

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 bottom of page). 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. A minimum of ten (10) hours in theories and methods of sex therapy relating to sexual wellness and functioning
 - b. A minimum of ten (10) hours in the assessment and diagnosis of psychosexual disorders
 - c. A minimum of ten (10) hours in relationship intervention for problems implicating sex and intimacy
 - d. A minimum of twenty-five (25) hours in 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. Sexual orientation and identity
 - vii. Medical and disability concerns and sexuality
 - e. A minimum of five (5) hours concerning limits of competence, ethics, legal concerns, and standards of care for sexual functioning and wellness therapy.
 - f. Training in only one treatment methodology is not sufficient to meet these requirements. Only ten (10) hours in one method may count toward the total hours required.
2. Complete a minimum of five hundred (500) hours of direct sex therapy intervention with individuals or couples.
 3. Complete at least forty (40) hours of clinical supervision of sex therapy practice.
 - 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 Approval Form, along with a copy of the supervisor's vita and a statement of the qualifying nature of the supervision
- c. A minimum of fifteen (15) hours must be completed in individual (one on one) supervision
 - d. The remaining supervision can occur in groups no larger than six (6) supervisees
 - a. Supervision must come from at least two supervisors with different theoretical orientations. (Supervision hours are equally divided between the two supervisors.)

** Ongoing Certification Requirements may be found on SASH website (sash.net)*