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Becoming a Sex Therapist

What is required to be a sex therapist?

- You must be a licensed mental health professional
 - Psychologist (Ph.D. or Psy.D.)
 - Psychiatrist (M.D.)
 - Marriage and family therapist (LMFT)
 - Licensed clinical social worker (LCSW)
 - All of these require a graduate degree
 - None of these particularly prepares you to be a sex therapist
- Becoming certified by the American Association of Sex Educators, Counselors, and Therapists is not required to call yourself a sex therapist, but...
 - it adds credibility
 - it demonstrates that you are serious about your work
 - it is a good way to keep acquiring knowledge
- Through AASECT you can find a certified supervisor who can oversee your work. If you want to become a certified sex therapist, this supervision is required. You must also have a certain number of clock hours of education in sex therapy. You can get specifics about certification by looking online at www.aasect.org.
- You should also have supervised experience working with couples, since the majority of clients come to you as a couple rather than an individual.
- You should have comfort with dealing with every aspect of sexuality, not just heterosexual “straight” sex, because even if you have a “straight” couple in your office, anything and everything might be discussed about orientation and sexual practices.
- You would benefit from having worked in health psychology as well, since the field of sexual medicine and pharmacology is expanding.
- Becoming a sex therapist takes dedication. It takes years to get a graduate degree, additional time to learn how to do sex therapy, and more time still to develop a private practice.