

Be a Better Man 2

The Application Course


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The Institute for Sexual Health (ISH), 2025

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Be a Better Man 2: The Application Course

Be a Better Man 2: The Application Course is a 12-week structured psychoeducation curriculum, based on the ["Ten Steps to Understanding Deceptive Sexuality,"](#) which offers focused education on the ten steps, while also providing information on ways to start developing a personal plan of action, and what types of work makes sense now, after being illuminated and seeing the problem more clearly. Each session will include a live lecture by Dr. Minwalla, small group break-out with a trained male facilitator, required reading, homework, task-work, and post-tests.

Dates	Time	Duration	Pricing
Aug 12-Oct 28, 2025 Jan 13-Mar 31, 2026	4:00pm – 6:00pm PST	Each session is 2 hours, once per week on Tuesdays, for 12 weeks.	\$3600

**Note**


This is not therapy, or treatment. All participants are required to be in therapy with a licensed mental health professional in order to take, and during, this course.



Overall Program Description

This 12-week program has two primary objectives:

1. Provide specific educational curriculum, a focused review of [the ten steps](#). This course provides an opportunity to review some of the material from the first course, but now go through more slowly, have a chance to do homework, reflect and answer structured questions, and then have the opportunity to share your answers and work with other men with a facilitator – (the same group of 8 participants, for 12 weeks so you get to know and learn from each other over time).
2. The second objective is to receive education on **how to apply** what you learned, meaning what to start doing, specific action steps, after now seeing the abuse, victimization and trauma more clearly. (We touched on this material on the last day of the Better Man 1 course). The next logical question after Illuminating the problem, is to ask, "What should we start doing now?"
3. So, as we move through the ten steps education, I will also be providing application information related to the three types of work, 1) behavioral change work 2) ego work 3) attending work, how they all relate, and providing information on how to start creating your own personal self-study plan and practice.
4. This will include learning how to create a self-study on Integrity–abuse and attending behaviors, by creating a list of behaviors, scanning daily and then how to do a simple cognitive–behavioral analysis. I also will educate on ego work, meaning ways to start thinking and taking care of your–self, and getting healthier and stronger as a person, including as preparation for Mountain work. And then Attending work, I want to provide ideas for your consideration in how to better help those who have been hurt.
5. The program will be structured, and each session will include a **live-lecture by Dr. Minwalla, and then some form of small group break-out** with a structured process with a trained facilitator to hold down the space and process.

**Clarification**

This is not yet the Be a Better Man Community, which is still to be determined. However, this curriculum and course will likely be the process of getting to the community stage for ongoing programming and group work. (Think of this course and Be a Better Man 2 as the bridge from Illumination to the place of ongoing group work, learning and community called, Be a Better Man 3.)

Pre-Requisites

1. Must have an individual licensed mental health professional for clinical support.
2. Must have stabilized sexual behavior problems for at least a year.
3. Should have completed and/or stabilized the clinical issue of a formal/therapeutic disclosure.
4. If indicated, establish intimate partner awareness and support.
5. Must have completed the Be a Better Man 1: Illumination Course.

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Application Course 12-Session Syllabus

Week 1: Three Types of Work for Abuser

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Week 2: Integrity–Abuse Attending Work Plan

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Week 3: Step 1: Decision to Engage in Sexual Behavior

3

Week 4: Step 2: Dishonesty and Deceptive Compartmentalization

4

Week 5: Step 3: Covert Operation: Agenda

5

Week 6: Steps 4–5: Covert Psychological Operation

6

Week 7: Step 6: Systemic Gaslighting: Forced Choice

7

Week 8: Step 7: Intentionally Manipulated Reality (IMR)

8

Week 9: Steps 8–9: Underlying Factors: Masculinity and Social Collusion

9

Week 10: Step 10: Triadic Core: The Little Potted Plant Metaphor

10

Week 11: Voice–Up, Integrity Abuse–Attending, Mountain Work

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Week 12: Architect: Work Plan, Practice, Community

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Psychoeducational Process:

Keep in mind, the theme of this Application course is, taking Actions and doing some Work related to this abuse, victim–trauma reality and gaining empowering education on specific focal points in creating a personal plan. Hence, be prepared to do some work, outside of each session, including homework and reading assignments, but also during the course, by sharing your voice and answering structured questions, and completing post-tests after sessions, for example.

This will be an educational process that includes the following:

1. **Reading Assignments:** The primary curriculum will include reading the Ten Steps Paper. There will also be additional reading for each session, with structured questions, homework, or task-work associated with each session.
2. **Live-session Large Group Lecture will be a live-lecture by Dr. Minwalla** (ex. 40 minutes); and then either before and/or after the lecture, a small group breakout to process, share reflections, or answer specific questions, homework or task-work, etc.
3. **Small group break-out sessions:** Each small group ideally will be 8 participants, with a group facilitator that has taken the DSTT professional training and will be together for the entire 12-week program.
4. **Facilitators:** This is not therapy, and the facilitator is there to only provide the proper structure, focus and maintain adherence to the program, not to provide therapy. All facilitators are training with Dr. Minwalla in his model. (They may be a professional coach or a licensed mental health professional, and all facilitators for this program are male identified).
5. **Homework and Task-Work:** There will be homework assignments and specific task-work that will be provided. Some will be required for break-out sessions, and some will be optional.
6. **Post-Tests** (online) for some of the sessions are expected. Each participant will have a maximum of three attempts to take the test and must receive a score of 75% or higher to move forward with the curriculum. (If the post-test is not completed successfully, then speaking with Dr.Minwalla before moving forward is required).

Attendance is required: Missing more than 2 sessions, even partially, means leaving the program with refund for unused sessions.

Curriculum Expectation: It is expected that each participant does all required homework and assignments and is prepared for sessions. (Three strikes policy here, and you are out, with refund of unused portion).

Voluntary Process: Participants should engage only if they want to, otherwise should not be in the program. Hence, there is no locking participants in or making people pay for spots for all 12 weeks, etc.

Withdrawing from Course: If for any reason you should want to stop and withdraw, you may do so by informing facilitator and/or Dr. Minwalla and will receive any support in doing so and a refund for unused portion of the program.

Termination: Dr. Minwalla may request any participant be terminated from the program, and to leave the program, at any time. In such a case, a refund will be provided.

Application and Registration Process:

If you are interested, and meet the pre-requisites, then you may [submit an application here](#).

The application includes scheduling the **required brief free phone and/or zoom call with Dr. Minwalla (20 minutes)** to determine suitability and to ask further questions and gain more clarity as to realistic expectations and becoming a more informed consumer before registering for this course.

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*Nobody is perfect... However, every man
can become a better man.*

– Dr. Omar Minwalla

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