-sensitive programming for men, group psychotherapy and specialized psychoeducation for male abusers that promotes clinical stabilization and other treatment strategies will be discussed. Professionals will learn to help men clinically recognize and address the psychological abuse disorder associated with infidelity or sexual problems. Finally, a critical analysis and discussion of treatment approaches for infidelity, psychological abuse, and compulsive sexual behavior are reviewed and placed in a context of gender-based violence prevention, the bystander approach, and social justice.

### Details

**Dates:** August 24-25, 2024

**Credits:** 14 CE

**Level of Professional Education:** Advanced

### Faculty



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## Day 1: Assessment, Diagnosis, and Treatment Stabilization of Abusers with Psychological Abuse Disorder, Infidelity and Compulsive Sexual Behavior Disorder

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Conduct a structured assessment for the compulsive sexual behaviors or problematic sexual-relational behaviors.
2. Conduct a structured assessment for the abuse-related behaviors associated with psychological abuse disorder, infidelity, and compulsive sexual behavior disorder.
3. Use the Diagnostic and Statistical Manual-V to diagnose, spouse or partner abuse, psychological, for the abuser.
4. Apply cognitive-behavioral techniques to address the psychological abuse-related behaviors.
5. Develop an initial treatment plan for the abuser.
6. List 4 clinical considerations in helping an abuser develop a clinical disclosure.
7. List 3 treatment goals for the abuser, according to professional literature on the treatment of abusers.

# Level 2 Course Descriptions and Learning Objectives

## Day 2: Working with Abusers of Psychological Abuse, Infidelity and Compulsive Sexual Behavior

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Apply and utilize a client-friendly metaphor for understanding complex trauma and personality development.
2. Apply and use specific curated psychoeducation that helps stabilization and pertains to treating male patients seeking help for psychological abuse, infidelity, and compulsive sexual behavior-related disorders.
3. Define and explain the role of victim-awareness in the treatment of abuse disorders.
4. Define masculine ideology and prescriptive and proscriptive development.
5. Prepare and use right brain techniques with abusers in treatment.
6. Discuss the role of gender-sensitive programming and group psychotherapy with men.
7. Identify and discuss countertransference in assessing, diagnosing, and treating abuse and abusers.

# Level 2 Course Descriptions and Learning Objectives

## Module 4: Treating the Intimate Partner impacted by Psychological Abuse, Infidelity, and Compulsive Sexual Behavior (14 CE)

This course is an introduction to the assessment, stabilization, and treatment interventions with the intimate partner or spouse impacted by infidelity, psychological abuse, and/or compulsive sexual behavior disorder. Professionals will learn how to approach clinical assessment, diagnosis, and treatment planning for the victim of spouse or partner psychological abuse. Professionals will learn to distinguish and properly assess the various types of related trauma symptoms, including acute stress disorder, post-traumatic stress, complex trauma, post-infidelity trauma, betrayal trauma, attachment injuries and trauma, and institutional betrayal trauma. The course describes various clinical conditions, techniques and specialized needs related to the treatment of intimate partners impacted by deceptive sexuality. Finally, the course compares, critiques, and promotes professional analysis and discussion of the various treatment approaches for victims of infidelity, compulsive sexual behavior, and psychological abuse that currently exist, placed in a context of gender-based violence prevention, the bystander approach, and social justice.

### Details

**Dates:** September 21-22, 2024

**Credits:** 14 CE

**Level of Professional Education:** Advanced

### Faculty



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## Day 1: Assessment, Diagnosis, and Treatment Stabilization for Victims of Psychological Abuse, Infidelity and Compulsive Sexual Behavior Disorder

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Define psychological abuse and use appropriately the term, victim.
2. Use the DSM-V to diagnose, spouse or partner abuse, psychological, for the victim.
3. Assess and diagnose the five types of trauma-related stress disorders associated with infidelity, compulsive sexual behavior, and psychological deliberate deception.
4. Conduct a structured assessment for the intimate partner or spouse for the psychological abuse and the sexual problems, as a victim.
5. Develop and discuss crisis management and an initial treatment plan for the intimate partner or spouse.
6. Describe and discuss specific therapeutic conditions and the therapeutic container.
7. List 4 clinical considerations in helping a victim or intimate partner with a clinical disclosure.

