Diploma in Psychosexual Therapy

Course Brochure January 2022 Entry

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EXCELLENCE IN PSYCHOTHERAPY TRAINING

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Tavistock Relationships – a tradition of excellence in couple and psychosexual psychotherapy

Formed in 1948, Tavistock Relationships is internationally renowned as an organisation delivering and developing advanced practice, training and research in therapeutic and psycho-educational approaches to support couples and individuals.

We deliver professional training to the next generation of relationship and psychosexual therapists and provide clinical services to couples, parents and individuals throughout London, in Bristol and online. We provide a range of affordable counselling and psychotherapy services which support clients experiencing challenges in their relationships, their sexual lives and their parenting.

In addition, we undertake research, service development and policy activities which encourage the development and growth of effective and innovative relationship support interventions.

Courses and training

We provide accredited professional trainings in Counselling, Psychotherapy and Psychosexual Therapy, from introductory courses to clinical qualification programmes.

We also offer a full programme of CPD courses and conferences which provide opportunities for professionals to further develop their expertise.

Furthermore, we work with local and national government, the health sector, education and other voluntary organisations who commission us to develop and deliver training as well as relationship support programmes.

Counselling and therapy services

Our team of clinicians offers a range of affordable counselling and therapy services to support every individual, couple or parent facing relationship or psychosexual problems. Uniquely Tavistock Relationships is the only London-based service that provides a payment sliding scale meaning that our services are accessible for all those who wish to use them.

For more information about our counselling and therapy services please visit www.tavistockrelationships.org

Policy and research

Tavistock Relationships undertakes service development, policy and research activities to encourage the development of effective and cutting-edge relationship support services. We raise awareness of the importance of relationships to the health and well-being of our society by influencing politicians and policy-makers at the highest level.

We are committed to delivering the highest quality of service to all of our clients and to a culture of continuous improvement.
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How to apply

To apply for this course visit
https://tavistockrelationships.ac.uk/diploma-in-psychosexual-therapy

Download the application form, fill it in using a word processor not handwriting. Emailed applications are preferred. You can email your completed form to:
training@tavistockrelationships.ac.uk

Application deadline is: 15 November 2021

Interviews are ongoing.
Introduction

The Diploma in Psychosexual Therapy is a two-year course designed to provide knowledge, skills and opportunities for clinical practice in the area of psychosexual therapy. It qualifies graduates to practice as psychosexual therapists in statutory and voluntary sectors as well as in private practice.

At Tavistock Relationships, we have been running COSRT (College of Sexual and Relationship Therapists) approved professional trainings in Psychosexual and Relationship Therapy for over twenty years.

The Diploma replaces our COSRT-approved MSc in Psychosexual and Relationship Therapy and, unlike the MSc which was open only to psychodynamic couple therapists, the Diploma will be open to qualified therapists and counsellors who have a clinical qualification in psychotherapy, counselling or counselling psychology from a nationally accredited training or a clinical qualification in psychotherapy, counselling or counselling psychology plus subsequent accreditation. We hope this will enrich the experience and learning on the course.

Many of the lecturers, tutors and supervisors from our MSc continue to teach and work on the Diploma course which has been approved by COSRT.

Why study at Tavistock Relationships?

- Tavistock Relationships has more than 70 years’ experience of delivering and developing innovations in practice, training and research in relationship therapy, including recent work on diversity.
- We have been running COSRT-approved professional trainings in Psychosexual Therapy for over twenty years.
- Our long experience of research and practice in relationship therapy means we offer a holistic approach to sexual problems, looking both at the root cause and the way the problem may be maintained, even exacerbated, within any current relationship.
- Our lecturers, tutors and supervisors are all members of COSRT, experienced psychosexual therapists, many with a long history of teaching on COSRT-approved courses.
- We have contacts with NHS psychosexual clinics which offer placements where students can develop the experience of working with a wide variety of psychosexual issues.
- Teaching is delivered at weekends, enabling students to continue their professional work elsewhere.

Course outline

The Diploma offers a clinical, professional training in the theory and practice of Psychosexual Therapy.

Theory and practice

The course includes:

- seminars on psychosexual and relationship issues
- opportunities to develop critical thinking by means of written assignments, reading, discussion
- group work and role play
- monthly case discussion/supervision group
- monthly self-reflective group
- support from a personal tutor throughout the course
- overseeing student’s progress in fulfilling COSRT clinical and supervision requirements.

