

GOOD THERAPY

— NEWSLETTER —

FEBRUARY 2023

IN THIS ISSUE

WHAT WILL 2023 BRING FOR SEPARATING AND DIVORCING CLIENTS?

Hazel Wright

NEW BOOKS:

By Silva Neves and
Cate Campbell

SPOTLIGHT: CATE CAMPBELL

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Sex Therapy Beyond the UK

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GET IN TOUCH

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HAVE ANY OF YOUR DETAILS CHANGED?

If so, please send an email to
info@cosrt.org.uk detailing the changes.

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Chief Executive COSRT Update

Hello and Happy New Year.

After a busy 2022, we're looking forward to a fresh start and working on COSRT's activities this year.

Firstly I want to thank all our registrants for completing the annual relicense.

This is a vital piece of work to uphold standards. As you know, we are now working on the roll out of our second Register covering Relationship Therapy. This will involve a simple mechanism where existing Members can request a place on the Register. This will be followed by a later opening of the Register to non-Members and public display of the Register itself. Details of requirements for the Relationship Register will be circulated to Members soon, alongside how to request registration.

We have also launched new training accreditation standards. Work is ongoing with training providers to allow existing Professional Qualifications to be linked to these. And we continue to engage with other providers about bringing other courses under our accreditation. We thank everyone involved for their valuable time and efforts.

We will again be holding two conferences this year. The first will take place online before the summer and the second will be a hybrid event in the autumn. Details of these will be available in the next few months.

Last year we launched a series of peer support sessions for COSRT Registered Supervisors and Student Members. The Supervisors' sessions provide a space for facilitated discussion around challenges, experiences and good practice in supervision. Student sessions are aimed at helping Student Members progress through their journey to Registered Psychosexual and Relationship Therapists and beyond. We're pleased to be continuing these in 2023. Dates are listed on the COSRTlearn website where you can book your place. Members applying to supervisors are also welcome to attend the Supervisor sessions.

COSRT is here to support you and each new year begins with a refresh of that commitment to you, and a demonstration of our action.

For now, I wish you all a productive and happy start to the New Year look forward to updating you all in 2023.

John Dodd
COSRT | Chief Executive

COSRT Fellowship

We are delighted to announce that two Members have been awarded COSRT Fellowships. Both of these awards recognise the recipients' dedication to, and positive influence on the profession of Psychosexual and Relationship Therapy over a number of years. The new Fellows are as follows:



Andrew Galliford-Yates
Awarded 2022

A hugely experienced and respected therapist, Andrew has played a transformative role in COSRT for many years. As Chair of the Board for several years, Andrew oversaw a period of unparalleled positive change and growth. In alliance with staff and other Trustees he was a central figure in setting up COSRT's Register, revising membership structures, and developing sector-leading ethical and standards policies. By the time Andrew stepped down from the position as Chair in summer 2022, COSRT had consistently growing membership, a comprehensive training programme, and a new external identity.

Outside COSRT, Andrew has shown huge commitment to maximising service user outcomes. Andrew first trained as a mental health nurse in the NHS before qualifying and specialising as a nurse specialist Psychosexual Therapist. He went on to provide specialist services to two major HIV/Sexual Health charities, and

led a respected NHS Psychosexual Therapy service in Leeds. As well as influencing outcomes through service provision, he has consistently sought to improve delivery through research and teaching. He has acted as lead clinician on two longitudinal studies evidencing sex therapy, the presenting conditions and treatment outcomes in short term therapy in an NHS setting. Another research project saw him involved in examining outcome measures identifying the usefulness of the clinicians rated global impression scale in a Psychosexual service. And he taught on old age psychiatry and old age sexuality at the University of Manchester.



Bernd Leygraf
Awarded 2023

Bernd has made enormous and positive impacts on the field of Psychosexual and Relationship Therapy and COSRT over many years. Within COSRT, Bernd has held positions integral to developing and maintaining standards. This included being a pivotal figure in

the organisation's ethics committee and helping develop the first comprehensive conduct procedure. This deep commitment to excellence is perhaps most vividly reflected in Bernd's highly influential role in training. He was the co-author of Britain's first Masters in PRT (1990) at South Bank University, which was followed by accreditations with Middlesex University. He has been a course director for COSRT-Accredited training since that point, and now plays a lead role in a range of thematic training courses as well as core professional qualifications.

