

Diploma in Integrative Psychosexual Therapy



Cabby Laffy, Polly McAfee and Duane Yon

January 2021 - November 2022

at Spiral Holistic Therapy Centre

2 Shelburne Road, Islington

London N7 6DL

www.spiralcentre.org

COSRT and NCP accredited



www.psychosexualhealth.org.uk

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The centre also offers a low cost clinic and a list of psychosexual therapists and supervisors

Introduction

This two year training in Integrative Psychosexual Therapy is aimed at practitioners working in the fields of counselling and psychotherapy, sexual health and/or complementary and alternative medicine, who already have a minimum of 120 hours of supervised clinical practice. It runs for 10 monthly sessions each year - a Friday evening and all day Saturday in the first year, and all day Sunday in the second year. In addition, a monthly supervision group begins in May 2021. This course offers an opportunity for personal and professional development for those wishing to enhance their work with clients' psychosexual health issues. It is accredited by COSRT, and by the National Council of Psychotherapists to Level 5 equivalent.

The Centre for Psychosexual Health offers a new model for understanding human sexuality and psychosexual health which encompasses the social and cultural environment as well as the body, mind, brain and heart. The Diploma explores clients' sexual issues in terms of their therapeutic meaning and potential, rather than as 'dysfunction'. It includes sexual education, information and self help tools. Participants will be enabled to support their clients within a therapeutic relationship to rediscover themselves sexually and to develop a more conscious sexual self-esteem.

In the first year we prioritise personal exploration of sexual issues, returning to the same themes in the second year with a more clinical focus. This allows for a deepening of the emotional and academic aspects of this work.

For further information please contact Cabby: admin@psychosexualhealth.org.uk
www.psychosexualhealth.org.uk

Covid-19 Diploma Update

In response to the coronavirus lockdown and uncertainty about when this will ease, CPH is starting our next Diploma in Psychosexual Therapy in January 2021. We intend to offer the Diploma in person but are preparing to teach the course online should that become necessary in the future.

Cabby Laffy has been teaching and developing this course since 1996. The Centre for Psychosexual Health is a virtual resource (www.psychosexualhealth.org.uk) for training and CPD events on psychosexual issues. It provides a list of psychosexual therapists and supervisors, many of whom are graduates of this course. A low cost clinic is offered by some therapists, particularly those in training wishing to gain clinical experience. All practitioners are qualified, insured and undertake adequate supervision. The Centre for Psychosexual Therapy adheres to the codes of ethics and practices of UKCP and COSRT.

Aims of the course

- To provide a professional training in psychosexual health for practitioners working in the fields of counselling / psychotherapy, sexual health and / or complementary and alternative medicine.
- To provide innovative educational material about psychosexual health, the physiology and anatomy of sexuality, sensuality and body awareness.
- To draw on a wide range of philosophies, incorporating research from neuroscience, complementary health therapies and cognitive behavioural therapy; drawing on feminist thinking and eastern sexual healing practices as well as western approaches to psychosexual therapy.
- To work psychotherapeutically with clients' sexual issues.
- To incorporate social and cultural awareness into the arena of psychosexual health, including sexual violence, sexual shame, sexual compulsivity, and physical and emotional sexual health.
- To foster awareness and clinical understanding of gender and sexual diversities.
- To facilitate personal and professional development in the area of psychosexual health through an exploration of sexual identity, relationship issues, sacred sexuality and desires for a sexual future.
- To develop professional skills to work with a range of psychosexual issues, including common sexual difficulties, sexual shame, sexual compulsivity and recovery from sexual violence.
- To provide skills practice in working with individuals, relationships and groups.
- To include a strong experiential theme throughout the course.
- To learn through reflective exercises, small and large group work, including role-plays of real client issues, and peer supervision.
- To develop an Integrative Model for Psychosexual Therapy, a holistic understanding of sexuality and a model for psychosexual health.
- To provide CPD training to recognised standards, as outlined below.

Course Outline

Year one is facilitated by Cabby Laffy, Polly McAfee and from Duane Yon. Each Saturday focuses on a specific topic, as outlined below, for which course notes are provided.