Clinical work

Students are required to complete 200 hours of face-to-face clinical work. They must see a minimum of 10 cases, five of which must be with couples.

We provide some opportunities to undertake clinical work at an external placement to broaden experience.

Supervision

In accordance with COSRT guidelines, supervision must be undertaken at the supervision ratio of one hour per six hours of clinical work. Supervisors should be experienced and accredited psychosexual therapists.
Students working in private practice may charge their psychosexual training clients but must inform clients about their trainee status. Private work must be supervised by a Tavistock Relationships-approved supervisor. Payment for private supervision is not included in course fees.

**Entry criteria**

**Minimum entry requirements**

- A clinical qualification in psychotherapy, counselling or counselling psychology from a nationally accredited training or a clinical qualification in psychotherapy, counselling or counselling psychology plus subsequent accreditation.
- At least two hundred hours of supervised face-to-face clinical work with individuals or couples.
- Appropriate personal qualities (a high degree of self-awareness, capacity to make and maintain personal relationships/friendships, and ability to reflect on personal experience).
- Commitment to self-development, a willingness to be open to experiences and to work with others in reflecting upon them.
- An appropriate level of self-awareness in relation to motivation for learning about working with psychosexual difficulties; a capacity to reflect on experience of personal, couple and family relationships.

NB Successful applicants who have had less than one hundred hours of personal individual therapy will be expected to complete this requirement during the training.

**Entry with advanced standing**

Applicants to the programme may apply for admission with advanced standing where they can produce evidence of prior learning that demonstrates that the learning outcomes of the identified components within the programme have been fulfilled.

**Exceptional entry:**

Applicants with other qualifications, or assessed prior (experiential) learning, may be considered for exceptional entry on their merits if the selection panel and the Assessment Board can be satisfied of their clinical and academic competence on the basis of:

- evidence from two referees who can confirm the applicant’s clinical and academic attainment
- other relevant equivalent training and a portfolio demonstrating prior (experiential) learning.

Applicants for advanced standing and exceptional entry will be required to offer evidence of:

- the nature, duration and context of all prior relevant learning
- the standard achieved in any assessment or, if no formal assessment was undertaken, other evidence which can be evaluated by the Assessment Board for entry.
Assessment

Assessment is by: case studies; training log; theory papers; seminar review papers; oral presentation; project work; end-of-course written and verbal examination; ongoing assessment by supervisors, seminar leaders, self-reflective group conductors, and tutors; and a minimum of 200 hours of clinical practice under supervision. (See below.)

Academic assessment requirements
Theory, practice and research of psychosexual therapy. Assessment will be by:
• confirmation of attendance at seminars (80% minimum)
• seminar presentations
• three assessed role plays
• assessed case studies
• a written examination of clinical competencies
• a 5,000-word qualifying paper
• six written assessments
• a resource portfolio
• seminar leaders’ reports.

Clinical assessment requirements
(may be modified according to professional body or Tavistock Relationships requirements).

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<tr>
<th>Requirement</th>
<th>Assessment</th>
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<tr>
<td>Personal psychotherapy – 100 hours minimum</td>
<td>Confirmation of attendance from former or present therapist</td>
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<tr>
<td>Training journal</td>
<td>Tutor’s confirmation</td>
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<tr>
<td>Supervision at approved ratio (one hour for every six hours of clinical work) from the end of Module One until qualification</td>
<td>Case record notes</td>
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<td>Supervisor reports and confirmation of readiness to qualify</td>
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<tr>
<td>Clinical practice: –</td>
<td>Supervisor reports</td>
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<tr>
<td>200 hours psychosexual therapy</td>
<td>Case log</td>
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<tr>
<td>Minimum 10 cases, of which at least five must be with couples</td>
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<td>Tutorials: –</td>
<td>Tutor’s reports</td>
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<td>3 hours in Year One</td>
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<td>4 hours in Year Two</td>
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“Tavistock Relationships has some of the world’s leading practitioners and trainers.”
Psychosexual Course Graduate
Syllabus

The structure of the course is modular but issues around assessment, treatment planning, diversity and relationships will be threaded through all modules on the course. All set reading material, apart from chapters in prescribed text books, will be supplied but students are expected to read and research widely around the topics.

Students will be expected to keep a self-reflective journal throughout the course and to compile a folder of resource material.