# Level 2 Course Descriptions and Learning Objectives

## Day 2: Working with Intimate Partners impacted by Psychological Abuse, Infidelity, and Compulsive Sexual Behavior

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Apply and use specific curated psychoeducation that helps stabilization and pertains to treating patients seeking help for victimization and trauma related to psychological abuse, infidelity, and compulsive sexual behavior-related disorders.
2. Prepare and use right brain techniques with victim-survivors in treatment.
3. Discuss the role of gender-sensitive programming and group psychotherapy with women impacted by psychological abuse, infidelity, and compulsive sexual behavior.
4. Apply and analyze various established trauma-related therapies that relate to the treatment of victim-survivors of psychological abuse and trauma.
5. Identify and discuss clinical considerations in addressing sexuality, gender, and body among victims of psychological abuse, infidelity, and compulsive sexual behavior.
6. Analyze and discuss a justice approach to treatment of victim-survivors.
7. Identify and discuss countertransference in assessing, diagnosing, and treating abuse victim-survivors.

# Level 2 Course Descriptions and Learning Objectives

## Module 5: Treating the Abusive-Injured Relationship(s) Impacted by Psychological Abuse, Infidelity, and Compulsive Sexual Behavior (14 CE)

The course reviews common landmines and potential problems for psychologists working in interpersonal violence, including with psychological intimate partner abuse associated with infidelity and compulsive sexual behavior treatment. Professionals will learn how to assess, diagnose and methods used to stabilize the abusive-injured relationship, including conducting a clinically guided professional disclosure. Professional will learn specific psychoeducation topics that are useful for the relationship, and how to integrate attention to gender and power as part of working with couples experiencing infidelity and compulsive sexual behavior treatment. The course helps professionals understand how a restorative justice approach may be applied to treating relationships presenting with psychological abuse associated with deceptive sexuality. The course compares, critiques, and promotes analysis and discussion on common treatment approaches used to treat couples experiencing infidelity, intimate partner abuse, psychological abuse disorder, and/or compulsive sexual behavior disorder.

### Details

**Dates:** October 5-6, 2024

**Credits:** 14 CE

**Level of Professional Education:** Advanced

### Faculty



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## Day 1: Assessment, Diagnosis, and Treatment Stabilization for the Abusive-Injured Relationship(s) impacted by Psychological Abuse, Infidelity and Compulsive Sexual Behavior Disorder

**Learning Objectives:** At the completion of the program, participants will be able to:

1. List 3 potential problems for psychologists working in interpersonal violence.
2. List 2 interventions recommended specifically for victim(s).
3. List 2 interventions recommended specifically for abuser(s).
4. Define and discuss a clinical disclosure process used in sex addiction and infidelity treatment.
5. Define and discuss the two primary goals for conjoint methods for the treatment of intimate partner abuse.
6. Identify and discuss when couples or conjoint interventions are contra-indicated.
7. Explain and discuss a restorative justice approach to treating the abusive-injured relationship.

## Level 2 Course Descriptions and Learning Objectives

### Day 2: Working with the Abusive-Injured Relationship(s) impacted by Psychological Abuse, Infidelity and Compulsive Sexual Behavior Disorder

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Discuss assessment of the abusive–injured relationship.
2. Discuss the role of accountability and responsibility–taking in treatment for the relationship.
3. Discuss and explain the role of stabilization for the relationship.
4. List 2 psychoeducation topics recommended for relationships impacted by infidelity and compulsive sexual behavior.
5. Explain the conditions that are recommended for helping couples confront and process the trauma.
6. Discuss the role of addressing gender and power as part of treatment of the relationship.
7. Compare and critique the treatment approaches for the relationship used in sex addiction, compulsive sexual behavior, and/or infidelity treatments.