The day includes a morning group check-in, teaching slots, group work, skills practice and discussion. The course requires an additional 12 hours per month of personal exploration and study; this is directed in the form of monthly homework tasks. There is a 3-hour reflective group on the Friday evenings to process material arising from the previous month's session, homework and homework feedback, and a monthly supervision group beginning in May 2021.

Year two is facilitated by Cabby Laffy and Polly McAfee. Each Sunday revisits the topics studied in the first year, with a further focus on applying theory to clinical practice. The day includes a morning group check-in and book review, presentations by participants, skills practice, peer supervision and discussion. There will be a minimum of 12 hours of private study monthly for assigned homework, and a monthly supervision group.

Course Content

Monthly Topic	Year One Jan 2021 - Nov 2021	Year Two Jan 2022 - Nov 2022
1. Models of Psychosexual Therapy	Introduction to the course. Group agreements. Theoretical models of psychosexual therapy.	Reconnect and evaluate first year. Hopes and fears for year two. Refine thinking and experience of working with the Homeodynamic Model.
2. Sexual Anatomy	Anatomy and physiology of sexuality, as distinct from reproduction, including an overview of cisgender, transgender and intersex identities.	Working with arousal, genito-pelvic pain or penetration difficulties. Introducing sensate exercises.
3. Theories and Chemistry of Sexual Arousal	Processes and circuits of arousal. Hormones and nervous system. Brain-body feedback. Enhancing and blocking the arousal circuit.	Common sexual issues and treatment strategies for difficulties with desire. Sexual issues for those with chronic illness, disability and during the menopause.
4. Introduction to Clinical Work	Introduction to clinical work. Beginnings, contracts and history taking. Using supervision.	Review beginnings. Predisposing, precipitating, and maintaining factors. Case studies.
5. Desire	Sexual beliefs, values and identities, including GSRD/I and Asexuality.	Common sexual issues and treatment strategies for difficulties with desire and arousal. Sexual sensate exercises.
6. Social and cultural issues	Shame and compulsivity. Links with problematic behaviour. Deconstructing myths about addiction. Exploring BDSM.	Working with shame and compulsivity, and the links between the two. Working with BDSM - sane, safe and consensual.
7. Sexual violence	Scale and impact of sexual violence. Post-traumatic stress and sexual recovery.	Recovery and reclaiming sovereignty of the body. Working with sex offenders.
8. Sexual health	Safer sex - emotional and physical. STIs and contraception. Sex in later life. Developing a model of Psychosexual Health.	Relationship of this work to other therapeutic modalities. Refining our Integrative model of Psychosexual Therapy.
9. Working with Individuals, Couples & other Relationships	Introduction to working with relationships. Philosophies and beliefs. Sacred sexuality. Intimacy.	Communication skills. Working with relationships, including monogamies, non-monogamies and polyamory.
10. Celebrating our sexual future	Desires for personal and professional sexual future. Presentation of projects. Celebrations, endings.	Review of course and learning. Diploma certificates, affirmations and wishes for your professional future.

Course Requirements

Entry Requirements

- Evidence of professional qualification in Counselling or equivalent, including 120 hours of supervised clinical practice.
- Or evidence of relevant work experience or APEL (Assessment of Prior Experiential Learning). For example, work in the field of sexual health or complementary medicine.
- An interest in experiential learning, plus personal and professional support.
- At least one year's personal therapy, or a commitment to be in therapy for the duration of the training.
- The opportunity for working with sexual and relationship difficulties in a supportive professional setting to meet the clinical requirements of the course.

Year One members will be required to:

- Complete 210 hours by attending all 10 monthly groups on both Friday and Saturday, and through a minimum of 12 hours of private study monthly for assigned coursework.
- Submit one piece of written work per month to tutors and buddy. This is a reflection on the month's topic and coursework.
- Complete a mid-course and an end of course review.
- Have a mid-course phone review with a course tutor.
- Participate as therapist in at least one skills practice session.
- Complete a substantial Year One project, which will be developed over the year and shared with the group. It can be a 3,500 word essay, or an equivalent (it could be a piece of art or music, for example).
- Prepare and deliver a 15 minute presentation on their project to the group.
- Begin supervised psychosexual client work, and:
 - Keep a log of all client hours, showing a range of clients and psychosexual health issues.
 - Attend all monthly supervision groups, beginning in May 2021 (on the same Fridays as the course dates or one week later).
 - Receive adequate one-to-one supervision with an accredited psychosexual therapist for clinical work, for a minimum of 20 hours at a ratio of 1:6. (14 two-hour supervision groups are provided and paid for within the course). You must have an individual supervisor in place before you can count client hours. All supervisors must be chosen from our list of approved therapists.

