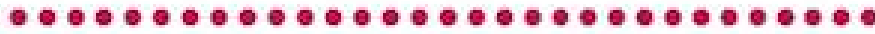


# MARYLEBONE CENTRE



## PSYCHOLOGICAL THERAPIES



DIPLOMA

SEX ADDICTION/COMPULSIVITY

THERAPY

LEVEL 6



**Middlesex  
University**



**cosrt**

College of Sexual and Relationship Therapists

*Approved for CPD hours*



*"Sexual addiction is the label given to a pattern of sexual behaviour that is compulsive and preoccupies, that is difficult to stop and stay stopped, and that brings with it harmful consequences. The behaviour is continued in spite of these harmful consequences. It is largely used to anaesthetise intolerable affect states. It emerges from the life story of the addicted individual."*

*Dr. Thaddeus Birchard, 2015, CBT for Compulsive Sexual Behaviour: A Guide for Professionals.*



## ***Helping with Relationships, Sexuality, & Mood Disorders***

Since 2001, The Marylebone Centre for Psychological Therapies has been training counselors, psychotherapists, and mental health providers in how to provide therapeutic treatment for compulsive sexual behaviour. The training programme, established by Dr. Thaddeus Birchard, founder of the Association for the Treatment of Sexual Addiction & Compulsivity (ATSAC), helps those working in mental health to competently and confidently work with sexually compulsive behaviours including pornography addiction, and working with partners who are impacted by their loved one's sexual behaviours.

Our aim is to provide a professional training programme that integrates theoretical knowledge, practical skill development, and clinical competence in working therapeutically with sexually compulsive clients and their partners.

Our course facilitators (psychiatrists, forensic psychologists, lawyers, psychotherapists, and counsellors) are selected for their specialised knowledge. They actively engage and challenge you to reflect and connect with your views of sexual behaviour, ethical and legal issues, and how to empathically and effectively offer a programme of change. All are registered members of their professional governing bodies and most are additionally Qualified Members of (ATSAC) and/or Accredited Members of the College of Sexual and Relationship Therapists (COSRT).

# DIRECTORS



**DR. THADDEUS BIRCHARD**  
**CLINICAL DIRECTOR**

Dr Birchard is the founder of the Association for the Treatment of Sexual Addiction and Compulsivity (ATSAC) . He created the first UK based therapeutic sexual addiction training programme for counsellors and psychotherapists and has trained many of his contemporaries working in the field. Dr Birchard speaks around the country and in the United States on sexual addiction and compulsivity. He is the author of numerous articles and *CBT for Compulsive Sexual Behaviour: A Guide for Professionals*. In 2017 Dr Birchard published two new books. *Overcoming Sexual Addiction*, written by Dr. Birchard, is a book designed for those struggling with sexual addiction. Dr Birchard's also co-edited the long awaited *The International Handbook of Sexual Addiction*. This seminal publication is a desk reference for therapeutic practitioners and contains articles from experts around the world on working with clients and partners experiencing sexually compulsive behaviours. Dr Birchard holds a DPsych in Psychotherapy, an MS in Psychosexual Therapy, and a Diploma in CBT. He is accredited with the UKCP, BABCP, and COSRT, and is a Qualified Member of ATSAC.

# DIRECTORS



**CECILY CRIMINALE**  
**DIRECTOR OF EDUCATION**

Cecily began her career as a sexuality educator and worked for the Sexuality Information and Education Council of the United States (SIECUS). At Rutgers University's Center for Molecular and Behavioural Neurosciences she researched the neuroscience of sexual arousal, leading to an interest in the relationship of sexual addiction, fantasy, and depression. Cecily has facilitated Sexual Attitude Reassessment training for medical professionals. She has co-authored publications in the fields of neuroscience and sexuality, including being a contributing author to *All About Sex: A Family Resource of Sex and Sexuality*. Cecily holds an MA in Human Sexuality, Marriage, and Family Life Education; an MS in Molecular and Behavioural Neuroscience; and an MEd in School Supervision and Administration. Cecily is a Trustee and Qualified Member of the Association for the Treatment of Sexual Addiction and Compulsivity (ATSAC) and is a registered member of the BACP.

# PROFESSIONAL & PERSONAL DEVELOPMENT



## THEORETICAL COMPETENCE

Our programme provides you with the theoretical grounding to understand sexually compulsive behaviours. The neuroscience of addiction, evolutionary biology, and the psychological impact of attachment and trauma in sexual addiction is explored. Inventories for mood, sexually compulsive behaviours, risk of harm, and identification of schemas help you to assess your clients. You will add to your repertoire of psychotherapeutic tools (e.g. art therapy,). You will gain confidence working with pornography addiction and competence in working with partners impacted by sexually compulsive behaviours. Ethical and legal responsibility in working in this field will be reviewed by experts in the field.



## SKILL DEVELOPMENT

Our goal is for you to gain greater competence and confidence in working with clients. Working with a supervisor, our participants evaluate and assess their clients' therapeutic goals, synthesize treatment plans, and work within legal and ethical parameters in line with their accrediting professional body/agency. You will use your new theoretical grounding, inventories and tools with your clients.