## Level 3: Practice Series

### Learn How to Implement a Unique Treatment Model, Practice Skills, and Clinically Curate Services

The course articulates core skills and competencies that may be used in clinical practice with patients seeking help for infidelity, psychological abuse disorder, compulsive sexual behavior, and trauma and stressor-related disorders. This course is designed to provide a set of skills and competencies which professionals can then practice and develop over time to integrate into their work with patients. This level of professional education provides professionals the opportunity to learn about Intentional Vibe Theory, a grounded theory and way of approaching and treating systemic abuse, injustice and complex trauma sequences developed by Dr. Minwalla.

Level One

### Illumination Series

A consciousness-raising process on understanding the abuse and trauma related to infidelity and problem sexual behavior.

Level Two

### Application Series

Learn to apply clinical and ethical protocol to assess, diagnose, and treat the abuse and trauma.

Level Three

### Practice Series

Learn how to implement a unique treatment model, practice skills, and clinically curate services.

Level Four

### Certification

Engage options for 24-hours of practice, group supervision, and independent study.



# Level 3 Course Descriptions and Learning Objectives

## Module 6: Practical Skills and Competencies

The course articulates core skills and competencies that may be used in clinical practice with patients seeking help for infidelity, psychological abuse disorder, compulsive sexual behavior, and trauma and stressor-related disorders. Using a five-stage treatment model for deceptive sexual and trauma treatment (DSTT), the course reviews the structured clinical forms related to assessment, diagnosis, and treatment planning for the abuser, the victim-survivors, and the abusive-injured relationship(s). Dr. Minwalla introduces professionals to his grounded theory of Intentional Vibe Trauma Treatment (IVTT), designed specifically for the treatment of systemic abuse, injustice, and complex traumatic sequences. Professionals will learn, discuss, and practice skills related to cultivating specific intentional clinical frequencies, which inform therapeutic conditions, the therapeutic container, and the interpersonal dynamic between professional and patients. Professionals will also practice how to conduct specific psychoeducation used for clinical stabilization, and develop skills related to psychoeducation with male abusers, intimate partners and women, and injured relationships. Professionals will also be introduced to theory and skills related to clinical metabolization and learn critical methodology to facilitate healthy processing and integration of abuse and trauma experiences.

### Details

**Dates:** October 25-27, 2024

**Credits:** No CE

**Level of Professional Education:** Advanced

### Faculty



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## Day 1: Using Structured Clinical Forms

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Practice via role play using structured clinical assessments with the abuser, the victim, and the relationship(s).
2. Practice via role play developing cognitive-behavioral plan for the psychological abuse disorder with the abuser.
3. Practice how to conduct a cognitive-behavioral analysis specific to target behavior.
4. Practice utilizing a daily scan and treatment scan and how to teach patients how to complete and utilize.
5. Practice formulating and completing a comprehensive assessment and evaluation for deceptive sexuality and trauma-related disorder, including the etiological factors in an organized diagnostic and clinical model.

# Level 3 Course Descriptions and Learning Objectives

## Day 2: Applying Intentional Vibe Trauma Treatment

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Define and explain how to create therapeutic space, and the three primary intentional clinical frequencies and the use of ATC.
2. Define abuse–victim–trauma existing reality (AVT–ER)
3. Define and explain the 35–tasks of dealing and healing with abuse–victim–trauma–existing realities.
4. Define, explain, and discuss the postulate and role of intentionally manipulated reality (IMR) versus intentionally accurate–authentic reality (IAR) and how this applies to deceptive sexuality and trauma related disorders.
5. The roles of the triadic core in treating trauma and abuse disorders.
6. Define and explain the role of bottom–up, right brain, metaphor therapy, the human voice and silence as facets of clinical curation.
7. Practice metabolization methods and techniques that promotes healthy integration.
8. Practice instructing and then facilitating a right brain exercise.
9. Discuss developing a professional community and advancing DSTT and IVTT as transformational social justice movement.

