

ASDS International Preceptorship Program

Moroccan Member Visits Washington, D.C., to Refine Surgical Knowledge

Jihane Benahmed, MD, details her week-long preceptorship visiting Tina Alster, MD.

I had an amazing experience working with Tina Alster, MD, and her team at the Washington Institute of Dermatologic Laser Surgery. This experience helped shed light on how to conduct a successful cosmetic and laser practice. Dr. Alster is a distinguished dermatologist known for her expertise in the field of cosmetic and procedural dermatology, as well as her commitment to evidence-based and safety-oriented practice.

I applied for the preceptorship with the goal of refining my surgical knowledge – especially for filler, neurotoxin techniques and scar management – so that I can implement more cosmetics and surgical procedures into my practice and share my skills with my Moroccan colleagues.

During my time in Washington, D.C., I had the opportunity to observe new techniques, and I gained valuable insights into procedural dermatology which I couldn't learn during my residency. I found this experience especially beneficial to learning soft skills that go into a successful laser and cosmetic practice, such as counseling and pre- and post-treatment care. I also learned many new pearls including clinical practice management relating to pigmentation disorders and practical approaches to cosmetic dermatology with botulinum toxin and fillers. Dr. Alster guided me step-by-step on how to restore and reverse aging skin with natural results.

Beyond her professional excellence, Dr. Alster's amiable and generous nature made the experience even more enjoyable. She made sure I saw all the procedures her practice offers. I am fortunate to continue a mentorship relationship with her even now that my time at her practice has ended.

I highly recommend an ASDS International Preceptorship for any international dermatologists wanting to learn more about lasers and cosmetic dermatology. Thank you to ASDS and the International Traveling Mentorship Program for funding this opportunity.



Drs. Alster and Benahmed

For information about the 2025 International Preceptorship Program, email membership@asds.net or visit asds.net/international-preceptorship-program.

Established through the Lawrence M. Field, MD, International Dermatologic Surgery Educational Exchange Fund. ●

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