An important aspect of Bernd's work and subsequent impact, is striving to explore and deliver new possibilities. This has led to him organising for several respected professionals to deliver training in the UK for the first time, including David Schnarch, Dr Joan Lachkar and Dr Joseph Zinker. He has worked to extend the reach of specialised therapy training by setting up courses in the Middle East, as well as courses that address the needs of communities such as the Jewish Orthodox community. Recognition of Bernd's work has been widespread, including the award of Fellowships from NCIP and NCS.

There can be no doubting the passion, commitment and impact of Andrew and Bernd. And it is therefore with great satisfaction their Fellowships are given.



Sex therapy beyond the UK

By Silva Neves

In 2022 the post-pandemic world has slowly re-opened and I was fortunate to be invited to various international conferences to speak on some of the topics I'm passionate about: compulsive sexual behaviours, sexual trauma, working with the LGBTQIA+ populations and sex-positivity. In my travels, I was lucky to have the opportunity to engage in multiple conversations with psychosexual therapists outside of the UK and discuss our similarities and differences.

From my own observation, it seems that we have more similarities than differences in the sex therapy world. I noticed that one of the biggest differences come from the influence of each countries' political and/or religious values that either prohibit or encourage the exploration of the diversity of human sexuality and intimate relationships. The other big difference is how countries place sex therapy within their healthcare systems.

People accessing therapy for psychosexual problems is informed by the political and religious values of

the country. Southern Europe tends to be more religious with stronger values around family duty, marriage, procreation and traditional gendered roles. In Southern European countries or in the Middle East, there is a strong motivation to seek sex therapy when the sexual problem prevents procreation. In countries where the duty of the couple is to procreate, sex therapy interventions are focused on making penis-in-vagina happen. In less religious countries, people often access sex therapy for the goal to enhance sexual pleasure and satisfaction. I met a fabulous sex-positive colleague based in Sweden, Suzann Larsdotter, who published a book on sexual pleasure for elderly people, challenging the notion that sex should not be discussed or even 'allowed' for older people. The book has illustrations of all different kinds of bodies, including transgender bodies. The book is written in Swedish. If you don't understand the language, it is still worth looking at for the illustrations! The book has been made available for free, you can access it [here](#).

In countries with higher religiosity, there is more concerns about sexual

behaviours that we may describe as 'hypersexuality', with a tendency to pathologise it as 'sex addiction' as it fits with religious values, and aims to protect the traditional family system against the 'threat' of sexual behaviours and porn use. By stark contrast, the Nordic countries with lower religiosity and more diverse values on marriage and/or monogamy have different views on 'sex addiction'. When I speak about the benefits to move away from the 'sex addiction' mindset, my opinion is received with open arms in Nordic countries: *"well, of course. It makes a lot of sense. This is how I have always worked, and thank you for affirming our practice"*, whereas in more religious countries it is mostly received as alternative and new information: *"I never thought of approaching this problem in a different way"*. Although Southern European countries tend to have higher religious values, Portugal is one that stands out as more forward-thinking than the others. There seems to be a correlation with the more Queer knowledge clinicians have, the less they pathologise consensual sexual behaviours.



The countries' healthcare system is a major influence on the delivery of sex therapy. In some countries such as France, healthcare prioritises the medical aspects of sexual functioning, and sex therapy as a talking therapy is not discussed much. One of our COSRT colleagues, Sylvie Deroche, who trained in the UK and now practices from France tells me that the pool of professionals who practice sex therapy is very small: there are only 80 professionals on the listing of the 'Syndicat des Sexologues Cliniciens' and there would be less than 400 medical doctors specialised in sexology in France. Moreover, there isn't any official training in clinical sexology. However, Sylvie Deroche notes that there is an evolution in France: "whereas in 1999, two third of sexologists were medical doctors (GPs) and over 60% were male, in 2019, 67% were coming from a non-medical background, and 83% were women. It's mildly reassuring to note that, although anyone can decide to offer sexology treatment in France, 62% of the French practitioners have now a professional degree".

The healthcare professionals having non-existent or poor training in sexology seems to be one of the similarities that clinicians from all countries have discussed with me. One clinician who trained as a medical doctor in a Middle Eastern country reached out to me because they were taught in their medical school that homosexuality was an illness caused by an imbalance in brain chemicals and they wanted to check if they had accurate information because they didn't want to harm their patients. I appreciated their courage to go against the thinking of their country for the benefit of their patients. I am grateful to The London Diploma in Psychosexual and Relationship Therapy (LDPRT) for successfully offering psychosexual knowledge to the Middle East.