## Day 3: Integrating Deceptive Sexuality and Trauma Psychoeducation

**Learning Objectives:** At the completion of the program, participants will be able to:

1. Practice teaching the Iceberg Diagram
2. Practice teaching the Covert Phase (Rooms 1–3) and patient exercises.
3. Practice teaching the Exposure Phase Injuries and patient exercises.
4. Practice teaching the Symptom Progression Phase and patient exercises.
5. Integrate psychoeducation into individual and group psychotherapy.
6. Practice techniques and methods for processing psychoeducation.
7. Practice using the workbooks with abusers and victims and developing curated curriculum.

## Level 4: Certification

### Engage Options for 24-Hours of Practice, Group Supervision, and Independent Study

The certification process offers professionals at least 24-hours total of professional practice, group supervision, peer support, and independent study options. This is the final step, to help professionals consolidate practice skills, gain additional learning, and benefit from peer support and building community.

Level One

### Illumination Series

A consciousness-raising process on understanding the abuse and trauma related to infidelity and problem sexual behavior.

Level Two

### Application Series

Learn to apply clinical and ethical protocol to assess, diagnose, and treat the abuse and trauma.

Level Three

### Practice Series

Learn how to implement a unique treatment model, practice skills, and clinically curate services.

Level Four

### Certification

Engage options for 24-hours of practice, group supervision, and independent study.



# Level 4: Certification

## Certification Overview

### Professionals earn a Certificate of Completion for each Level Completed.

Each Level of Education and Training completed, meaning all the Modules or requirements for that Level have been completed, then the professional will earn a Certificate of Completion for that Level offered by The Institute for Sexual Health (ISH).

Professionals who successfully completed all three Levels of Education and Training, will receive a designation of DSTE, Deceptive Sexuality and Trauma Educated.

Candidates who successfully complete all curriculum and professional hours for credentialing must complete the final credentialing form in order to receive their final Certification and Designation of DSTT, Deceptive Sexuality and Trauma Therapist.

### DSTT Certification: 24 Hours of Practice and Supervision

Professionals who want to be credentialed, must complete the final step of accruing 24 supervision and professional practice hours, and will have various options for attaining these hours. Options may change and evolve over time, however, professionals will have the opportunity to form and engage with their specific cohort

#### Practice Skills

1. 6 Hours of structured practice required for certification.
2. Professionals will have the opportunity to practice specific skills and/or role play and gain hours for professional skill building and practice.

#### Group Supervision

1. 12 Hours of group supervision required, up to 18 hours for certification.
2. Each cohort of students have the option of engaging peer group supervision.
3. Peer supervision hours can be accrued at the beginning of Level 2 or any time after.

