

## PSYCHOSEXUALITY WORKSHOP

Saturday, 23rd November 2019, 10.00-16.00  
Quakers Meeting House, Church Crescent, London N10 3NE  
Facilitated by Effie Soutani

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This workshop will offer an overview of the psychosexual presentations, assessment and treatment options in psychotherapy. We will explore the definition of sexuality and how it may manifest in the different developmental stages, considering the following:

- Main psychosexual dysfunctions
- Individual and couple psychosexual issues
- Psychological, physical and relational issues
- Main psychosexual treatment approaches
- Sexual expression spectrum from asexuality to sexual anorexia and sexual compulsion
- Sexual acting-out in the therapeutic space
- Integrating sexuality work in general psychotherapy

The workshop will use a range case studies and experiential group exercises.

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Effie Soutani is an accredited Psychosexual and Relationship Psychotherapist, Hypnotherapist, DIT and EMDR Therapist, Clinical supervisor and Trainer. For the last twenty-two years she has been working with the NHS in North London, offering Psychotherapy and Psychosexual Therapy to individuals, couples and groups of people with an intellectual disability.

She has a private practice in North London and is a faculty member and clinical supervisor of the "London Diploma in Psychosexual and Relationship Therapy" course. She is also a member of the working group and a clinical supervisor for IAPT (*Improving Access to Psychological Therapies*) Couples Therapy for Depression course at TCCR (*The Tavistock Centre for Couple Relationships*). She specialises in working with trauma, sexual offending and sexual compulsivity.

Effie is an accredited member of COSRT (*College of Sexual and Relationship Therapists*), an accredited member of ATSAC (*Association for the Treatment of Sexual Addiction and Compulsivity*) and is registered with the UKCP (*UK Council for Psychotherapy*).

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### FEE:

£60.00 HCC members or £85.00 non HCC members  
(This includes refreshments but not lunch)

To secure your place, please fill in the form overleaf

Please direct any queries to:  
Kevin Hamilton, Training Manager  
Email: [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk)

**HIGHGATE COUNSELLING CENTRE  
PSYCHOSEXUALITY WORKSHOP**

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Quakers Meeting House, Church Crescent, London N10 3NE

Please reserve me a place on the above workshop

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Fee:           £60.00 (HCC members)                   £85.00 (non HCC members)  
                  This fee is non-refundable and includes refreshments but not lunch

I enclose a cheque for           £60.00                           £85.00  
(Please circle and make your cheque payable to Highgate Counselling Centre)

I have paid by BACS           £60.00                           £85.00  
(Please circle and provide a reference or date of payment)

Payment by BACS bank transfer:

Bank:                           CAFBANK  
Sort code:                   40-52-40  
A/C number:                 00018507  
Please use reference:        Psychosexuality / your surname

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Please return this booking form by Friday, 15th November 2019 to:

Kevin Hamilton  
Training Manager  
Highgate Counselling Centre  
58a Highgate High Street  
London N6 5HX

Telephone: 020 8883 5427  
Email: kevin.hamilton@highgatecounselling.org.uk

A CPD CERTIFICATE WILL BE ISSUED AT THE END OF THE WORKSHOP