It is not only the Middle East countries that battle with misinformation in sexology perpetuated by religion and politics. The USA is a country with polarised ideas about sex and intimate relationships especially in states with higher religiosity. Many of my esteemed colleagues in the USA are spending much of their energy in consistently responding to harmful sex-negative narratives. Only last month, I received an email from a therapist based in the USA saying that Queer people are "emotionally misdeveloped people", a "psychological disorder preventable with better parenting and treatable with depth psychotherapy". Sadly, this therapist, and many others around the world including the UK, harm people with promoting conversion therapy.

Portugal is one that stands out as more forward-thinking than the others

In 2022, I have had the pleasure to connect with our Italian colleagues too. In a country where the Catholic religion is so palpable, my heart was filled with joy to meet so many Italian sexologists doing amazing research and offering excellent trainings placing them firmly at the centre of contemporary European sexological thinking. However, sex therapy is not regulated and there are many people who practice it without any adequate training, further indoctrinating clients with heteronormative and mononormative thinking that can cause harm. I had the same conversations with our colleagues in Estonia who also complained that many people are harmed by unqualified practitioners reinforcing sex and relationship myths. My time in Estonia was one of the

greatest highlights of 2022.

Listening to the history of the country that has been traumatised by communism and has emerged as a resilient and independent country was fascinating. The ripple effects of collective trauma was still very much felt in the country, which also influence how they think and feel about sex and relationships. Our Estonian colleagues Annika Tamme and Marie Abel explained to me that, on one hand, the absence of religious thinking makes them more open to accept the diversity in sexuality, intimate relationships, eroticism and diverse sexual behaviours but, on the other hand, they are still figuring out how to grapple with concepts such as embracing autonomy and pleasure for themselves. Annika Tamme, a CICS graduate, and Marie Abel, a CICS trainee, are the Estonian trailblazers who are passionate about developing the profession in their country.

The main similarity I have observed in my discussions with clinicians around the world is how we all have to help our clients with the harmful impacts of heteronormativity, mononormativity, cisgenderism, misogyny, and racism, even in liberal countries. Unfortunately, there isn't a perfect country that is free of oppression and prejudice about differences, and human sexuality is politicised.

Apart from the benefits of meeting many of our colleagues overseas, attending international events is helpful in reflecting on the UK's positioning with the rest of the world. I'm pleased to say that I have observed the UK as one of the leading countries in sex-positivity and inclusive thinking. Of course, there is still plenty of room for improving our profession as it was highlighted in the COSRT conferences in 2022, but let's start 2023 with celebrating ourselves and the great work that we all do for the wellbeing of our clients and colleagues. Happy New Year.



SEX 2023: The Impact of the Cycle of Life on the Sexual Individual and their Relationships

Tuesday 25 April 2023

Time: 9.00—17.00

Price: £40 (Inc. 7 CPD hours)

We are planning another exciting and dynamic event providing research-based knowledge surrounding the challenges of sex,

Speakers and topics to be covered include:

Dr Simon Belderbos - General/sexual OCD behaviours

Dr Fiona Reid - Female prolapse, MESH and sexual disorder

Karen Doherty - Neurodiversity in the couple relationship

Prof Gill Thomson - Birth trauma

Dr Paul Withers - Ethical dilemmas on dating apps

Prof Mike Thomas - Age, sex and consent

This conference is for all Healthcare Professionals, Psychosexual and/or Relationship Therapists, Counsellors and Trainees seeking to improve their confidence on and discuss sexual issues.

[Click here to book via Eventbrite](#)

General enquiries/support contact

01253 958020 / bfw-tr.shareblacklancs@nhs.net



Spotlight: Cate Campbell

Trustee, COSRT

For this edition we are featuring the first of our two new Trustees: Cate Campbell.

Previous jobs:

From nursing I went into nursing journalism and from there to more general writing – everything from The Financial Times to Woman's Weekly. When teaching opportunities came along, I dived in. Teaching is a great way to keep your knowledge up to speed and I've had a lot of fun devising courses.