Course Fees

The course fee is £6,800, or £6,200 early bird price if the student is accepted on to the course by 1st October 2020. This is payable in advance, or in two annual payments. You may also pay over the course duration in 20 monthly installments, to be set up before the course starts. Once a year of study is started, the student agrees to pay the full year's fees regardless of participation. Some negotiations and concessions are available upon request.

All course members will be required to:

- Have membership with COSRT before start of course.
- Have a completed Enhanced DBS before starting the course. This can be applied for via CPH by arrangement, at a fee of £75.
- Complete all course admin and homework by email by the dates provided.
- Work with a study partner throughout the course.
- Have adequate professional indemnity insurance for their clinical work.
- Keep to all deadline dates and arrangements made throughout the course.
- Sign a student fee agreement form, upon acceptance of a place on the course.
- Sign a student agreement form to confirm acceptance of the student handbook, upon starting the course.

Year Two members will be required to:

- Have successfully completed year one of the Diploma.
- Complete 220 hours by attending all supervision groups, Sunday course dates and through a minimum of 12 hours of private study monthly for assigned coursework.
- Submit one piece of written homework per month.
- Complete two written projects:
 - A case study of 3,500 words.
 - A piece of research for presentation to the group: each person will hold one teaching slot during the year, by arrangement with the Course Director, focusing on an area of specific interest.
- Complete 200 hours of supervised psychosexual client work, and:
 - Submit a log, signed by their supervisor, of all client hours, showing a range of clients and psychosexual health issues.
 - Have completed a minimum of 10 cases, 5 of which must have been relationships.
 - Attend all monthly supervision groups, (on the Saturdays before the course dates).
 - Have received a minimum of 20 hours one-to-one supervision with an accredited psychosexual therapist, at a ratio of 1:6.

Assessment

Assessment will be based on the completion of all requirements and through individual, peer and tutor review. You will be asked to complete a review form half way through and at the end of each year, and to have an individual assessment with a course tutor to discuss your projects and your progress on the course.

On month 7 you will complete a Core Competencies sheet. This will receive feedback from tutors, highlighting any areas of concern that need to be addressed for progression on to year 2. The course director reserves the right to defer a student or terminate their training, if considered appropriate by the clinical team.

You are invited onto this course as an adult learner and are asked to care for yourself with regard to material that might arise for you. Please make choices for yourself about contribution, areas of interest, your growing edge and support needs. The course tutors are available throughout the course for phone conversations or one to one support, by arrangement.

Course Recognition

The Diploma in Integrative Psychosexual Therapy is accredited by the National Council of Psychotherapists to Level 5, and is also by COSRT. It is expected that this course will enhance your current qualifications and therapeutic practice, to include skills and competence to work with psychosexual health issues.

Those practitioners already qualified or accredited as counsellors will be eligible to apply for accreditation with COSRT as a Psychosexual Therapist, having completed the two year training course and a further 120 supervised clinical hours.

Accreditation as a Psychosexual Therapist is via individual application, regardless of whether courses are accredited. Please see www.cosrt.org for their accreditation criteria.

Application Process

- Check you are available for the course dates and fulfill the course entry requirements
- Download the Application Form from our website and submit to: admin@psychosexualhealth.org.uk with a £200 deposit, which will be refunded, less a £50 admin fee, if not accepted or if you withdraw your application.
- Successful applicants will then be asked to attend a 45 minute Zoom interview. Following this references will be followed up, documents checked and if appropriate, a place offered.

Please contact Cabby if you wish to discuss anything. Tel: 07981 665 917
www.psychosexualhealth.org.uk

Disclaimer: CPH reserves the right to change information in this document in exceptional circumstances, should the need arise.

