

# CPD WORKSHOP

## Psychosexuality

**Saturday, 22 November 2025 | 09:30 to 16:30 via Zoom**

### Workshop fee:

£65.00 HCC members | £75.00 non-HCC members

### Overview:

This workshop will offer an overview of 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.

### Workshop outcomes:

During the workshop we will examine:

- Main psychosexual dysfunctions.
- Individual and couples' 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.

During the workshop, we will use a range of case studies and facilitate experiential group exercises.

### Facilitator:

**Effie Sultani** is an accredited psychosexual and relationship psychotherapist, hypnotherapist, DIT and EMDR therapist, clinical supervisor and trainer. She has been working for more than 20 years in North London, providing psychotherapy and psychosexual therapy to neurodivergent individuals, couples and groups. She has a private practice in North London and is a faculty member and clinical supervisor on the "London Diploma in Psychosexual and Relationship Therapy" course. She also as a clinical supervisor for Improving Access to Psychological Therapies (IAPT) couple therapy for depression course at the Tavistock Centre for Couple Relationships (TCCR). She specialises in working with trauma, sexual offending and sexual compulsivity.

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

### How to book:

Please email [training@highgatecounselling.org.uk](mailto:training@highgatecounselling.org.uk) to reserve a place, letting us know if you are an HCC member or not. We will then send you an invoice for £65/£75, and once this is paid your place will be confirmed. You can pay online via the link on the invoice or call the office on 0208 883 5427 to make a card payment.