Qualifications:

Registered Nurse, Diploma in Periodical Journalism, Diploma to Teach in the Lifelong Learning Sector, Relate Graduate Certificate, PGDip Couple Therapy, PGDip PST, MA Relationship Therapy, Diploma in Clinical Supervision and Consultancy, EMDR Practitioner Cert.

What has been your greatest work achievement?

Though I'm usually much more focused on what I get wrong, I think every time a client feels relief or looks at things differently, or improves their relationship, I punch the air and do a little jig..

What advice would you give to someone starting their career?

Slow down and enjoy the journey.

Who or what has been your greatest inspiration?

My uncle who used to drive family members mad by constantly asking if we were happy, so we assumed he didn't want to hear anything negative. One day I rebelled and told him I wasn't happy, and he exclaimed, "Really? How do you cope?!" We talked about it, and he stopped asking this question. This made me realise that much of what we take for granted is not as it seems, and that big changes can come from tiny events. That's when I decided to train as a counsellor.

What is the greatest career risk you have ever taken?

Studying for an MA, teaching and supervision qualifications all at the same time while moving house! I could easily have messed them all up.

What was your career goal growing up?

I wanted to be a nurse. I had a nurse's outfit and a toy medical kit, so I was well prepared! I also had a blackboard, so teaching was my next choice.

Ambition:

To remain curious.

My life

When I am not at work (you will find me...):

Travelling, gardening, walking, reading, cooking, socialising, doomscrolling,

being with my family, recording The Real Sex Education podcast which I co-host with my son.

Favourite film:

So tough! A toss up between The Apartment and Somebody Up There Likes Me. Both are about conscience and relationships, and I could watch them over and over.

Who would play you in a film about your life:

Following consultation, Phoebe Waller-Bridge.

What three things would you take to a desert island with you:

Family photos, pens and paper to record the experience, flares to attract attention and be rescued.

If you could only listen to one album for the rest of your life:

I love early choral work, especially by Thomas Tallis, so I'd go for any recording of his motet Spem in Alium, which is for 40 voices and absolutely magical.

Which three guests would you invite to a dinner party (dead or alive):

Anne Boleyn and Henry VIII (fascinating sex and relationship problems) and Virginia Johnson (who devised sensate focus).



What will 2023 bring for separating and divorcing clients?

By Hazel Wright, COSRT Trustee and Family Mediator

The media like a headline that says “January 1st is D (for divorce) Day”. The one day when most divorce applications are filed at court and most calls are made to divorce lawyers.

It's a myth. Whilst it is true that we expect much of ourselves at certain times of year (Christmas, summer holidays, birthday and other celebrations) and we fall short because we spend more time with close family without distractions of work/school/college/friends, or we spend too much money, eat or drink too much, there is more going on for our separating and divorcing clients. In this article I only address married couples and civil partners in England and Wales. Different rules apply in the rest of the UK and for unmarried couples, although the financial issues are the same for all.

Divorce

The new “no fault divorce” takes about 6 – 7 months via the court. If the application is valid, there is no defence. The forms are easy enough, but for our clients the process rarely begins

without careful thought.

With a built-in period of 20 weeks for reflection, there is a great opportunity for our members to work with clients on what concerns them. Arrangements for sharing care of children is often a starting point. For some adults, the need to keep in contact with the other parent is distressing. A trained professional can be invaluable. Issues such as relocation, returning to work or increasing household income are quickly involved.

Finances

The final order of divorce does not break the financial links your clients created on marriage/civil partnership.

They need to address these at the time of divorce. It can be very hard when there is so much upheaval. Without resolution of issues, difficulties will build up. Much harder when life has moved on, with new partners/children and other changes. Without a final financial order from the court, no agreement is legally binding.

There are 4 main areas to consider:

- a. Income. How much, for how long. For adults and/or for children. What if costs of living reduce

buying power or exceed payer's income?

- b. Housing. Paying rent/mortgage is a major part of outgoings. Everyone needs a roof over their head.
- c. Debt/savings/business interests. What plans will work to divide these funds?
- d. Future changes eg pensions, inheritance. Both issues can be very sensitive. Pensions are the result of your own hard work. You may not want to share any future inheritance with your ex.

Who can help?

Briefly put, there are 5 different ways to sort out financial arrangements.

1. DIY – direct or indirect discussion
2. Mediation
3. Solicitors' advice and negotiation
4. Arbitration (like a private court)
5. Court.

