



THIRST
THE INSTITUTE FOR RELATIONAL AND SEXUAL THERAPIES.



Integrated Diploma in Psychosexual & Relationship Therapies

A cutting-edge course for
today's world

Part-time over 4 years

The 4 year programme consists of a 2 Year Psychotherapy Training Programme followed by 2 year Diploma in Psychosexual Therapies.

The Psychotherapy Training Programme takes place over 10 weekends per year. The 2 years on the Diploma are made up of 3 weeks of guided learning per year (1 week per term) plus evening webinars covering specialists topics.

We start from the basics - equipping you with the skills and knowledge to become a confident therapist:

- Counselling skills
- Psychotherapeutic techniques
- Specialist knowledge
- Psychosexual and relationship issues

At THIRST, our programmes are crafted to provide a supportive and enriching experience, where you will feel secure, challenged, inspired,

A comprehensive accredited programme dedicated to nurturing your growth as a reflective, knowledgeable, and compassionate psychosexual therapist who is equipped to make a meaningful difference in the lives of those you serve.

The programme is crafted to develop your clinical confidence, promote safe and ethical practice, and enhance your skills in discerning, prioritising, and organising therapeutic work. Emphasis is placed on both identifying and creating evidence-based practices. Your clinical advancement and acquisition of skills is reviewed through a combination of assessments, a case study and portfolio.

Is the 4 year Integrated Diploma in Psychosexual and Relationship Therapies for me?

The 4 year Integrated Diploma in Psychosexual Therapies course is for those who do not yet have a qualification in counselling or psychotherapy.

The programme is an exciting step in your educational and professional journey. At THIRST we believe in supporting our trainees every step of the way.

THIRST is committed to continuous learning and professional development in psychosexual therapies. Our programmes are dynamic, forward-thinking, and responsive to the evolving landscapes of sex, sexuality and therapy. We stress the significance of ongoing personal and professional growth, viewing the therapeutic relationship as a catalyst for change, & recognizing the importance of political awareness in addressing the complexities of human experience.

Course Content: Year 1*

In Year 1, we introduce you to the foundational concepts and skills you will need as a therapist. We cover the role and importance of psychotherapy; the therapeutic relationship; counselling skills; conducting client assessments; psychodynamic, CBT, humanistic and integrative approaches; cultural awareness and competence in therapy; and ethics and legal issues.

Course Content: Year 2*

In Year 2 we focus on developing skills and specialist areas. These include: advanced counselling techniques, trauma informed care, group therapy, self compassion, clinical supervision, research and evidence based practice, working with couples and families and developing your own therapeutic style.

Course Content: Year 3*

We cover three modules in year 3, the introduction to sex and relationship therapy, models and Interventions and psychosexual diversity:

Topics include an indepth exploration of sex and relationship therapy issues and range from sexual response cycle through to sexual dysfunction. We will explore psychotherapy perspectives and skills. We include working with couples and systems, transference and counter transference, same sex relationships, the law and sexuality, ethics and Queer theory. We cover a range of diverse styles, preferences and cultural issues.

Course Content: Year 4*

Year 4 includes Psychosexual Research, a clinical placement and two additional learning modules.

2 Year Psychotherapy Training Programme followed by 2 year Diploma in Psychosexual Therapies Course Structure

Guided Learning Hours

Training on Years 1 and 2 on the **Psychotherapy Training Programme** take place over 10 weekends during the academic year. Each weekend will be supplemented with experiential learning, role-playing, and reflective practice to enhance skills and understanding.

The Diploma in Psychosexual Therapies (Years 3 & 4) training is delivered in weekly blocks - one week per term. This will amount to 12 weeks of delivery over 4 years. There will be an additional 26 Wednesday evening webinars covering specialist topics.

Supervised Placements

Students may begin a supervised placement from year 2 of the course. In addition to the above, students are expected to undertake self-study, reading or assignment work.

Dates and Fees

Contact THIRST for more information on dates the course.

