

THE  
SEX THERAPY  
CERTIFICATION  
PLANNER



STEP-BY-STEP GUIDANCE TO SEX  
THERAPY CERTIFICATION (BASED ON  
AASECT REQUIREMENTS)

# WELCOME!

Dear Therapist,

Congratulations on taking this exciting step toward becoming a certified sex therapist! Whether you're just beginning to explore this path or you're deep into the process, this workbook is designed to be your trusted companion, helping you navigate the journey with clarity, organization, and confidence. The road to certification can feel overwhelming, but you don't have to figure it all out at once. This planner will break the process into manageable steps, helping you track your progress, plan your coursework, document your clinical hours, and stay motivated along the way. With structured guidance and space for reflection, you'll gain a clear roadmap to achieving your goal—one step at a time.

You've already taken an important first step by investing in this process. As you move forward, remember that becoming a certified sex therapist is not just about meeting requirements—it's about deepening your expertise, expanding your ability to support clients, and stepping into your role as a knowledgeable and compassionate professional in the field of sexuality and mental health. Use this planner as a tool to stay organized, focused, and inspired. You are not alone in this journey, and every page is here to support you in reaching your certification with confidence and ease.

Let's get started!

*Lisa Delaplace*



## REMINDER!

You're not doing this alone! You have support

[lisa@relationaltherapyhub.com](mailto:lisa@relationaltherapyhub.com)



## ABOUT THE AUTHOR

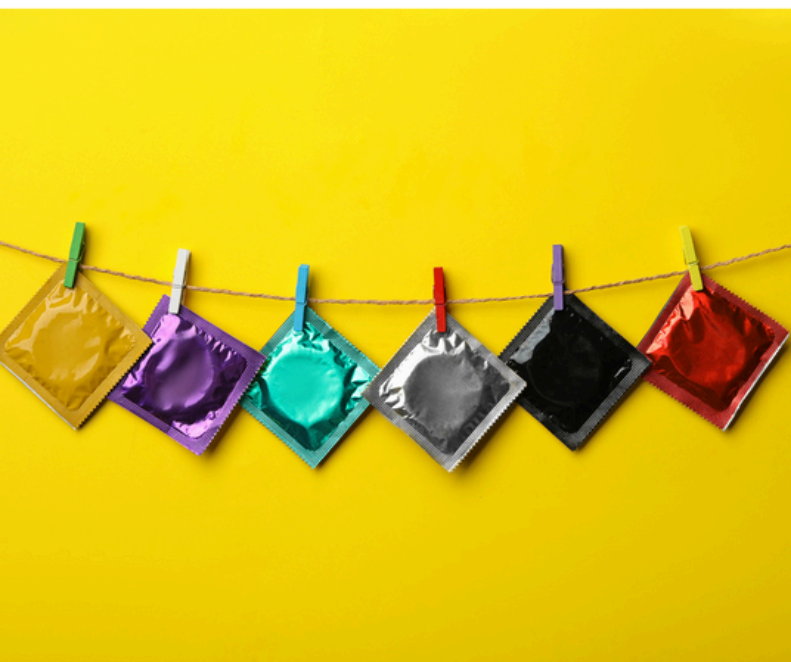
*"Becoming a certified sex therapist isn't just about meeting requirements—it's about stepping into your power as a healer, educator, and advocate for sexual well-being."*

From crisis intervention to private practice, my journey as a therapist has been shaped by a deep commitment to healing, connection, and empowerment. I began my career working with children, teens, and families in high-intensity settings, helping clients navigate some of life's most challenging moments. Over time, I discovered a passion for working with couples, guiding them through relational struggles and helping them build stronger, more fulfilling connections. This natural progression led me to specialize in sex therapy, ultimately earning my AASECT certification, which has become the foundation of my clinical work.

Today, my primary focus is helping couples heal, reconnect, and cultivate greater intimacy in their relationships.