Mediation most nearly reflects the benefits of communication that lie at the heart of what you do. It is the least confrontational way forward, flexible, cost effective and confidential. If the issues involve finances, the mediator

needs to be knowledgeable on the law around such assets. Mediators come from a wide range of backgrounds.

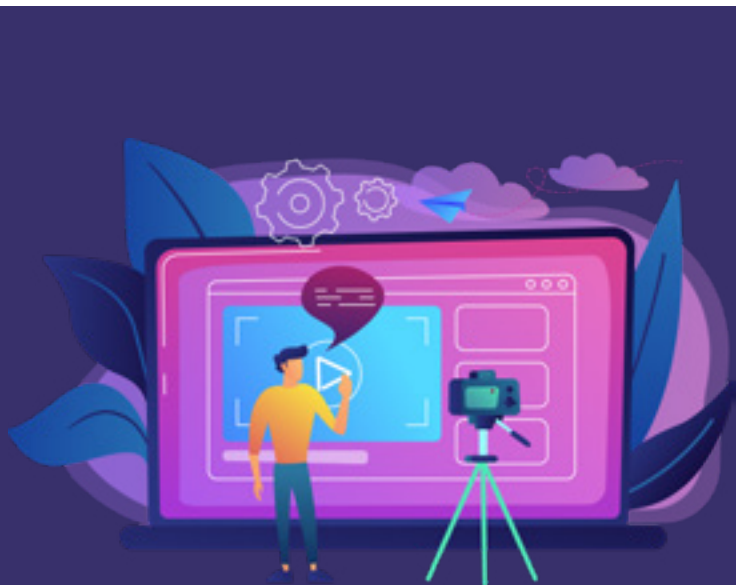
The mediator(s) and clients start by signing an agreement on process. At conclusion, there is a Memorandum of Agreement. If the issues are financial, this needs to be turned into a draft court order. If the mediation included care of children that is seldom part of a court order. The written agreement is a very helpful document for any future discussions.

Mediators often involve other professionals, as agreed. Both of the couple hear the input together.

Recently, there has been a development called hybrid mediation, which also involves solicitors for both from the start, which some clients find helpful. This does increase the initial cost.

It helps your clients if you can discuss each route where appropriate.

The divorce format may be easier these days. Sorting out finances is a whole other story.



Members in the Media

Let us know or tag [@cosrtnews](#) on social media if you'd like us to highlight your news.

Silva Neves featured in an article in the Guardian; [How to get through Christmas without falling out with your family](#)

Gigi Engle featured in articles for the Fashion Journal, Australia; [Practical Strategies to help you be happier with the body you've got](#) and in Men's Health Magazine: [What is post-coital dysphoria?](#)



Members Area

We have updated all our Practice Guidelines documents. You can view them all in the [Members area](#) of the COSRT website.

Dell UK has partnered with COSRT to provide a range of discounts on selected IT and other benefits to members



These include:

- Up to **20% discount** off laptops, desktops, servers, and accessories
- Access to our highly trained Small Business Technology Advisors to help members with free advice to grow their business
- Dedicated account manager for COSRT members

Head over to the members area on the [COSRT website](#) to find out more



SRT

Sexual and Relationship Therapy

Journal Update

By Dr Markie Twist (PhD, LMFT, LMHC, CSE-S)

Dear College of Sexual and Relationship Therapy (COSRT) members,

Hello from our journal, Sexual and Relationship Therapy (SRT)! We wanted to start this year with a brief introduction to the journal itself and how accessing our journal is such a benefit to COSRT members. Our journal, SRT, offers readers a multidisciplinary forum for review and debate in the field of sex and relationship therapies. Through the journal a vehicle for learning about new theories and related applications is presented. Indeed, as practitioner-scientists, staying up-to-date with the most recent research on effective therapy practices, foundational and new theories and therapies, and clinical case study examples is an essential part of engaging in best practices as clinicians, educators, and researchers in the field of sexuality.

Now an update on the journal itself. We closed our 2022 publishing year with our last two issues back-to-back. The final issue, which was released in December, was a standard issue. And our special issue focused on “Sexuality, Religion, and Spirituality” with Guest Editor Dr. Mark A. Levand, released in the fall. As Dr. Levand notes in the guest

editorial introduction, “This special issue...is intended to help address... the intersection of sexuality, therapy, faith, religion, and spirituality.” And, having read the issue, I believe it does just this! I strongly encourage you to read the special issue, starting with the editorial introduction, which can be found at this [link](#).

