London Diploma in Psychosexual and Relationship Therapy

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

Course Information 2025-2027

Two Year Modular Training Course 2025-2027

Thank you for your interest in this two-year, modular course dedicated to psychosexual and relationship therapy. Both the 2025 in-room and the 2025 Zoom courses are now full, but we are offering an additional intake, from October 2025 which follows the same modular pattern as the existing course. 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 through class room teaching and clinical placements. Alongside this all students are engaged in a reflective group each time they meet facilitated by Giuseppe Picuccio and Effie Soultani (Associate Directors).

In brief: Monthly seminars will be Tuesday-Thursday once a month (year 1) and Tuesday-Wednesday (year 2), to accommodate those who are unable to attend weekends (e.g. faith cultures).

It is intended to run this course face to face in Ealing, London. (very close to Heathrow) unless enquiries for zoom overtake in room applications.
You will need to allow approximately a day for clinical practice and supervision during year two. Private study, your own therapy, reading and essay preparation must also be factored into your time commitment.

This information sheet intends to provide a summary and to give further details to the information contained on our website. We generally operate our offices on a paperless basis; you may however wish to print this document if you relate better to hard copy.

The Class of 2023

Indicative Overview Course Content

Year One

- Overview of organic and non-organic presentations
- The couple relationship
- Treatment options and approaches
- Differing models of assessment and history taking
- Formulation and treatment plans – integration of behavioural techniques within psychosexual and relationship work
- Consideration of MoU2 and GSRD relating to PRT assessment
- Traumatised clients
- Gestalt with couples
- Imago/the work of Hendrix
- Therapists at risk, erotic transference, out of control sexual behaviours
- Working with survivors of sexual abuse from a psychosexual perspective
- Conflict resolution
- Working with diversity/trans presentations

Year Two

- Ethical and legal practice
- Inclusivity and cultural sensitivity within a practice
- Solution focussed approaches to include CBT
- T.A. with couples
- Developmental couples therapy: The work of Bader-Pearson and Schnarch, IMAGO and its relevance to relationship diversity
- Psychiatric presentations and co-morbid psychiatric, medical and psychosocial conditions
- STIs
- Affairs and non-consensual non monogamy
- Heterosexuality, homosexuality, bisexuality and LGBTIQ+ and relationship models vs. dual intimate systems
- Alternative sexual and relationship presentations
- Critical review
- Practice management

The course team regularly evaluates the content of the course and in line with new research, thinking, awareness and protocols and adjusts and adds to the curriculum as required.

About the Course

The Brief History

The London Diploma has trained psychosexual and relationship therapists to the highest standards for over three decades now and we are proud to say that more than a thousand of the currently accredited UK clinicians are graduates of our course. Our graduates therefore constitute a significant proportion of psychosexual and relationship therapists in the UK alone.

In 1990, with the support of Prof Albert Singer, Judi Keshet-Orr and Bernd Leygraf collaborated to establish the largest psychosexual and relationship clinic in Europe, staffed by our own trainees, within the NHS. Together, they authored the UK's first Masters programme in Psychosexual and Relationship Therapy and the first and only one leaning into a Humanistic-Integrative philosophy.

Over the past 85 years or so, sexual and relationship therapy has developed beyond the original parameters of the work. With this course, we have moved the field from the more traditional medical approaches to sexual problems, to working to encompass issues which impact on the client's total environment. This includes attention to: relationship and gender status, family, professional, cultural influences, and trans-generational issues. In psychosexual work, the presenting issue may be a specific sexual or relationship difficulty which the therapist will attend to; it will also address the way in which this difficulty affects the client's concept of sexuality and relationships (or absence of these) in their lives.

The sexual landscape has changed in many ways in the last 30 years, in terms of gender, sexuality and culture. Psychosexual and relationship therapy has evolved alongside these changes and this has been embraced by the course. We wholly endorse MoU2. Alongside our accrediting bodies we agree that ethical practice requires the practitioner to have adequate knowledge and understanding of gender and sexual diversity and cultural differences, and to be free from any agenda that favours one gender identity or sexual orientation as preferable over other gender and sexual diversities. We encourage our students to acknowledge the broad spectrum of sexual orientations and gender identities and gender expressions and to update their knowledge and practice in line with these principles.