Module 1: Thinking about and working with relationships
• Why relationship focus?
• Relationship diversity
• Psychodynamic aspects of the couple relationship
• Attachment theories
• Genogram
• Working with individual clients on relationships issues
• Key skills in working with the couple
• Working with violence, aggression and vulnerability
• Protection issues relating to children and vulnerable adults

Module 2: Psychosexual assessment and treatment
• Introduction to psychosexual therapy
• Psychosexual assessment
• Psychosexual dysfunctions
• Desire disorders
• Anatomy and physiology of sexual response
• History taking
• Treatment planning
• Behavioural and education work
• Time-limited work

Module 3: Working with diversity and with different clinical groups
• COSRT ethical framework
• Sexual minorities, LGBTQ+
• Transvestism, transgender and intersex
• Working with different cultural groups
• Feminist and eastern thinking and practice
• Sexual compulsivity
• Working with survivors of childhood sexual abuse

Module 4: Sex through the life span
• Sexual development
• Contraception, abortion, infertility
• Sex after illness, childbirth/becoming a parent, menopause
• Sex in later life
• STIs, HIV

Module 5: Ethics and revision of competencies
• Erotic transference
• Ethics and ethical considerations
• Pharmacology and its impact on sexual and emotional function
• Review of assessment, formulation, treatment planning
• Practice management
• Non-pharmaceutical resources

Module 6: Good enough sex
• Desire
• Mourning and acceptance
• Endings in relationships and in therapy
• What is meant by good enough sex?
Clinical hours and case requirements

In order to complete the Diploma and conform to COSRT requirements, trainees must complete 200 hours of face-to-face psychosexual therapy with clients. Trainees must work with a minimum of ten psychosexual cases of which at least five should be couples. Trainees may achieve these hours on placement, in their organisation, in their private practice or in a combination of these.

We encourage those in private practice to seek a placement in an NHS psychosexual clinic, for at least some of the required hours, because of the experience and support this gives.

Trainees may charge their psychosexual training clients but must inform clients that they are in training. Private work must be supervised by a Tavistock Relationships-approved psychosexual supervisor.

NB In accordance with COSRT guidelines, trainees with less than 200 hours’ prior experience of face-to-face clinical work are not permitted to see training clients in their private practice. They must seek a suitable placement.

“Since I've added Psychosexual Therapy to my list of competencies, I've found my practice has really grown. Even clients without problems in this area seem to be reassured by the qualification.”

Psychosexual Course Graduate
Programme Heads

Marian O’Connor is a UKCP- and COSRT-accredited psychosexual and relationship therapist with nearly thirty years’ clinical experience working with individuals and couples. Formerly the Programme Leader of the MSc in Psychosexual and Relationship Therapy at Tavistock Relationships, she has presented on psychosexual issues in conferences both home and abroad, and frequently writes for or advises the media on psychosexual and relationship issues, most recently (2018) in Huffington Post, Telegraph and Mental Health Today. She is co-author of the chapter ‘Psychodynamic Aspects of Psychosexual Therapy’ for the European–wide syllabus of clinical sexology published by the European Society of Sexual Medicine. She supervises and teaches on the Diploma.

Bridget Wilkins is a couple and individual psychodynamic and psychosexual therapist and faculty staff member at Tavistock Relationships. She has responsibility for programming the centre’s Psychosexual Studies Certificate and for the Psychosexual Diploma. A former BBC producer, she retrained at Tavistock Relationships, completing their diploma in Couple and Individual Psychodynamic Psychotherapy before training as a Psychosexual Therapist. She has a particular interest in the impact of emotional experience on both the body and the mind.

Marian and Bridget are supported by an excellent teaching team comprised of qualified psychosexual therapists with several years’ experience of teaching/supervising/tutoring in the field. (See overleaf.)
Teaching team

Linsey Blair MSc (Psychology), PGDip Psychodynamic Counselling and Psychotherapy, MBACP Accred, COSRT Accred, UKCP Reg, BSCPC (FM)
Research/teaching interests: gender issues, female sexual dysfunction.

Inge Fisher MSc Psychosexual and Relationship Therapy, PGDip Couple and Individual Psychodynamic Counselling and Psychotherapy, Msc in Career Management and Counselling MBACP, COSRT
Research/teaching interests: relationship and psychosexual issues.

Dr Karl Hollows Dip Psychosexual Th, PgDip MedEd, DipGUM (Diploma in Genitourinary Medicine), COSRT Accred, FECSM (Fellowship of the European Committee of Sexual Medicine), MFSRH (Membership of the Faculty of Sexual and Reproductive Healthcare), BASHH (Secretary)
Specialist in: Sexual Health Medicine, Midlands Partnership NHS Foundation Trust.