In addition to my clinical work, I am deeply passionate about supporting other therapists in their professional growth. As a social work clinical supervisor, an EMDR consultant-in-training, and an AASECT-approved CEU provider, I enjoy mentoring and empowering fellow clinicians in both their clinical skills and private practice development. Through my online sex therapy courses and workshops, I provide education and guidance to help therapists gain confidence in addressing sexual health concerns with their clients.

I believe that every therapist deserves the tools, knowledge, and support to thrive—both for their own fulfillment and for the benefit of those they serve. My mission is to make the path to sex therapy certification more accessible, structured, and achievable so that more therapists can step into this vital and transformative work with confidence.



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# THE 4-STEP ROADMAP

Working towards Aasect sex therapy certification can be a daunting task, but it's doable and you can do it! Take it one step at a time and you'll be there in



\*\*This planner is for purpose of organizing your information only. It uses the AASECT requirements as a guide. Please go to the AASECT website directly for the most accurate and up-to-date information.

<https://www.aasect.org/aasect-requirements-sex-therapist-certification>

# SEX THERAPY PROGRAM OPTIONS

You may choose to do a complete program that includes all of the courses, SAR and Supervision. Write down the options you find here and notes about what you like or don't like about each one.

OPTION 1

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OPTION 2

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OPTION 3

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OPTION 4

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OPTION 5

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# INDIVIDUAL COURSE OPTIONS

Another option is to build your own path to certification. Find a supervisor and find classes from various sources. This is more work, but can be more affordable and introduce you to more resources. Find and list classes below (the AASECT website is a good place to start). You may also want to note what category the class may fit into and whether it is live or recorded.

WEBSITE

WEBSITE

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WEBSITE

# MONTHLY GOALS 2021

Break your goals down by month. What classes will you take? When will you have supervision? Start with the end date (18 months away!) and work backwards.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