We also have several articles and related authors that earned top honors over the 2022 year. Herbenick and Fotenberry (2012) article, “Exercise-induced orgasm and pleasure among women,” had the highest Altmetric score of the journal for the publishing year. An Altmetric score is the weighted count of all of the online attention found for a singular research output. Here is a link to the [article](#).

The most read article of the year in our journal was by Cruz (2022) titled, “The wife, the mother, and the slut: Sexual pleasure for Filipino woman – A grounded theory approach.” Again, to honour this accomplishment, the publisher, made the article freely available through January 31, 2023 at this [link](#). Finally, the most cited article of the year was by coauthors Lindley, Anzani, Prunas, and Galupo (2020) titled, “Sexual fantasy across gender identity: A qualitative investigation of differences between cisgender and

non-binary people’s imagery.” A link follows to [this article](#), which is free through January 31, 2023.

In 2021 we implemented awards and honours for authors and reviewers, which is continuing. From the 2022 publication year, seven articles were selected as nominees for best article of the year. The winners will be formally revealed and acknowledged in issue 1 of Volume 38—the first issue of 2023—so stay tuned!

As always, thank you for your support and appreciation of our journal! For information on how to access the Journal, visit our website: [The Journal of Sexual and Relationship Therapy \(cosrt.org.uk\)](#)

Would you like to take part in a study about experiences of recurrent vulvovaginal thrush to develop a new web resource for patients and healthcare professionals?

Vulvovaginal thrush is a yeast infection of the genitals that causes itching, burning, and discomfort.

Recurrent vulvovaginal thrush is thrush that keeps coming back, repeating, or returning.

Taking part in the study will involve being interviewed about your experiences of recurrent vulvovaginal thrush.

This could include discussing what has happened to you, your thoughts and feelings, how you have found information, how you made decisions, and anything else you would like to tell us.



We will publish the study findings on www.healthtalk.org, an award-winning website that provides access to the experiences of others who have faced the same concerns. On the website you can read, hear or watch the accounts of people describing their experiences of many different health conditions.

Healthtalk is used to help support others going through similar experiences, and help train doctors, nurses, midwives, GPs, and other health professionals to understand people's experiences of recurrent thrush and accessing healthcare services.



We are interested in talking with anyone over the age of 16 who lives in England and has had recurrent vaginal thrush in the last 5 years, including women, non-binary, and trans people.

If you would like to take part, a researcher can interview you at your home or elsewhere if you prefer, or can arrange an interview by phone or online.

After the interview we will give you a shopping voucher to say thank you for your time.



CONTACT US

For more information on taking part, please contact **Tori Ford**

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New Books

Sexology: The Basics

By Silva Neves

Sexology: The Basics by Silva Neves is much more than the description of a professional field of study, it is the modern reference to much needed sex and relationship education. Written in a clear and jargon-free style, it is a valuable resource for all professionals working in healthcare and laypeople. This book is an odyssey into what is central in people's lives: their sexuality, their intimate relationships, love, and living a fulfilled life. The essence of sexology is the pulsing heart of the joyous pleasure of being human. It will answer all the questions about sex and relationships you have always wanted to know and never dared ask.

Reviews

'Sexology: The Basics is a wonderful introduction to what we know about sex from research, theory, and therapeutic practice. Packed full of interesting facts, thoughtful reflection, and real-world examples, Silva has done a brilliant job of gathering together current knowledge and presenting it in a super accessible and engaging form. Each chapter ends with helpful questions we

can ask ourselves, and signposts for how we can find out more. An inclusive and entertaining read, that highlights the diversity of sexual identities, desires, practices, and more.

Meg-John Barker, author of Sexuality: A Graphic Guide.'

This book is a positive, normalising and informative contribution to us all learning more about sexology. Silva clearly explains the biopsychosocial approach to sexology with all of the moving parts that contribute to our sexual wellness. It offers context, both historical and current, explaining the current sexual and relationship landscape we live in today. Silva asks us to consider our own biases and position as a reader, in order to be more informed as professionals.

Kate Moyle. EFS & ESSM Certified Psycho-Sexologist & Host of Podcast: The Sexual Wellness Sessions.

