



CPPD (UK) Ltd  
Counselling School  
Training Courses

## Diploma in Working with Couples & Sex Therapy

### Introduction

There is increasing consensus that counsellors and therapists need to be able to work with issues of sexuality within their practice. This course is therefore aimed at counsellors who wish to expand their practice to include working with couples, and also to those wishing to expand their knowledge and skills in working with psychosexual issues. The course is a one-year part time training, and is taught over 10 weekends.

Students will have the opportunity to gain an in depth professional and personal understanding of the causes, consequences and solutions to relationship and sexual difficulties.

On completion of the Diploma, participants will be able to:

- demonstrate an awareness of the variety of aetiological factors in relationship and sexual difficulties
- discriminate between the physiological issues which may exist within presenting issues, and be able to create appropriate treatment strategies
- develop an integrative approach to relationship and sexual therapy
- evaluate the effectiveness of their clinical practice
- develop understanding and skills in maintaining a therapeutic relationship in work with couples
- develop and enhance their awareness of their own personal processes within couples and psychosexual therapy
- be aware of ethical considerations within this field
- utilise sensitivity in their approaches, according to clients' cultural, social, religious, spiritual and other influences.

The course will examine at specific areas such as:

- Assessment, Diagnosis and Treatment
- Integrating specialist approaches including: systemic, behavioural, psychodynamic and humanistic (Gestalt, TA and bodywork)
- Physiology and medical interventions
- Transferential issues and the increased complexity of working with the couple dynamic
- Cultural influence and transcultural work
- Sexual abuse, power and violence within relationships
- Ethics, practitioner boundaries, safety and supervision

### **Assessment**

Assessment is continuous throughout the year and includes elements of self, peer and tutor evaluation. A Diploma will be issued to trainees who successfully complete this course; attendance of a minimum of 80% is required plus completion of three written assignments, which includes a case study.

### **Entry Requirements**

Applicants should have a minimum of a Diploma in Counselling or a professional equivalent.

### **Dates and Times**

Ten Weekend sessions (Saturday - Sunday) held over the year: Saturday 10am – 5pm and Sunday 10am – 5pm

### **Contact time**

120 hours

**For more information, course dates and prices please contact us:**

**tel:** (020) 8341 4843  
**e-mail:** [info@cppd.co.uk](mailto:info@cppd.co.uk)  
**Web:** <http://www.cppd.co.uk/>