

The Application Course

Be a Better Man 2

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The Institute for Sexual Health (ISH), 2025

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Deceptive Sexuality," which offers focused education on the ten steps, while also providing information on ways to start developing a personal live lecture by Dr. Minwalla, reading, homework, and post-tests.

Be a Better Man 2: The Application Course

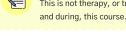
plan of action, and what types of work makes sense now, after being illuminated and seeing the problem more clearly. Each session will include a Winter 2025 Course: Nov 4, 2025 - Jan 20, 2026 4:00pm - 6:00pm PST Each session is 2 hours, once per week on

Be a Better Man 2: The Application Course is a 12-week structured psychoeducation curriculum, based on the "Ten Steps to Understanding

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,

Tuesdays, for 12 weeks.





Overall Program Description

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

This 12-week program has two primary objectives:

questions, and then have the opportunity to share your answers and work with other men. 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.
- Pre-Requisites

5. The program will be structured, and each session will include a live-lecture by Dr. Minwalla.

${\it 3. Should have completed and/or stabilized the clinical issue of a formal/the rapeutic disclosure.}\\$

4. If indicated, establish intimate partner awareness and support. 5. Must have completed the Be a Better Man 1: Illumination Course.

1. Must have an individual licensed mental health professional for clinical support.

Application Course 12-Session Syllabus

2. Stabilized sexual behavior problems.

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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.

4. Homework and Task-Work: There will be homework assignments and specific task-work that will be provided for break-out sessions. 5. Post-Tests (online): There will be a posttest for each session. 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

speak with Dr.Minwalla).

before registering for this course.

entire time.

Psychoeducational Process:

questions, and completing post–tests after sessions, for example. This will be an educational process that includes the following:

2. Live-session Large Group Lecture will be a live-lecture by Dr. Minwalla (ex. 60 minutes).

attend the live lectures, and engage in group discussion and complete the weekly posttests.

locking participants in or making people pay for spots for all 12 weeks, etc.

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 reviews the reading assignments, considers the reflection questions,

Voluntary Process: Participants should engage only if they want to, otherwise should not be in the program. Hence, there is no

Withdrawing from Course: If for any reason you should want to stop and withdraw, you may do so by informing facilitator and/or Dr.

3. Facilitators: This is not therapy. Dr. Minwalla may or may not use facilitators for small group breakouts. He will be monitoring the

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

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

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- Dr. Omar Minwalla

Nobody is perfect... However, every man

can become a better man.