Course fees are £7800 for the 2 years with a £600 deposit. We offer an instalment option for course fees.

Students are required to be a member of COSRT when they start the course.



Assessments

Students are required to keep a reflective Personal Learning Journal during the course as well as undertaking the following:

In years 1 and 2 each weekend will include skills assessment or case studies to reinforce or assess learning., many will have a psychosexual lens. There will be an end of year self-reflection presentation plus a written assignment.

Assessment in year 3 is by:

- 4000 word critical evaluation of existing research relating to sex and relationship therapy
- An essay question paper
- 3000 word critical evaluation assignment and presentation.

Assessments in year 4 are made up of:

- 4000 word research assignment
- 4000 word case study based on placement activities and an audio recording of clinical work with analysis of 3000 words
- Clinical portfolio

About us

ThIRST is grounded in Humanistic therapeutic philosophy and is founded on a philosophy that values the inherent goodness of individuals and their journey towards health, wholeness, and self-actualisation.



We believe in the importance of autonomy, personal responsibility, and self-awareness in fostering the growth and development of therapists.

Our focus on relationships and connectivity underscores the significance of interpersonal interactions in shaping personality development and professional identity formation. We prioritize open communication, transparency, and the co-creation of a supportive learning environment where individuals can thrive and learn from one another.

Diversity and inclusivity are core principles at ThIRST. Our aim is to cultivate inclusive and secure learning environments that honour the diverse backgrounds and experiences of both trainees and clients.

Critical thinking and reflection are fundamental to our approach. We encourage trainees to engage in critical analysis, challenge assumptions, and embrace feedback and discomfort as essential aspects of the learning journey. Ethics and personal development are paramount in our training programmes. We prioritize ethical practice, establish clear learning contracts, and emphasize the importance of boundaries.

Personal growth is central to becoming a psychotherapist at ThIRST, with a focus on self-awareness, self-discovery, and the practical application of theoretical knowledge.



ThIRST Director and Trainers

Lohani Noor is the Founder and Director of ThIRST. She trained in Transactional Analysis Psychotherapy and then went on to complete a MSc in Psychosexual Therapies. She is accredited with the College of Sexual and Relationship Therapists (COSRT) and Registered with the United Kingdom Council for Psychotherapists (UKCP). She presented on BBC's Sex on the Couch series on couples therapy and is the author of the Audible Classic 12 Steps to Sexual Connection.

Lohani is based in Manchester UK, where she runs a private therapeutic practice, she is available in person and online worldwide.

A bio of all course trainers is available on the website.



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Completion and Accreditation

On completion of the years 1 and 2, students will be able to progress to years 3 and 4 (the Diploma). Students will also be able to apply for registration with the British Association of Counselling and Psychotherapy (BACP) and begin work as counsellors. The Diploma in Psychosexual and Relationship Therapies is accredited by COSRT - the College of Sexual and Relationship Therapists.

Learning Outcomes

The programme is designed to provide a comprehensive foundation in Psychosexual psychotherapy. You will :

- Develop a deep understanding of the internal and external processes that influence therapeutic interventions
- Initiate their exploration & evaluation of various psychotherapeutic approaches alongside Psychosexual approaches
- Acquire a diverse set of skills for addressing complex challenges in different therapeutic psychosexual scenarios
- Progress to a more advanced level of psychotherapeutic practice
- Learn to navigate ethical dilemmas and professional responsibilities effectively

By the end of their training, students will:

- Attain a proficient level of therapeutic expertise
- Feel confident in working with clients presenting with a range of psychosexual complaints
- Feel confident in working with a diverse clientele
- Demonstrate proficiency in professional and administrative tasks



How to apply

Please email us at enquiries@thirstlearn.com for full course details and an application form and return to us with a CV and supporting personal statement.

Your personal statement should include an outline of the reasons why you are applying for the course.

The CV should be no more than two sides of A4 and should include:

- Previous training and qualifications
- Details of relevant work and life experience

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MANCHESTER

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