London Diploma in Psychosexual and Relationship Therapy

A COSRT Approved Training
Middlesex University Accredited
NCS and NCP Accredited
In part fulfilment of the Accredited Register (AR)

Course Overview
2019-2021
The Class of 2017

The Class of 2016
Thank you for your interest in this two-year, modular course dedicated to psychosexual and relationship therapy, commencing in January 2019. This course will offer trainees both newly qualified and more experienced practitioners from a variety of backgrounds and disciplines, the opportunity to explore and hone their counselling/psychotherapy skills. We aim to complement these with specialised Psychosexual and Relationship Therapy knowledge and expertise.

The course takes place on Fridays, Saturdays and Sundays, roughly once monthly, in the first year and Friday and Saturday in the second year. You will need to allow approximately a day for clinical practice and supervision during year two. Private study, reading and essay preparation must also be factored into your time commitment.

A comprehensive student handbook is given to all students at the commencement of the course.

**Course Overview**

**Year One:** draws on a wide range of techniques and approaches, you will learn to address the dilemmas that are inherent in the integration of traditional models of sex therapy with more innovative approaches such as Gestalt, Imago, systems theory and relationship enhancement models. We attend to Schnarch, PAIRS and Bader-Pearson. We shall focus on a wide range of presenting issues, including working with survivors of sexual abuse, forensic issues, stress, conflict in the couple and LGBTQI related issues.

**Year Two:** includes supervised practice, case studies, live supervision and dedicated teaching modules related to CBT, working with diversity issues, love and passion, psychiatry, and psychopharmacology alongside students submitting a short research project. From time to time additional specialist lectures will be offered to the group. The course adheres to COSRT curriculum guidelines. It follows an integrative biopsychosocial approach.

This course supports practitioners in developing an inclusive model of communication skills, which in turn will enable their clients to address their verbal, emotional and physical environments. In addition to working with the presenting issues, practitioners will be encouraged to investigate the underlying material/issues brought into therapy by both individuals and couples. An understanding and awareness of sexual and relationship presentations both organic and non organic will be taught and incorporated into the course. It should be noted that this course does not primarily have a medical orientation but rather a psychological one; however, attending to organic/physical conditions which affect sexual function and health will be addressed.

Applicants will need to possess interest, passion and enthusiasm for developing their therapeutic skills when working within the psychosexual and relationship environment. An experiential and didactic training can only be as good as the level of motivation, participation, and ability to self-support and to work independently of its student body.

The course philosophy affirms that there is not one form of psychotherapy or counselling which, in its pure form, would be able to meet all the client's needs. Equally research findings confirm that effectiveness in psychotherapy and psychosexual therapy depends very little on the choice of theoretical orientation of the therapist. Instead it appears that the relationship between client and therapist is the most significant factor in successful psychotherapy. In that sense this training is one in intimate relationship skills.
COSRT Accreditation

In order to apply for COSRT accreditation you must undertake and successfully complete the full two year training and complete the 200 hours of supervised client work the LDPRT requires. Additional hours will be required post the training for application to COSRT for accredited status.

We work with our students so that they can develop their practice and become ethical, safe, capable and competent integrative practitioners with diverse experience in the field.

We look forward to receiving your application.

Judi Keshet-Orr & Bernd Leygraf (Course Directors), with Jean Miller (Associate Director)
Entry Requirements

Course participants must fulfil the following requirements; only in exceptional circumstances will these be waived.

- to be currently working with - or intending to work with - psychosexual and relationship issues within their practice or work place.
- to have completed no less than 120 hours of counselling or psychotherapy training or having undertaken an equivalent or similar training within the NHS/social work. This to have encompassed both counselling skills and a variety of counselling or psychotherapy approaches.
- to have undertaken a minimum of 50 hours of personal therapy.
- to have completed a minimum of 50 clinically supervised hours one-to-one face-to-face work with adult clients.

Course Work: First Year

Essay title: A Reflection on my Development During the First 6 Months of Training

We recommend that you consult our website for further information about the training and the commitment that it will require. The word count for written work is subject to change in accordance with ongoing guidance from our accrediting bodies.

Course dates are listed on our web site: http://www.psychosexualtraining.org.uk/2019-intake.html

Clinical work starts in October 2019 and continues until January 2021
You will need to allocate time to see clients and attend supervision during this period.

Times

Every module is scheduled from 10.00 hrs to 16.00 hrs (Saturdays 10.00--16.30 to allow for the reflective group). Participants will be expected to attend for a minimum of 85% of the course. A Diploma cannot be issued without participants fulfilling the required hours of attendance in addition to successfully completing all course work and paying all course fees. In order to be eligible for COSRT accreditation students must successfully complete both years.

Venue

Anglo Education Study Centre
Monticello House
45 Russell Square
London, WC1B 4JP

We reserve the right to change venue if need be.
The venue will always be in London and there would be several months’ notice of any change.
Fees

Fees are £7,200.00 in total incl. of university registration & VAT.

A non-refundable deposit of £450.00 is required upon acceptance of your offered place.

Payment Options:

- Monthly by Standing Order: twenty-one monthly payments of £321.42 commencing January 2nd 2019 (£450 non-refundable deposit having been paid on acceptance of your offered place). Please note that is your responsibility to set up the order for the required amount of months. (If you would prefer 24 monthly payments please inform the course directors).

- Yearly in advance: two annual payments of £3,375 (£450 non-refundable deposit having been paid on acceptance of your offered place). This is to be paid in December 2018 and in December 2019.