## PERSONAL REFLECTION

Synthesizing and reflecting on your experience is a priority. In exploring personal responses to new experiences, therapists and counsellors provide the ability to offer more empathic, ethical, informed, and competent practice. To this end, our participants engage in a Professional Practice Development Group with a qualified facilitator to allow processing of their learning, reactions, and experience.

# COURSE DATES & FEES

The course can be taken in either London or Edinburgh. Participants are expected to attend all dates in order to complete the training programme.



## LONDON

**2018-2019**

**Friday, Saturday, Sunday**

*October 5 - 7*

*November 30 - December 2*

*February 1 - 4*

*April 5 - 7*

Venue:

Marylebone Centre  
79 Marylebone Lane  
London  
W1U 2PX

*Early confirmation of place (May 2018):*

**£2450**

*Full Fee: £2750*

## EDINBURGH

**2018-2019**

**Friday, Saturday, Sunday, Monday**

*September 28 - October 1*

*November 23 - 26*

*January 11 - 14*

Venue:

Royal Overseas League  
100A Princes Street  
Edinburgh  
EH2 3AB

*Early confirmation of place (May 2018):*

**£2050**

*Full Fee: £2350*



## Participants for the course must meet the following entry requirements:

- Hold a professional, current registered or accredited credential with an accrediting psychotherapy, counselling, or psychology organisation, e.g. BACP, UKCP, BABCP, COSRT, BPS, COSCA; or in a related medical/nursing field. In unique cases, students completing their training in an accredited programme who also hold student membership with an accrediting organisation and with sufficient experience (greater than 100 hours) of client work may be considered.
- Demonstrate current one-to-one work with clients in the participant's respective field .
- Have opportunity, or are willing to find a placement, to work one to one with sexually compulsive clients in their respective fields, (15 hours minimum one-to-one client work).
- Be willing to engage and pay (where necessary) for external supervision in line with COSRT's training supervision requirement of 1 hour of supervision per 6 client hours (3 hours supervision minimum). Supervision must take place with an ATSAC Qualified Member for psychotherapists, counsellors, and psychologists. This is preferable for medical professionals as well, however a supervisor in your respective field will be agreed with the Clinical Director



# ASSESSMENT



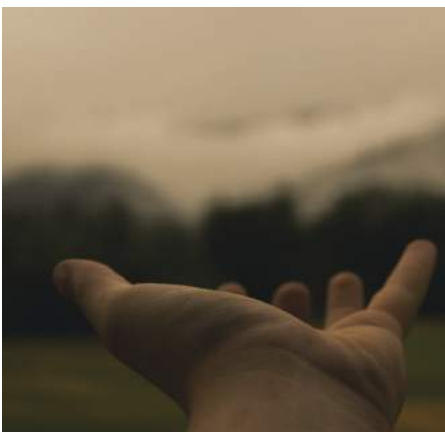
## KNOWLEDGE & UNDERSTANDING

Participants will demonstrate their knowledge of working competently therapeutically with sexually compulsive behaviours by submitting and passing an externally assessed academic, theory-based paper (2500-3000 words) regarding sexually compulsive behaviours and treatment in counselling and psychotherapy, or in a medically related (if appropriate) field.



## COGNITIVE SKILLS

Three personal response papers (1000 words) are required. Each paper focuses on the therapeutic process in working with sexual compulsivity. Participants identify the complex problems that may arise and recommend novel, ethical solutions that are in the best interest of the client and therapist.



## PERFORMANCE & PRACTICE

15 hours of supervised one-to-one client work focused on sexually compulsive/addictive behaviours are required. Participants will undertake a minimum of 3 hours of external supervision with an ATSAC Qualified Member who is additionally trained to offer supervision. A client case study (2500 words) must be submitted that evidences therapeutic thinking, reflection on therapeutic alliance and choice of intervention, as well as development of a therapeutic contract, boundaries, and adherence to ethical practice.



## APPLICATION

The first step towards enrolling in the training programme is to complete an online application:

<http://marylebonecentre.co.uk/professional-training/application-form/>

Your application will be reviewed and you will be contacted by the Director of Education or the Regional Education Coordinator. Applicants who meet the entry requirements will be interviewed in person, or by telephone where an in-person or video-link interview is not possible.

An offer of a place on the course may be extended after receipt of a report from your current supervisor indicating regular attendance at supervision and a readiness and ability to healthily engage in course material.

Applicants will be notified of the status of their application within two weeks of receipt of the supervisor reference. Applicants who are not successful in their application will be given feedback, if appropriate, as to how they might meet any deficiencies and reapply.

A place on the course is guaranteed after an offer is made by the Marylebone Centre and your deposit of £300 is received.

*Accredited by:*



*This course delivered by the Marylebone Centre can lead to the award of credit points by Middlesex University. This course does not result in the award of a Middlesex qualification.*

*Approved by:*

*Association for the Treatment of  
Sexual Addiction and Compulsivity*



*Approved CPD hours:*





If you are interested in training to work with clients and their partners struggling with sexually compulsive behaviours, please contact us:

[training@marylebonecentre.co.uk](mailto:training@marylebonecentre.co.uk)

020 7224 3532

MARYLEBONE  
CENTRE

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PSYCHOLOGICAL  
THERAPIES