

SSTAR Mentorship Program

Purpose

The SSTAR Mentoring Program is designed to create a more collegial SSTAR organization, increase the connectivity amongst our various members, and facilitate the professional growth (in the area of the clinical practice and research of sex therapy) of all members, whether students, young professionals, or more seasoned practitioners. This is accomplished by pairing a mentee with a mentor who is knowledgeable and has greater experience in the area requested by the mentee. Therefore, members of all SSTAR classifications of membership are invited to participate as mentees in the mentorship program.

The mentors will coach and guide the mentee by offering general advice and providing discussion around a broad variety of career issues related to the development of clinical practice, research programs, or other venues for the dissemination of sexual health information. This may include:

Topics of interest for senior graduate researchers:

- How to find a postdoc advisor in sexuality in Canada and the U.S.
- How to find postdoc funding in sexuality in Canada and the U.S.
- How to decide which university to work in (if given a choice)
- How to develop ones' own independent program of research as a new assistant professor
- What is important to do in the first 5 years of my career in preparation for my tenure promotion
- How to conduct randomized clinical trials testing sex therapy interventions
- What to look for in a mentor in my university
- How to work in collaboration with other researchers
- How to get published
- Academic and non-academic career paths

Clinical Topics of interest

- Pain
- Arousal/desire
- Male and female sexual dysfunctions
- Infidelity
- Out of control sexual behavior
- Paraphilias

Forensics

Sexual orientation diversity

Gender diversity/dysphoria

Co-occurring conditions (eating disorders, personality disorders, mental disorders)

Body image

Treating specific populations (e.g. Orthodox Jews, older folks, those with physical and/or intellectual disability)

Infertility/Reproductive mental health

Clinical Practice

Interdisciplinary work

Sexual medicine in primary care

Evidence-based practice

Starting/joining a private practice

Benefits of solo vs. group practice (including interdisciplinary practices)

Insurance for sex therapy services

Record keeping

Advertising/marketing a practice

Supervision

AASECT certification

Assessment

Group or individual therapy

Couples therapy

Teaching or doing research in addition to clinical practice

How to maintain a work/home life balance

Scientist – Practitioner

Program development/evaluation

Merging clinical work and research

Working with Pharma

Knowledge Translation

Writing books

Maintaining blogs/developing a social media presence

Handling media requests

Publishing scholarly and clinical work-peer reviewed journals, online journals, book chapters

Finding Employment

CV's
Job hunting/etiquette
Networking

Training

Grad School
Post docs
Continuing Education

Geographic Location

Canada (Specific Province)
U.S. (Specific State)
U.K.

Supervision vs. Mentoring

The Mentoring Program makes a clear and distinct difference between supervision and mentoring. Supervision is generally a formal, sometimes paid relationship involving a contract between a supervisor and a supervisee. Discussion typically involves specific clinical cases or research projects and typically occurs face to face. The SSTAR Mentorship Program is designed, instead, to create a relationship between a mentor and mentee in which the mentor may offer general advice and discussion surrounding broad issues and non-specific clinical cases. The communication between the 2 parties may be face-to-face, on the phone, via telecommunication, or via email.

*****No individual case supervision may be given as part of this mentoring relationship.*****

Notification

Notification of mentoring opportunities will be made via SSTARGAZE, list serve, www.sstarnet.org, and announcements at the Annual and Fall Clinical meetings.

Mentors

Interested, potential mentors will be asked to submit their qualifications to act in a mentoring capacity. Mentors will be required to make a commitment of 90 minutes per month for a twelve-month period. If schedules and learning needs are similar, one mentor may mentor two mentees at the same time. Mentors will list their areas of interest for the mentoring experience. Before a mentor-mentee match is finalized mentors will have the opportunity to decline the match.

Mentees

Those interested in becoming mentees will submit an online form listing their current institution and their area (s) of interest for the mentee experience. This information will be taken into account when planning mentor/mentee matches. They may request a specific mentor, though such a request is not guaranteed.

Mentees will receive up to 90 minutes of contact per month. Mentees may apply for a second year of mentoring and the second year may be with a different mentor. If a mentee has two consecutive years of mentoring, they will rotate out of mentoring for two years to give other SSTAR members an opportunity to be mentored.

Mentees will be asked to sign a release form stating that they comprehend the difference between supervision and mentoring, and that under no circumstances would a mentee hold a mentor responsible for adverse consequences of the mentoring relationship on themselves, their patients, clients, students or research.

Mentor/Mentee Relationship

Some mentee/mentor pairs may not be a good match. If either submits a request within three months of the beginning of the relationship to be re-matched, then the mentee would still be eligible for two full years of mentorship. If the written request is received more than three months after the start of the relationship, the mentee will be eligible for one, twelve-month mentoring experience.

After a minimum of twelve months of a mentee/mentor relationship, if the mentee wishes, and the mentor agrees, they may terminate their mentee/mentor relationship, formally leave the mentoring program by notifying the mentoring committee, and initiate a paid supervisory relationship outside the auspices of the SSTAR mentoring committee.

SSTAR Society for Sex Therapy & Research

As this is a pilot program we would ask to hear back about the experiences of both mentor and mentee. We will provide the mentor and mentee with a link to a survey with specific questions regarding the program and space for suggestions to improve the program.

The mentor can fill out the application directly at [SSTAR Mentor Application](https://celticmarketing.wufoo.com/forms/sgbm3yw0h3q0at/). Or copy and paste this link into their browser:
<https://celticmarketing.wufoo.com/forms/sgbm3yw0h3q0at/>

The mentee can complete the application directly at [SSTAR Mentee Application](https://celticmarketing.wufoo.com/forms/s1n2rr3z1a8uhds/).
Or copy and paste this link into your browser:
<https://celticmarketing.wufoo.com/forms/s1n2rr3z1a8uhds/>

The one-year mentorship contract will be based on when mentoring begins, not on a calendar year or the date the member joined SSTAR.