This book is an absolute triumph! Silva shares his clinical expertise in a way that feels so accessible, there's a rich array of information, all presented with kindness and enthusiasm. He covers a broad range of topics to provide foundational information about his field, as well as looking at the ways in

which sex and relationships can play out in the wider context of our lives. A must read for everyone interested in the world of sexology.

Ruby Rare, author of Sex Ed: A Guide for Adults

Not to be pigeonholed into one area of clinical sexology (his book on Compulsive Sexual Behaviour is a best seller and core text on many courses), but he has produced another fine book within a year of publication. I loved the breadth of content and the clarity and ease of approaching contemporary sexology. Still, most of all, I enjoyed the case vignettes which beautifully illustrate his key concepts.

Dominic Davies - Psychotherapist, Sexologist and Founder - Pink Therapy





New Books

Sex Therapy The Basics

By Cate Campbell

Sex Therapy: The Basics offers an introduction to modern sex therapy, providing the information needed by anyone working professionally with sexual issues or just interested in sex. Containing all student sex therapists need to know to get started, find more information or learn how and when to refer, the book is also useful to qualified therapists wanting to stay updated with recent innovations, such as the incorporation of trauma therapy.

Current approaches to sex therapy are described, along with detailed interventions and ways of working which address a wide variety of sex and relationship issues. The content of accredited training courses is reflected, including some attention to management of the couple's relationship in general as well as sex and intimacy.

Readers are helped to make informed choices about professionalism and career development, both before embarking on training and as their career continues. Though there is explanation of CBT and sensate focus, often seen as a core psychosexual therapy approach, the book also looks

at ways other therapies can be used, including psychodynamic, systemic and attachment awareness and interventions and particular models within these, such as feminist therapies, social constructionism, Imago, mentalizing and transactional analysis.

Discussion of how to relate to the wider world and social influences on sexual and gender identity and our ability to relate to our sexual selves is also included, looking at how to discuss issues such as people's gender, sexual and relationship diversity (GSRD), intersectionality and consent. Examination of sexual identity includes the asexualities and how all sexual identities are expressed. Safeguarding and neurodiversity are also looked at, as well as some more rarely encountered issues in many practices, such as sexomnia and chemsex.

Case studies, quizzes and exercises provide a lively resource for both therapists and their clients. The intention is to provide an array of information to whet the appetite for further exploration whilst still providing a comprehensive and contemporary look at sex and relationship therapy.



Are you a professional delivering psychological interventions to clients aged 35 and over in statutory services? Or have done so within the last 12 months?

What is the study about?

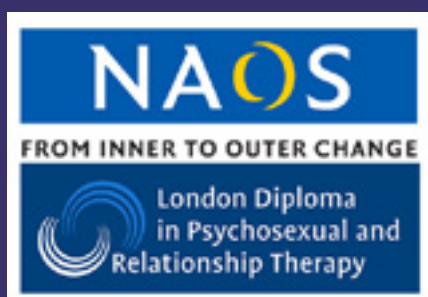
My name is Kirat Viridi and I am a Trainee Clinical Psychologist. I would like to invite you to take part in a research study which aims to understand how aware professionals are of the menopause, and their experiences of working with clients experiencing the menopause transition. This study is part of a Doctorate in Clinical Psychology with the University of Essex and will form the basis of a thesis.

What would be involved?

It will involve attending a one-off interview which will be online.

If you are interested and would like to find out more, then please email me at hv21654@essex.ac.uk for more information about the study.

Invitation for academic submissions



Naos-Institute, London, together with the London Diploma invite academic submissions from suitably qualified practitioners or researchers to help advance an understanding of the efficacy of an integrated approach to psychosexual and relationship psychotherapy. The work should include definitions of terms, a critical literature review and suggestions as to how to measure its effectiveness. Authors may submit a 3500 word essay by 1st March 2023; we shall limit this to the first seven received contributions.

Submissions will be assessed in March 2023 by a panel and a prize of £500 will be awarded to the winner.

The winner of the award will be notified by April 1st 2023.

No work will be returned, so please keep your own copy.



bernd@naos-institute.com



www.naos-institute.com

US IN THERAPY IS HIRING

Join us
Now!

We are looking for part-time
Psychosexual and Relationship
Therapists to join our team!

What We Need

3-6 Clinical Hours

Registered/Accredited with COSRT or
other regulatory body.