Year One Dates:

Fridays 6pm - 9pm
and Saturdays
10am - 5pm

2021

Jan 8th + 9th
Feb 12th + 13th
Mar 12th + 13th
April 9th + 10th
May 14th + 15th
June 11th 12th
July 9th + 10th
Sept 17th + 18th
Oct 15th + 16th
Nov 12th + 13th

Supervision Groups

A two-hour monthly supervision group is provided from May 2021 onwards, on Fridays.

Year Two Dates:

Sundays 10am – 5pm

2022

Jan 9th
Feb 13th
Mar 13th
April 10th
May 8th
June 12th
July 10th
Sept 18th
Oct 16th
Nov 20th

Supervision Groups

A two-hour monthly supervision group is provided.

Clinical Team



Cabby Laffy Course Director & Course Tutor

Cabby set up the Centre for Psychosexual Health in 2006, to provide integrative psychotherapeutic training, focussing on healthy sexuality. Drawing on over 25 years of clinical experience, she has developed the Homeodynamic Model, outlined in her book *LoveSex: An Integrative Model for Sexual Education* (Karnac 2013). Cabby is a UKCP registered and NCP accredited psychotherapist, a COSRT accredited psychosexual therapist, and a member of PCSR and PCU.



Polly McAfee Course Tutor

Polly is a graduate of CPH and holds an M.A. in Effective Learning. She has also completed training with the Institute of Group Analysis, Pink Therapy, the Gestalt Centre, Barbara Carellas, Nick Totton, Layla Martin and Spectrum Therapy. She is a member of BACP and COSRT. As well as teaching for CPH, she runs groups for women exploring sex and sexuality.



Duane Yon Assistant Course Tutor

Duane Yon has 12 years' experience as an Integrative & Inter-cultural counsellor, supervisor and psychosexual therapist. He is accredited with BACP and a member of COSRT, having graduated from the CPH Diploma in 2018. Duane has experience of seeing clients and supervising within the NHS, GP surgeries, prison settings and privately. He uses a holistic approach and is able to tailor this to the needs of his clients. Duane works with individuals, couples and family units offering a space to work through sex and relationship concerns as well as trauma, both current and historical, sexual and gender identities, loss, bereavement, shame, guilt, abuse and life changes.

Testimonials

'I was afraid and embarrassed about doing the course but it had a good support system. I gained a wide-ranging and diverse understanding of many psychosexual issues.'

- Maureen

'The Diploma course is challenging and enlivening. I enjoyed the way theory was presented, and much of my learning has been through valuable self-development. I feel much more grounded and knowledgeable to work effectively in this universally important area.'

- Tom

'The Diploma was a great personal experience, and has given me confidence in working with the sexual issues of both individuals and couples. I would recommend it.'

- Nicole

2020 CPD Workshops & Courses

www.psychosexualhealth.org.uk



The
Centre for
Psychosexual
Health

Sept 26th 2020 on Zoom

Introduction to Sexual and Relationship Therapy

This one-day CPD workshop, facilitated by Cabby Laffy and Polly McAfee is for any therapists considering the Diploma in Integrative Psychosexual Therapy or the Certificate in Couples Therapy, who would like an introduction to the work and the approach taken at CPH. It is also for others wishing to take some CPD about this fascinating area of work.

Oct 17th 2020 on Zoom

Working with Erotic Transference and Countertransference

This one-day CPD workshop, facilitated by Cabby Laffy and Polly McAfee is for therapists wishing to explore the issue of erotic transference and countertransferences and consider their personal and professional responses to the subject.

Nov 14th 2020 on Zoom

Sex after Sexual Trauma

This one-day CPD workshop, facilitated by Cabby Laffy and Polly McAfee, is for any therapists who wish to explore helping clients recover sexually after sexual trauma. This workshop will explore how to support clients to regain a sense of sex as pleasure and reclaim their sexual self-esteem.

September - December 2020

Certificate in Working with Couples & Other Relationships

Is now run by Cabby Laffy and Shana Laffy through
<https://www.heartfultherapy.co.uk/training/>
along with CPD workshops on Safeguarding and Working Creatively with the Arts in Therapy.

For further information or to book:

<http://psychosexualhealth.org.uk/training-courses/workshops/>

Email: admin@psychosexualhealth.org.uk **Phone:** 07981 665 917

Venue: Spiral Therapy Centre, 2 Shelburne Road, London N7 6DL