



Training Workshop:

For Therapists “Sexual issues in the counselling room”

Workshop on” Sexual issues in the counselling room”

- Most sexual issues can be addressed by counsellors who are comfortable with the issues.
- Is it the elephant in the room which neither therapist or client will mention?
- Is that due to own views and experience with sex and sexuality? Lack of accurate knowledge?
- Become comfortable raising a conversation about sex with clients, which is often unspoken, but clues are offered by clients to check the therapist’s comfort levels to work with it
- Learn to hold and continue the conversation with confidence
- Increase your knowledge base about sex, dispel myths and ensure accurate knowledge
- Consider possible interventions that you can use at a level within your increased competency and know when to sign post on.
- Using skills and tools for effective interventions to improve sexual wellbeing
- Gain a solid understanding of healthy sexuality and sexual function
- Understanding the common sexual dysfunctions
- Learn to undertake an initiate assessment for intervention in a dysfunction to be able to treat or to refer on. Know where to go for more information when needed
- What do Psychosexual Therapists do? Is there some work that I can do and what?
- When to refer to a Psychosexual Therapist and understand their work with clients