The Course Today

Today, Judi and Bernd continue to lead what is often described as the "gold standard of the profession" (external examiner). We are proud of our diverse faculty (representing psychotherapy, psychiatry, medicine, sexology, law and ethics and sexual health) and which has included international experts such as Dr Joseph Zinker (US), Dr David Schnarch (US, RIP), Dr Joan Lachkar (US) and Prof Claire Rabin (Israel). We are indebted to our highly diverse body of students and alumni, originating from as far as Iraq, Kuwait, Kenya, Iran, Israel, the Lebanon, Nigeria, Pakistan, Monaco, France, Malta, Greece, Spain and from as close as Ireland, Scotland and Wales as well as all over England. Many students and alumni are pioneering sex and couples therapy in their communities hitherto untouched by this discipline. Our alumni are now working in the field, many writing books and articles, commenting about advances in psychosexual therapy in the media, training and running placements. Many affiliated placement organisations (NHS, voluntary/third sector and private practices) span the entire UK and Northern Ireland and now further afield, in which our trainees provide thousands of sessions of sex and relationship therapy per year, either free or low cost to clients.

Our Philosophy

We are a psychotherapy training with a specialist focus on human sexuality in all its expressions – with individuals, couples, and other relationships. We focus on the formation of psychosexual and relationship therapists to work with integrity within statutory, voluntary, or private settings.

We support the development of each trainee's idiosyncratic approach to the work within the course's overarching, integrative, framework. By this we mean to inspire and welcome trainees to bring in their own personalities, biography and philosophical approach, within reason and ethical frameworks. LDPRT firmly feels that the course, whilst working within accepted boundaries, supports students' choices in developing their own unique approach. This idiographic emphasis is associated with a theory of psychotherapeutic change in which there is a particular emphasis on helping clients to actualize their distinctive potential and become their "own unique individual self" (Rogers, 1964, p. 130) from Mick Cooper squarespace.com blog -).Trainees will experience and critically examine this philosophical framework, shaped by the richness of the psychotherapy backgrounds of all our lecturers. We may lean into Gestalt therapy, Existential thinking, Psychodynamic therapy, Cognitive Behavioural Therapy, Transpersonal therapy, Transactional Analysis and more! We also draw from the various inspirational writers on the dynamics of sex and relationships. Overall, we acknowledge the centrality of the therapist in this work (David Schnarch 2010) and the intentional use of the self (Kohut 1981) to establish a secure, containing model of collaboration with our clients. We draw on the contributions of psychology, medicine, culture, law, ethics, spirituality, systems thinking and trans-generational influences. You may wish to look at our blog page on the web site, written by faculty and graduates to give you a flavour of our work and thinking.

We are inclusive of many and diverse forms of relationship and couple's presentation. We attend to trans-cultural relationships, and where issues of class, faith, culture, socio-economic group are present – we acknowledge both domestic and non-domestic relationships. We continue to be curious about both individual expressions of sexuality and the unique process which wakes up when two people call to each other into "coupledom". We critically examine sexual expressions often termed "illegal". All students need to work within the law of the jurisdiction in which they live. The course, as a formation training focuses on dual relationships, either romantic and/sexual or practical. Consensually monogamous relationships and consensual non monogamies as well as non-consensual behaviour in relationships will be explored. The course acts as a platform from which more specialised study can take place once students have a high level of competence in the field. Students may, should they choose to do so, apply to engage in a Masters programme after successful completion. Students at the end of the course and after ratification of their marks and clinical study may apply to COSRT for registration.

Students may wish to progress for a further year to the NAOS Advanced Diploma in Relationship Psychotherapy for more complex presentations. The LDPRT consistently addresses new and innovative expressions within psychosexual and relationship work.

Judi Keshet-Orr, Bernd Leygraf

(LDPRT Directors)

Jean Miller, Effie Soultani

(Associate Directors)