Fees listed here may be subject to change.

Application

Please apply in writing to: 181 Hampstead Way, London NW11 7YA
or via e-mail to: judi@psychosexualtraining.org.uk

The application form can be downloaded from our website.

Please include a copy of your CV.

You will also need to include the name and email address of one professional referee.

Interviews will commence in March 2018 and continue until July 2018.

Overview of Course Content: Year One

Please note that case discussion will inform most events.

Module 1.

- Introduction to psychosexual and relationship therapy
- Overview of organic and non-organic causes of sexual dysfunction
- Female and male sexual difficulties, the couple relationship.
- Overview of treatment approaches for both short and longer term work

Module 2.

- History taking – comprehensive history taking and addressing individual or couples suitability for the work
- Assessment
- Treatment plans, the interface between CBT and integrative counselling

Module 3.

- Gestalt approaches to sexual and relationship work

Module 4.

- Working with sexual dreams, imagery and fantasy
- Imago
- The work of Schnarch and Hendrix.

Continues...
Module 5.
- Sexuality in the consulting room, the impact on the counsellor
- Internet sex
- Sex addiction

Module 6.
- Pharmacology and its impact on sexual and emotional function
- Sexual and relationship therapy with survivors of sexual abuse

Module 7.
- Conflict Resolution
- Completion of year one. Review

Overview of Course Content: Year Two
Occasional changes to the modules/facilitators may take place and occasional extra days may be added. Students will be advised of this via email.

- Modules on working with diversity.
- CBT.
- Transpersonal work.
- Sex and the law – legal and ethical dilemmas
- Depression and its impact on intimate relationships
- Psychiatric disorders and medication which impact on relationships/sexual function.
- STIs/HIV.
- Practice management.

Applicants are encouraged to keep a scrapbook of relevant articles and a personal journal throughout the training. Attendance is on a Friday from 10.00-16.00 hrs and Saturday from 10.00-16.30 hrs. Students must factor into their time a commitment of 200 hours of clinical work, with supervision required at a ratio of 1:6.

Students will be expected to provide a short project on an allocated subject of 5,000 words within the second year (see below). This will be submitted in June 2020. Students will also provide a case history (5,000 words in July 2020), and be required to successfully pass their supervised practice; an initial, then interim and final supervisor reports will be submitted upon completion of 200 hours of clinical work with both couples and individuals, as well as a Fitness to Practice report provided by the primary clinical supervisor at completion of clinical hours. One essay is due in year one which is a reflective piece of 5,000 words.

As well as attending all modules students are required to attend peer support meetings, monthly, of 2-3 hours duration. Students are required to work in a self-directed fashion which would include relevant reading, preparation for essays and case study submissions and keeping a personal journal. Project titles will be issued at the start of Year 2 and will be 5,000 words. Students will be offered further CPD events during the life time of the course. Tutor groups will be held at each module and therefore on those days the course will finish slightly later. Students will also need to attend for individual tutorials at least once each year.

Only upon successful completion of all these elements will the Diploma be awarded.
Accreditation of Prior Experiential Learning (APEL)

The LDPRT is accredited by Middlesex University for the award of 120 credits at Level 7.

Candidates who successfully complete the programme will receive a Middlesex University Certificate of Credit that details the level and number of credits achieved. These credits may be transferred towards other courses at a university of your choice. The precise number of credits that can be counted towards another award will vary from university to university and is determined by the exact programme of study that you are applying for.

Specifically at Middlesex University 80/90 of these 120 credits will be calculated to progress to the Masters programme (Work Based Learning & Interprofessional Learning, School of Health and Education); the remaining credits will be gained through the Middlesex University programmes (10 credits for a programme planning module, 30 credits for a compulsory research methods module and 60 credits for your final dissertation).

Additional notes

Judi Keshet-Orr (Founder) and Bernd Leygraf are joint course directors and will facilitate some of the teaching events together; several other senior practitioner trainers are faculty members and as such will facilitate some of the modules. Jean Miller as Associate Director will teach several modules.

Every student will be allocated not only to an individual tutor, who is also their reflective group leader but will also be a member of a peer led tutorial group which will meet regularly, once each month for three hours. The reflective groups happen on Saturday during each module from 15.30–16.30. The intention is that course/reflective leaders can support and guide students as appropriate in a confidential setting.

Your written work will be marked externally and internally and your results will be given to you approximately one month after submission. These will be ratified by the external examiner to the course usually within two months of the course completing. A minimum pass mark of 50% must be achieved for all written submissions, in both year one and year two.

This course provides an adult learning community; the directors expect that you will be able to be self-supporting and mature in your involvement with the course. We imagine that trainees will meet outside of the training to share information, gain support, and maintain motivation in additional to peer learning groups which are mandatory. It is important that all trainees attend every module. We strongly recommend that trainees are in personal counselling/psychotherapy. Furthermore students must join COSRT, the fee for this membership is at a reduced/preferential level.

A list of psychosexual/relationship clinical supervisors will be provided for students. The second year of the training includes supervised clinical practice with individuals and couples. The second year formally commences in December.

Students will receive a student hand book and files of relevant articles at commencement of the course which will form the foundation of a comprehensive resource directory. Alongside this students will receive the course complaints procedure and be asked to sign a confidentiality clause so that personal discussions held within course time are safeguarded.

Judi Keshet-Orr & Bernd Leygraf, with Jean Miller