London Diploma in Psychosexual and Relationship Therapy

cosrt approved training

2016-2018

INFORMATION &
BRIEF COURSE OVERVIEW
The Class of 2015

The Class of 2014
Two Year Part-Time Course 2016-2018

Thank you for your interest in the two year, part time course in psychosexual and relationship therapy, which commences in January 2016. This course will offer trainees, newly qualified and more experienced practitioners from a variety of fields and disciplines the opportunity to explore and hone their counselling and therapeutic skills within the psychosexual & relationship therapy domain.

The course is modular, facilitated on Friday, Saturday and Sunday in the first year and Friday and Saturday in the second year.

Year One: we will use a variety of Integrative techniques that will address the dilemmas that are inherent when interweaving the more traditional models of sex therapy with Gestalt, Imago, working with survivors of abuse in a psychosexual context, dreams, fantasy, cybersex and imagery. In order to apply for COSRT accreditation you must undertake and successfully complete the full two year training and complete 200 post qualifying hours of client work prior to applying to COSRT for accredited status.

Year Two includes supervised practice, case studies and dedicated learning which includes, CBT, working with diversity, stress in the couple relationship and addressing issues of love and passion alongside student and case presentations. From time to time an additional specialist lecturer will facilitate the group. The course adheres to COSRT curriculum guidelines. A comprehensive student handbook is given to all students at commencement of the course.

This course allows practitioners to develop 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 look at the underlying material which is brought into therapy by both individuals and couples. An understanding and awareness of sexual and relationship issues both organic and non organic will be taught and incorporated into the course. It should be noted that this course does not have a medical orientation, however, attending to and being mindful of organic/physical conditions which affect sexual function will be addressed and appropriate recommendations made.

Applicants will need to possess interest 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 orientation believes 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. In addition, research findings confirm that effectiveness in psychotherapy and psychosexual therapy depends very little on 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, as such we work with students so that they can develop their practice and become ethical, competent integrative practitioners.

We look forward to receiving your application.

Judi Keshet-Orr & Bernd Leygraf
- Course Directors
Entry Requirements:

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

- to be 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

All participants will be required to produce and pass the following in June 2016.

A reflective piece of work of 4,000 words which demonstrates your application of psychosexual/relationship therapy/counselling within your practice (if practicing in this field) or a reflective piece of work showing how you might use the work incorporating the use of self in your submission. This submission needs to demonstrate your learning and thinking within the course as a whole.

We recommend that you also 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.

Dates:

**The first year will run from January – November 2016 (Friday – Sunday).**

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**The second year commences December 2016 through to January 2018.**

This part of the training contains 7 two day training modules (Fri/Sat)

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**Clinical work starts in October 2016 and continues until January 2018**

You will need to allocate time to see clients and attend supervision during this period
**Times:**

Every module is from 10.00 a.m. – 4.00 p.m. 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:**

**Stephens House** (formerly Avenue House)  
17 East End Road  
Finchley  
London, N3 3QE

(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:**

A non refundable deposit of £300.00 will be required upon acceptance of your offered place.

Fees are £6,850.00 in total incl. of VAT.

**Payment Options:**

- Monthly by Standing Order: 21 monthly payments of £311.90 commencing January 2nd 2016. (Please note that is your responsibility to set up the order for the required amount of months). *(less £300 non-refundable deposit having been paid on acceptance of your offered place)*

- Full fee in advance of £6,850 (less £300 non-refundable deposit having been paid on acceptance of your offered place - £6,550.00). Payable no later than December 1st 2015.

The option to pay course fees in full before December 1st 2015 includes a discount of £100.00

*Fees listed here may 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 2015 and continue until July 2015.
Brief 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

**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.** Sex and the law – legal and ethical dilemmas. Completion of year one. Review.

 ocasional changes to the modules/facilitators may take place and occasional extra days may be added. Students will be advised of this via email.

The second year will include modules on working with diversity, CBT, Transpersonal work conflict resolution, depression and its impact on intimate relationships, STI’s/HIV, sexual arousal disorder, and practice management.

Applicants are encouraged to keep a scrapbook of relevant articles and a personal journal throughout the training. Attendance is on a Friday and Saturday from 10.00-16.00. Students must factor in to their time a commitment 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 2017. Students will also provide a case history (5,000 words in July 2017), and be required to successfully pass their supervised practice; both interim, after 60 hours of practice, and final reports will be submitted by their clinical supervisors when students have completed 200 hours of clinical work with both couples and individuals. One essay is due in Year One which is a reflective piece of 5,000 word.

As well as attending all modules students are required to attend peer support meetings on a monthly basis of 2-3 hours duration. Additionally students are required to engage with self directed learning which would include relevant reading, preparation for essay and case study submission and writing 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. Tutorial 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 each year.

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

The LDPRT has been awarded 120 credits at Level 7 by Middlesex University.

You may, as part of an APEL process, have these weighted at the University of your choice for on-going studies. The precise number of credits may vary from university to university and is determined by the exact programme of study you are applying for. Any graduate of LDPRT may approach any university with their diploma/credits.

Specifically at Middlesex University 80 of these 120 credits will be calculated to progress to the Masters programme (Programmes: Work Based Learning & Interprofessional Learning, School of Health and Education); the remaining 100 credits will be gained through the Middx. system, 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; however other senior practitioner trainers, are faculty members and as such will facilitate some of the modules.

Every student will be allocated not only an individual tutor but will also be a member of a tutorial group which will meet regularly, once each module. This is so that the course can support and guide students as appropriate.

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 in order to share information, gain support, and maintain motivation. It is important that all trainees attend every module. We strongly recommend that trainees are in personal counselling/psychotherapy. Furthermore students are advised to join COSRT.

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 file 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

- Course Directors

March 2015