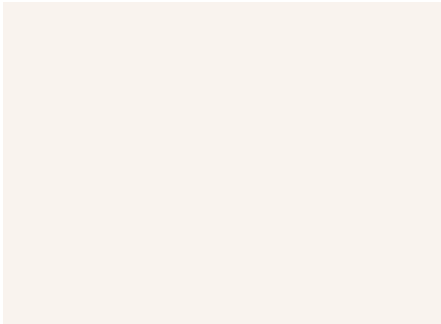
OCTOBER

NOVEMBER

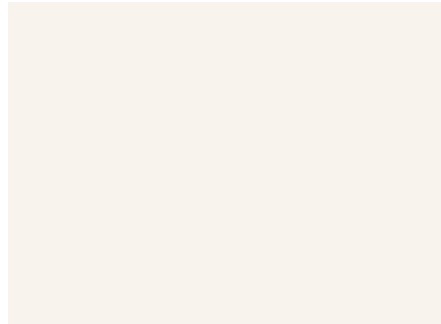
DECEMBER

# MONTHLY GOALS 202\_

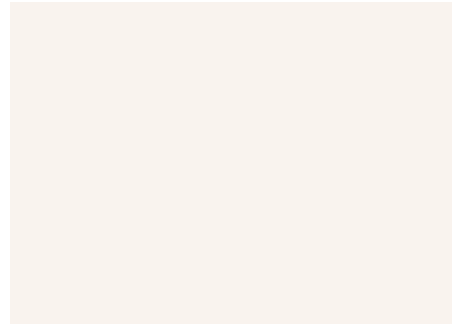
JANUARY



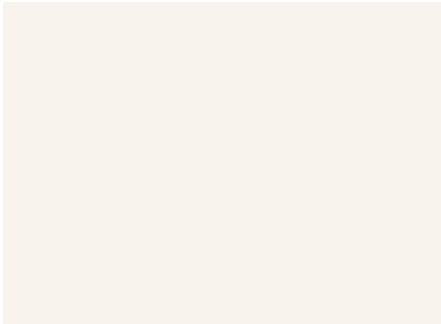
FEBRUARY



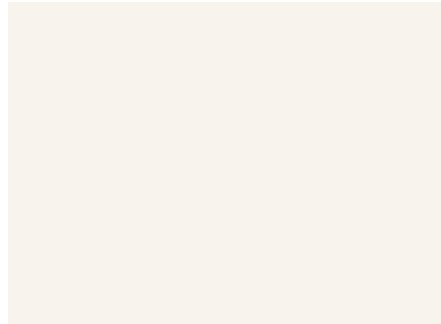
MARCH



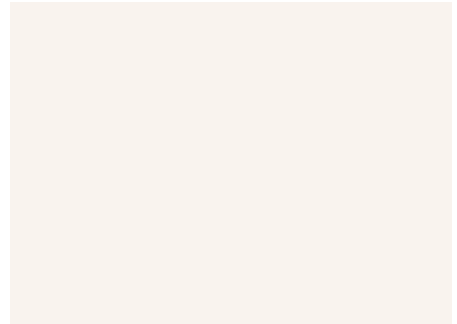
APRIL



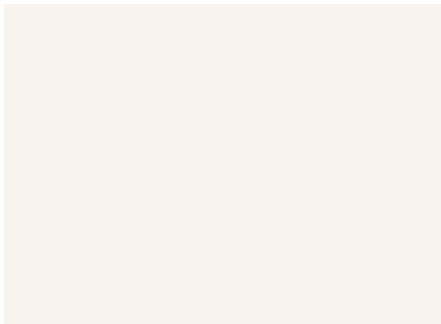
MAY



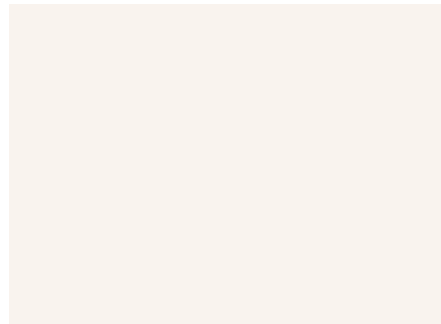
JUNE



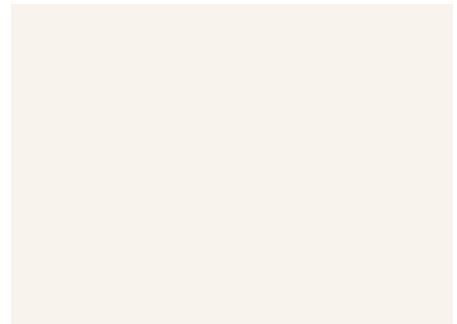
JULY



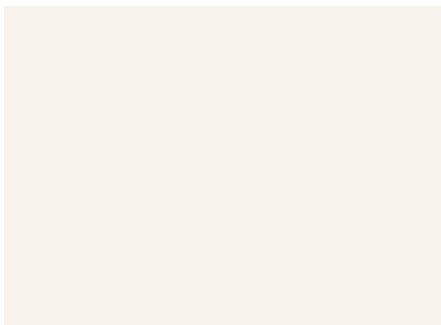
AUGUST



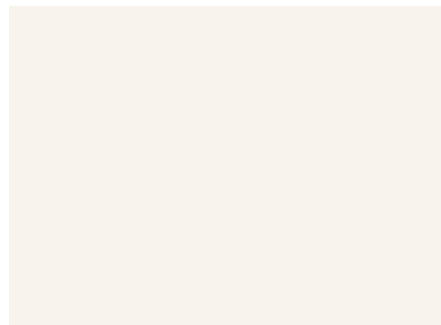
SEPTEMBER



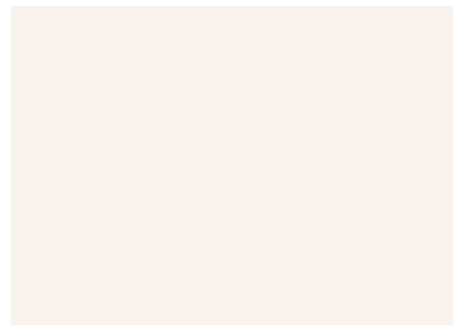
OCTOBER



NOVEMBER



DECEMBER



# PROGRESS CHECKLIST

Check the box once you have met the requirement This checklist is based on AASECT guidelines in 2025