#### Independent Study

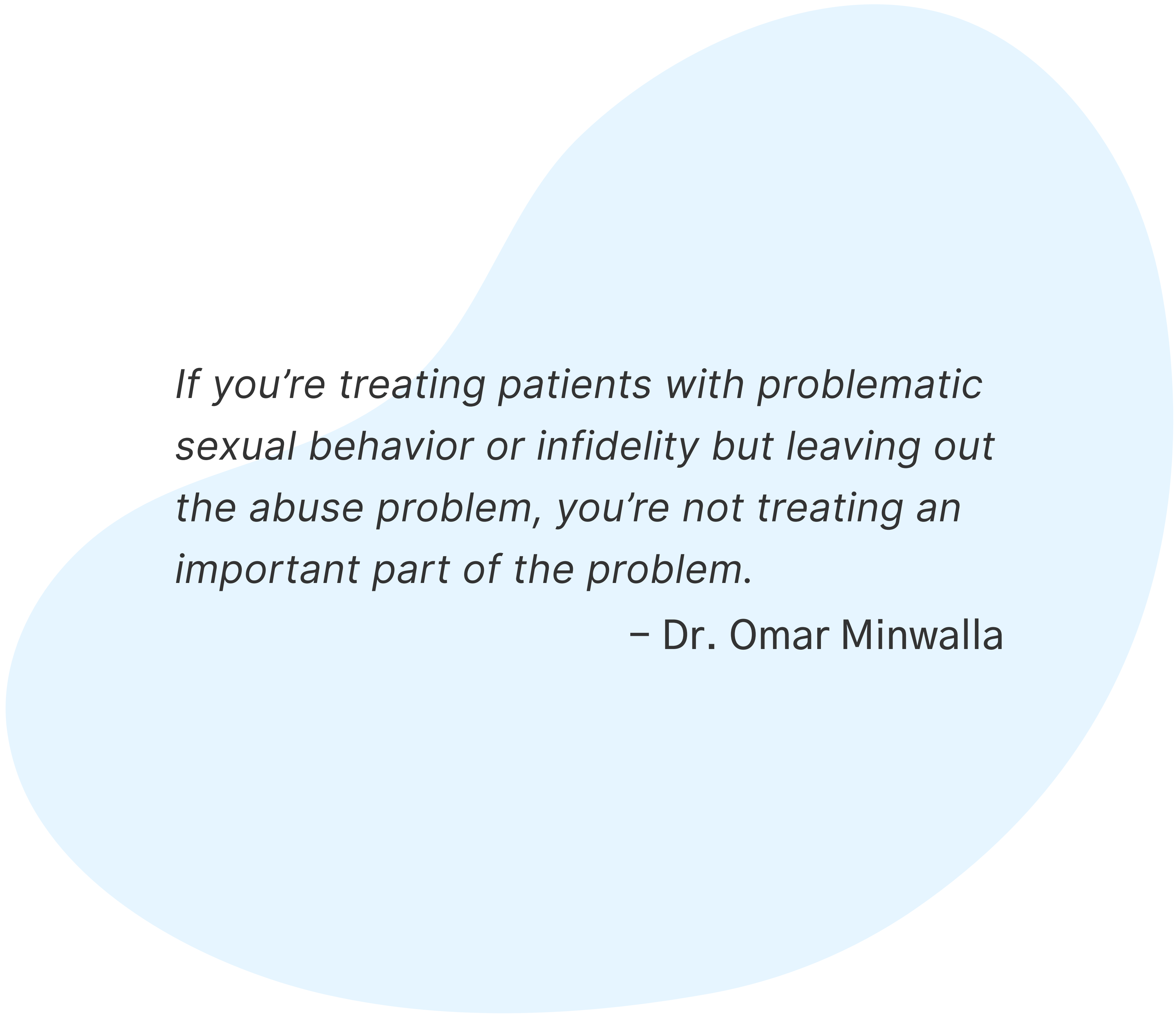
1. 6 hours are available for independent study, but not required.
2. Students have the options of viewing pre-recorded lectures on advanced topics and completing the post-test as independent study.
3. Dr. Minwalla and ISH encourage unique approaches to learning, particularly as professionals, and accept proposals for alternative ways to engage independent study.

#### Individual Supervision

1. Any hour(s) in Individual supervision or consultation count towards certification, but is not required.
2. Individual supervision with a DSTT professional or faculty, including Dr. Minwalla is available, (any costs are to be arranged independently).

## Renewal

Renewal Every 2 years: 5 Hours of DSTT or IVTT Continuing Education or Practice and Supervision Hours offered by The Institute for Sexual Health (ISH), Faculty, and/or Dr. Minwalla.



*If you're treating patients with problematic sexual behavior or infidelity but leaving out the abuse problem, you're not treating an important part of the problem.*

– Dr. Omar Minwalla