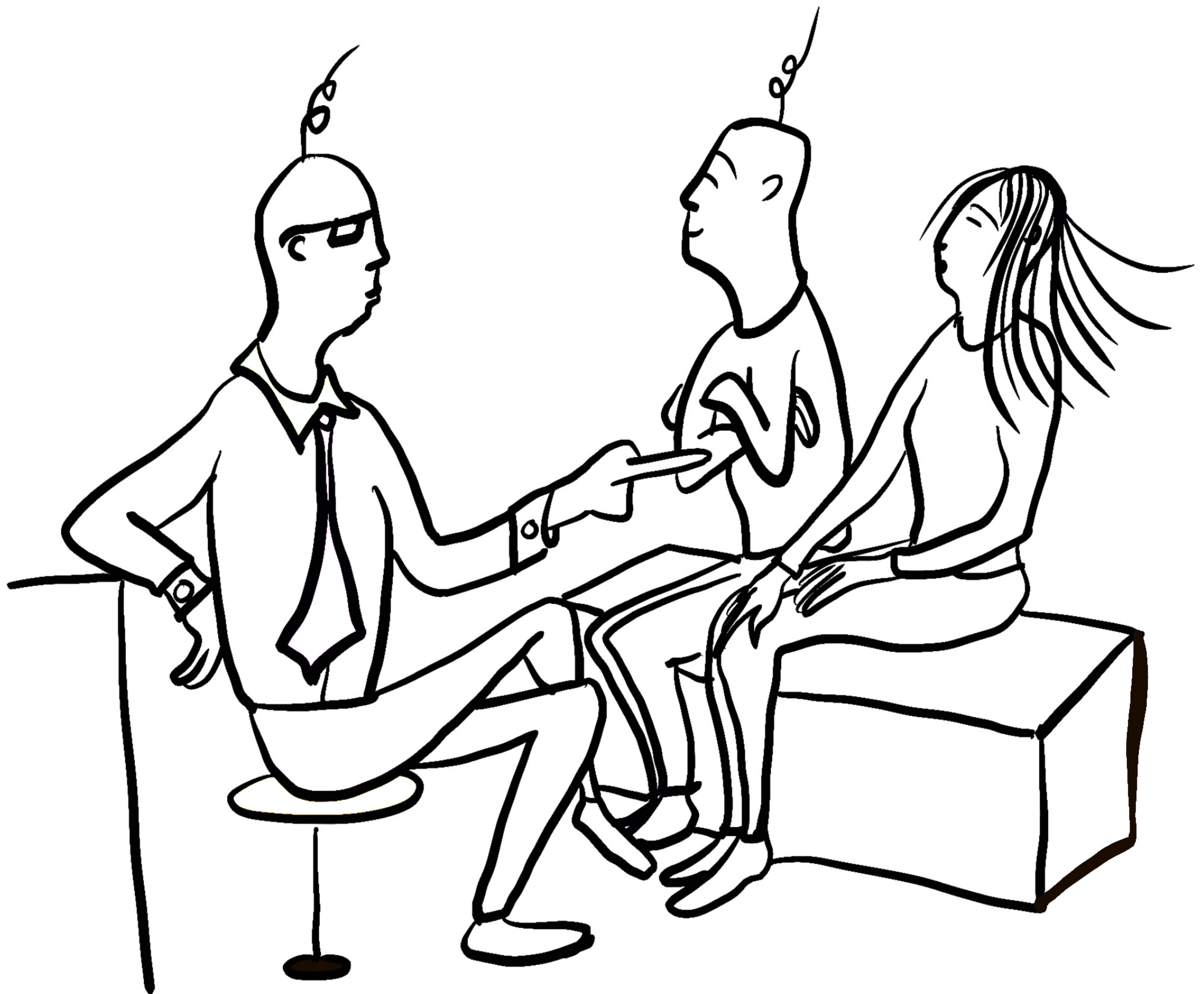




Professional Education and Training Program 2025

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 2025	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 (2024-2026):

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



Clarification on Professional Eligibility and Suitability for the DSTT Education and Training Program 2025

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 coaches¹) 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.

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:

