



**THIRST**  
THE INSTITUTE FOR RELATIONAL AND SEXUAL THERAPIES.



# Diploma in Psychosexual & Relationship Therapies

A cutting-edge course for  
today's world

Part-time over 2 years

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 cultivate your clinical confidence, promote safe and ethical practice, and enhance your capacity to discern, prioritize, and organize psychotherapeutic interventions. 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.

**3 weeks of guided learning per year (1 week per term) plus 13 evening webinars covering specialists topics such as GSRD, menopause, asexuality etc. A combination of modalities from Transactional Analysis, Gestalt to CBT, modules include:**

- Introduction to sex and relationship therapy exploring psychological, biological and social impact.
- Models and interventions of relational therapies
- Psychosexual diversity
- Psychosexual research

At THIRST, our programmes are crafted to provide a supportive and enriching experience, where you will feel secure, challenged, inspired, and valued on your educational journey. Delivered in an experiential and dynamic manner, our aim is to push boundaries, foster growth, and facilitate transformation.

## Is the Diploma in Psychosexual and Relationship Therapies for me?

The Diploma in Psychosexual Therapies is for those with a qualification in counselling or psychotherapy. (Please see the Foundation course if you have not yet achieved this level of training).

The Diploma programme is an exciting step in your educational 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\*

We cover three modules in year 1, Intro Sex and Relationship Therapy, Models and Interventions and Psychosexual Diversity.

#### 1 Intro Sex and Relationship Therapy

We cover embryological development, the human sexual response cycle, sexual dysfunction, working with individuals and couples, history of the development of sexology and psychosexual therapy, ethical issues, cross cultural issues and counselling and psychotherapeutic approaches, sexual pain disorders, vaginismus, Erectile Dysfunction and premature ejaculation

#### 2 Models and Interventions

We will explore psychotherapy perspectives and skills, sensate focus and sexual growth, Imago, CBT, Gestalt, Transactional Analysis and behavioural therapies. We include working with couples and systems, transference and counter transference, same sex relationships, the law and sexuality, ethics and Queer theory.

### 3. Psychosexual Diversity

We cover a range of diverse styles, preferences and cultural issues in this module including: intersex conditions, gender and gender disorders, homosexuality, heteronormative, ENM, polyamory; GSRD, discrimination and hate crimes. We look at kink and BDSM. We will also consider neurodiversity, disability, ageing and cultural narratives. We will look at sexual/marital pathology, psychiatric illness and sexual dysfunction.

### Course Content: Year 2\*

Year 2 includes Psychosexual Research, a clinical placement and two additional learning modules.

\*see website for full course content

## Diploma in Psychosexual Therapies Course Structure

### Guided Learning Hours

The Diploma in Psychosexual Therapies training is delivered in weekly blocks - one week per term. This will amount to 6 weeks of delivery over 2 years. There will be an additional 13 Wednesday evening webinars covering specialist topics.

Each student will also have 4 tutorial sessions over the 2 years

### Supervised Placements

A supervised placement is a key part of the course in year 2. Students are required to complete 150 clinical hours during the year.

In addition to the above, students are expected to undertake self-study, reading or assignment work of at least 170 hours.

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

### Dates and Fees

There are two intake points to start the Diploma programme during 2026; March and October. Contact THIRST for more information on dates for each of these options.

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



### Assessments

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

Assessment in year 1 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 2 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

### Accreditation

The Diploma in Psychosexual and Relationship Therapies is accredited by COSRT - the College of Sexual and Relationship Therapists.

## 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.

## Learning Outcomes

The Diploma programme is designed to provide a comprehensive foundation in Psychosexual psychotherapy. Throughout the training, students will develop:

- Cultivate a deep understanding of the internal and external processes that influence therapeutic interventions
- Initiate their exploration and 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, including delving into transference issues and the early stages of addressing ingrained patterns of limiting thinking and behaviours
- 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 therapeutically with clients presenting with a broad range of psychosexual complaints
- Feel confident in working therapeutically with a diverse clientele
- Demonstrate proficiency in professional and administrative tasks



## How to apply

Please email us at [enquiries@thirstlearn.com](mailto:enquiries@thirstlearn.com) for 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

We will approach two referees, both professional.

THE INSTITUTE FOR RELATIONAL  
AND SEXUAL THERAPIES  
MANCHESTER

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