## QUALIFICATIONS

- Masters or Doctorate Degree plus 2 years exp.
- Valid state regulatory license in the state where I practice
- AASECT MEMBERSHIP
- READ THE AASECT CODE OF CONDUCT
- 50 HOURS OF SEX THERAPY SUPERVISION
- 300 HOURS OF SEX THERAPY PRACTICE (FIELD EXPERIENCE)
- Sex Therapy Skills
- Core Knowledge Skills
- SAR (SEXUAL ATTITUDE REASSESSMENT) 14 hour course



# GROUP SUPERVISION

Applicants can count up to 25 hours of group supervision.

TOPICS	HOURS/CUMULATIVE HOURS	DATE
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# CORE KNOWLEDGE

90 CLOCK HOURS WITH AT LEAST 15 SYNCHRONOUS. AT LEAST THREE (3) HOURS IN EACH CONTENT AREA LISTED BELOW, WITH A MAXIMUM OF TWENTY (20) HOURS IN ANY ONE CONTENT

15 synchronous

A. Ethics and ethical behavior.

B. Developmental sexuality from a bio-psycho-social perspective across the life course

C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values), in relation to sexual values and behaviors.

D. Issues related to sexual orientation and/or gender identity: heterosexuality; issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.

E. Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships and family dynamics.

## CORE KNOWLEDGE PG 2

90 CLOCK HOURS WITH AT LEAST 15 SYNCHRONOUS. AT LEAST THREE (3) HOURS IN EACH CONTENT AREA LISTED BELOW, WITH A MAXIMUM OF TWENTY (20) HOURS IN ANY ONE CONTENT

F. Diversities in sexual expression and lifestyles, including, but not limited to polyamory, swinging, BDSM and tantra.

G. Sexual and reproductive anatomy/physiology.\*

H. Health/medical factors that may influence sexuality, including, but not limited to, illness, disability, drugs, mental health, conception, pregnancy, childbirth & pregnancy termination, contraception, fertility, HIV/AIDS, sexually transmitted infection, other infections, sexual trauma, injury and safer sex practices.\*

I. Range of sexual functioning and behavior, from optimal to problematic, including, but not limited to, common issues such as: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems and difficulty with orgasm.

J. Sexual exploitation, including sexual abuse, sexual harassment and sexual assault.

## CORE KNOWLEDGE PAGE 3

AT LEAST THREE (3) HOURS IN EACH CONTENT AREA LISTED BELOW,  
WITH A MAXIMUM OF TWENTY (20) HOURS IN ANY ONE CONTENT

Check the box once you have met the requirement and write which classes met the requirement.

You cannot use an hour for more than one section, but you can break a multiple hour class up  
into multiple sections example:. 2 hours-= 1 in section A and 1 in section B

K. Cyber sexuality and social media.\*

L. Substance use/abuse and sexuality.\*

M. Pleasure enhancement skills.

N. Learning theory and its application.

O. Professional communication and personal reflection skills.

P. History of the discipline of sex research, theory, education, counseling and therapy.

Q. Principles of sexuality research and research methods.

# SEX THERAPY TRAINING

MINIMUM OF SIXTY (60) CLOCK HOURS OF TRAINING IN HOW TO EFFECTIVELY CARRY OUT (DO) SEX THERAPY WITH PATIENTS/CLIENTS WHOSE DIAGNOSES INCLUDE THE 'PSYCHOSEXUAL DISORDERS' DESCRIBED IN THE CURRENT EDITION OF THE DIAGNOSTIC AND STATISTICS MANUAL (DSM) OF THE AMERICAN PSYCHIATRIC ASSOCIATION.

It is required to have 30 SYNCHRONOUS HOURS and at least THREE (3) HOURS in each content area listed below, with a maximum of TWENTY (20) HOURS in any one content area

30 synchronous Hours

A. Theory and methods of sex-related psychotherapy, including several different models.

B. Techniques of sex-related assessment and diagnosis of the 'Psychosexual Disorders' described in the current edition of the DSM.