Fully qualified and professional
liability insurance

*Experience is welcome, but not
essential!*

What You Get

- Can work remotely – via Zoom
- Regular team meetings to benefit from each other's experience
- CPD and Peer-group supervision

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Event Listings

Online

Self-Access Classes on COSRTlearn

Surrogacy as a Pathway to Parenthood

Trainer: Tracey Sainsbury

Understanding Family Law

Trainer: Hazel Wright

The Queer 7-Eye Model of Supervision

Trainers: Rima Hawkins and Silva Neves

Group supervision

Trainer: Paul Chamberlain

Understanding Family Law

Trainer: Hazel Wright

Working with partners affected by compulsive sexual behaviours and porn addiction

Trainer: Dr Paula Hall

Contracting, Confidentiality and Ethical Dilemmas in Psychosexual and Relationship Therapy

Trainer: Anne Chilton

Eco-Informed Psychosexual and Relationship Therapy

Trainer: Dr Markie Twist

Judaism and Sexuality

Trainer: Judi Keshet-Orr

Effects of the Internet and Social Media in Intimate Relationships

Trainer: Amanda Middleton

Queer Relationships and Queer Therapy

Trainer: Amanda Middleton

What do psychologists 'do' in Gender identity Clinics?

Trainer: Igi Moon

A trauma-sensitive approach to working across relationship diversity

Trainer: Meg-John Barker

The affirmative exploration of sexuality: addressing the shame for optimum self-discovery and healing

Trainer: Silva Neves

What is a GSRD Therapist?

Trainer: Dominic Davies

Working with Porn Addiction and Compulsive Sexual Behaviour Disorder

Trainer: Dr Paula Hall

Therapists Guide to the new

'No Fault' Divorce law

Trainer: Hazel Wright

The Science of Sexual Fantasy

Trainer: Dr Justin Lehmiller

Understanding Intersectionality, Privilege and Otherness

Trainer: Dr Dwight Turner

The Science of Love

Trainer: Dr Anna Machin

Understanding Compulsive Sexual Behaviours

Trainer: Silva Neves

How to Provide Single Session Therapy for Your Service Users

Trainer: Cate Campbell

Being GSRD-Aware

Trainer: Silva Neves

Addressing the Distinct Needs of those with Physical Limitations within Therapy

Trainer: Michelle Donald

Understanding, Navigating & Overcoming Barriers for Therapists when talking to disabled people

Trainer: Alex Cowan

Managing Monogamism: Polyamory Aware Therapy Practices

Trainer: Dr Markie Twist PhD

What to do when your clinical notes are requested

Trainer: Benjamin James

History Taking for Therapists:

The Why and the How

Trainer: Anne Chilton

The Impact of ADHD on Relationships and Sex

Trainer: Edward Hallowell

Testosterone Deficiency in Men

Trainer: Dr Doug Savage

The Science of Being Dad: Understanding & Supporting Fatherhood

Trainer: Dr. Anna Machin

COSRT Online Live Seminars

FEBRUARY 2023

28 An Introduction to Child to Parent Abuse

Trainer: Dr. Amanda Holt

MARCH 2023

1 Judaism & Sexuality Part 2

Trainer: Judi Keshet-Orr

18 The Post Natal Experience

Trainer: Carolyn Cowan

18 The Post Natal Experience

Trainer: Carolyn Cowan

APRIL 2023

20 Working with Complex PTSD

Trainer: Dr Georgina Clifford

25 Supporting Student Professional Development

Trainer: Joanna Coker

FOR MORE INFO & TO BOOK AN ONLINE LIVE SEMINAR

Living with the Sexual Consequences of Cancer: Adjustment & Rehabilitation after Breast Cancer and Prostate Cancer Treatment

Trainer: Dr. Isabel White

Keeping the Connection:

Maintaining an Intimate Couple Relationship at End of Life

Trainer: Ruth Hazelton

Working with Common Erectile and Ejaculation Problems

Trainers: Andrew Galliford-Yates and

Focus on Female Infertility

Trainer: Louise Magee

Solutions for Female Orgasm Problems:

Helping Clients Become Cliterate

Trainer: Dr. Laurie Mintz

The Impact of Involuntary Childlessness on Sexual Intimacy

Trainer: Jody Day

Disordered Eating in Families and Relationships

Trainer: Julia Buckroyd

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