Judith Jamieson MSc Psychosexual and Relationship Therapy, PGDip Couple and Individual Psychodynamic Counselling and Psychotherapy, BSCPC (FM), MBACP General Member, COSRT Accred, UKCP Registered
Special interests: risk assessment, diversity.
Clinical Lead at Tavistock Relationships.

Remziye Kunelaki Psychosexual Therapist and Supervisor, COSRT Accred, BPS, BASHH, Committee Member BSSM, European Certified Psycho-Sexologist (EFS and ESSM), The EFS/ESSM Psycho-Sexology Accreditation Committee Member (EPSA)
Research/teaching interests: short-term focussed work, STIs.
Lead Psychosexual Therapist, Chelsea and Westminster Hospital NHS Foundation Trust.

Olivia Luna MSc Psychosexual and Relationship Therapy, PGDip Couple and Individual Psychodynamic Counselling and Psychotherapy, PGDip Psychology, BA Sociology MBACP, COSRT Accredited, UKCP Registered

Suzanna Mackenzie

Poppy Mellor MSc, PGDip Psychosexual Therapy, MBACP Accredited, BPS, BASHH, Committee Member BSSM, European Certified Psycho-Sexologist (EFS and ESSM), The EFS/ESSM Psycho-Sexology Accreditation Committee Member (EPSA)
Research/teaching interests: Couple psychodynamic therapy, psychosexual therapy, doctoral student specialising in pornography and internet addiction.

Dorota Mucha MA Social Psychology, MSc Psychosexual Therapy, PGDip Psychodynamic Couple Counsellor, MBACP, COSRT
Special interests: ChemSex, same sex couples, polyamory.
Lead Psychosexual Therapist in NHS CUH (short term psychosexual interventions).

Tristan Royez-Gall PGDip Couple and Individual Psychodynamic Counselling and Psychotherapy, MBACP, COSRT (accred)
Research/teaching interests: personal development, affairs, male and female psychosexual difficulties, LGBT relationships.

External examiner

Jane Read, Psychosexual Therapist and Supervisor, COSRT Accred, psychotherapist, counsellor, trainer in women’s reproductive health issues, infertility, sexuality and relationships since 1979.
Over 10 years' teaching/tutoring/supervisory experience.
## Dates

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<tr>
<th>January–December 2022</th>
<th>Teaching hours</th>
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<tr>
<td><strong>2022</strong></td>
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| Saturday 15 January 2022 | Saturday sessions will run from 10.30am–5.30pm and will include:  
Sunday 16 January 2022  | • 1.5 hour case discussion group from April 2022.  
Saturday 12 February 2022 | Sunday sessions will run from 10am–4pm and will include:  
Sunday 13 February 2022  | • 30 minutes feedback/reflective group.  
Saturday 12 March 2022  |                |
| Sunday 13 March 2022   |                |
| Saturday 9 April 2022  |                |
| Sunday 10 April 2022   |                |
| Saturday 14 May 2022   |                |
| Sunday 15 May 2022     |                |
| Saturday 11 June 2022  |                |
| Sunday 12 June 2022    |                |
| Saturday 25 June 2022  |                |
| Sunday 26 June 2022    |                |
| Saturday 9 July 2022   |                |
| Sunday 10 July 2022    |                |
| Saturday 10 September 2022 |                |
| Sunday 11 September 2022 |                |
| Saturday 15 October 2022 |                |
| Sunday 16 October 2022 |                |
| Saturday 5 November 2022 |                |
| Sunday 6 November 2022 |                |
| Saturday 3 December 2022 |                |
| Sunday 4 December 2022 |                |
| **2023**              |                |
| Saturday sessions will run from 10am–5.30pm and will include:  
Saturday 10 September 2022 | • 30 minutes feedback/reflective group  
Sunday 11 September 2022  | • 1.5 hour case discussion group.  
Saturday 15 October 2022  |                |
| Sunday 16 October 2022 |                |
| Saturday 5 November 2022 |                |
| Sunday 6 November 2022 |                |
| Saturday 3 December 2022 |                |
| Sunday 4 December 2022 |                |

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For details of how to apply for this course see page 3 of this brochure or visit: https://tavistockrelationships.ac.uk/diploma-in-psychosexual-therapy