C. Theory and methods of approach to intervention in relationship systems experiencing sex and intimacy problems.

16 hours of couples counseling training or documented coursework in couples therapy

D. Theory and method of approach to medical intervention in the evaluation and treatment of psychosexual disorders.\*\*

F. Ethical decision-making and best practice.













# THANK YOU

Thank you for investing in yourself and your journey toward sex therapy certification. I know firsthand that the process can feel overwhelming at times, but I also know how rewarding it is to reach the finish line and step into this incredible work with confidence.

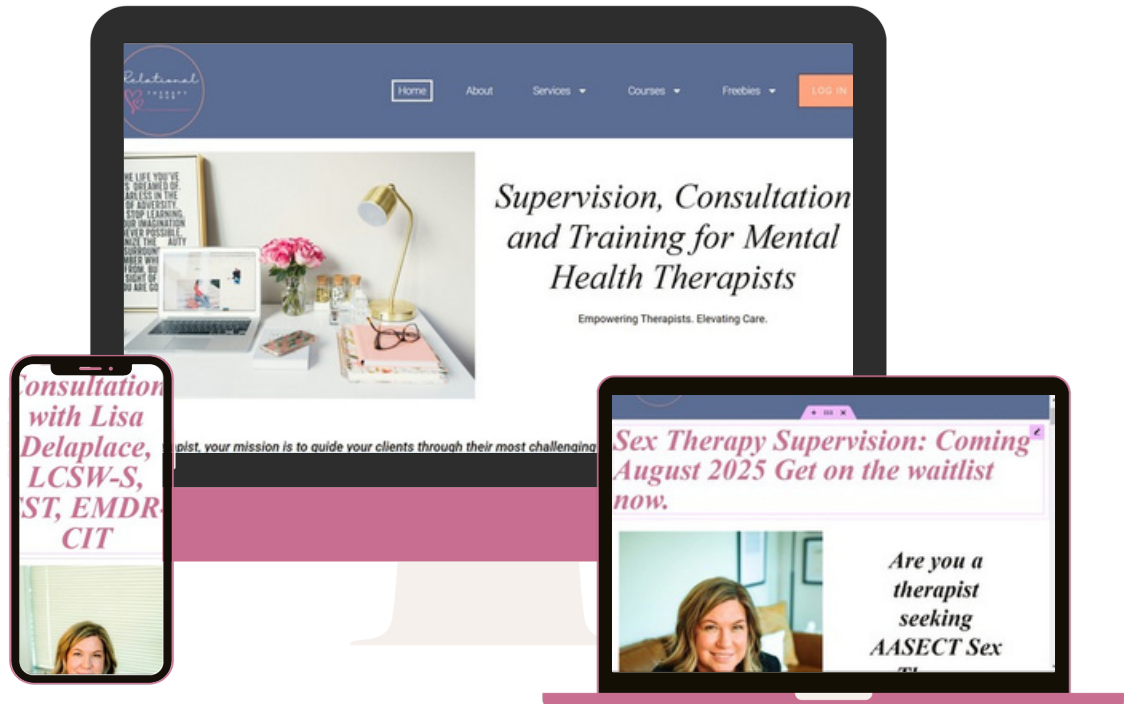
By choosing this planner, you've taken a meaningful step toward your goals. My hope is that this resource will help you stay organized, motivated, and encouraged every step of the way. You are not just earning a certification—you are expanding your ability to help others, breaking down barriers to open and informed conversations about sexuality, and making a lasting impact on the lives of your clients.

I appreciate you and the work you do, and I'm honored to be a small part of your journey. Wishing you clarity, success, and inspiration as you move forward!

With gratitude,

LISA DELAPLACE

# CONSULTATION, SUPERVISION AND AASECT APPROVED CEU COURSES



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A S M A L L N O T E

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L i s a D e l a p l a c e , L C S W - s , L I C S W , C S T ,