

# NAOS

## FROM INNER TO OUTER CHANGE



## Two-Year Advanced Diploma in Psychosexual and Relationship Psychotherapy





## Two-Year Modular Training Course 2026-2028

Thank you for your interest in this two-year, modular course dedicated to psychosexual and relationship psychotherapy.

This formational programme will offer trainees from a variety of backgrounds and disciplines the opportunity to examine further explore and expand their existing psychotherapy skills. These are further enhanced by specialised psychosexual and relationship psychotherapy knowledge and expertise facilitated through classroom teaching and clinical placements. Alongside this all students are engaged in a reflective process group each time they meet.

In brief: Monthly seminars will be Sunday – Monday once a month (year 1) and Sunday – Monday (year 2) to accommodate those who are unable to attend weekends (e.g. faith cultures), Mondays are largely remote learning Intensives whilst Sundays are dedicated to an in-depth, in-room teaching experience. **For students who can evidence compromised health issues making it impossible to attend in-room teaching seminars or if you reside outside of the UK we like to hear from you !**

The course takes place face-to-face in Ealing, London (close to Heathrow) and Mondays usually online.

You will need to allow approximately a day for clinical practice and supervision during year two. Private study, your own therapy, reading and essay preparation must also be factored into your time commitment.

We are working with around 60 clinical placement providers in the UK, Europe and as far as in Egypt – which may be undertaken online or in-person as long as 30% of your total clinical hours (150 hours) are face-to-face (45 hours).

A full student manual will be provided prior to the course commencement.

# What Students Say About Us

“The supportive environment and dedicated, high-calibre faculty made it a worthwhile step in my professional development.”

—2024

“I was truly moved by this course. It was absolutely worth the journey to London once a month, just to be part of something so enriching—meeting incredible people and presenters that uplift and inspire. The course gave me exactly what I wanted: fresh, transformative perspectives on relationship work—whether with individuals, couples, or multiple partners—opening my experience to new depths of working.”

—2024

“During my time on the Advanced Diploma, I valued the depth of knowledge and experience of the tutors. Moreover, as trainees, we also gained valuable insights from each other’s different therapy modalities. It’s both an experiential, challenging, enriching and enjoyable course and I would recommend it to anyone considering to begin or develop their journey as a relationship therapist.”

—2024

“Prestigious training which continues to attract global students. This is a long established and well-run course with a very experienced faculty. The care and commitment shown by the staff is impressive as is the ongoing development by the directors who work hard to increase the scope of their training. Students appreciated the richness and diversity of the group and the way that the course leaders emphasised that whatever their backgrounds and/or prior experience there was a level playing field on the training.”

—2023

“I was inspired, stimulated, and stretched by this course and would recommend it highly to anyone seeking to develop their awareness and skills in working with relationship clients.”

—2023

“NAOS has elevated my proficiency in couple/relationship therapy to an advanced level, seamlessly blending expertise with invaluable insights from the tutors. It’s more than a course; it’s the catalyst that has enriched my therapeutic skills in working with couples and relationships.”

—2023

“A one-of-a-kind course, unveiling a deep understanding of the intricate processes and dynamics between couples, while imparting a rich array of tools to be wielded in the art of couples therapy.”

—2023

“Your course is a deeply transformative experience on a personal level.”

—2022

“I especially enjoyed the group was the most diverse group I have ever been in. This was so refreshing for me as I am also a person with non-British background. The positivity and high standards both in the group and our teachers gave me the confidence and the passion to work with couples and the same time staying humble and recognising that there is always so much more to learn.”

—2022

# Indicative Course Content

## Year One

- Overview of organic and non-organic presentations
- The couple and other relationships
- Treatment options and approaches
- Models of assessment and history taking
- Formulation and treatment plans – the integration of behavioural techniques within psychosexual and relationship psychotherapy
- Consideration of MoU2 and GSRD relating to PRT assessment
- Trauma (including developmental and minority stress/trauma)
- Differentiation; David Schnach with couples
- Imago - Harville Hendrix
- Risk assessment : Out of control sexual behaviours and relationship violence
- Erotic transference
- Working with survivors of sexual abuse
- Couples in conflict
- Working with diversity/trans presentations , including men, women and non binary expressions

## Year Two

- Ethical and legal practice
- Inclusivity and cultural sensitivity
- Solution-focused approaches to include CBT and Sue Johnson EFT
- T.A. with couples
- Developmental couples therapy: The work of Bader-Pearson
- Psychiatric presentations and co-morbid psychiatric, medical and psychosocial conditions
- STI's and anatomy of arousal
- "Affairs" and non-consensual non monogamy
- Heterosexuality, homosexuality, bisexuality and LGBTIQ+ relationship models vs. dual intimate systems
- Alternative sexual and relationship presentations
- Critical review
- Practice management

The course team regularly evaluates the content of the course and in line with new research, thinking, awareness and protocols and adjusts and adds to the curriculum as required.

### Fees

Fees year 1: £ 3,950

Fees year 2: £ 3,950

### Payable:

Fees are incl 20% VAT. We require a deposit of £500 to secure your place, followed by 20 monthly instalments of £370. Applicants who wish to pay for the 2 years as one-off payment, are offered a 2.5% reduction in fees.

# Dates

## 2026 Year 1

### Module 1

Sunday, February 15th (in-room)

Monday, February 16th (online)

### Module 2

Sunday, March 15th (in-room)

Monday, March 16th (online)

### Module 3

Sunday, April 12th (in-room)

Monday, April 13th (online)

### Module 4

Sunday, May 17th (in-room)

Monday, May 18th (online)

### Module 5

Sunday, June 14th (in-room)

Monday, June 15th (online)

### Module 6

Sunday, September 6th (online)

Monday, September 7th (online)

### Module 7

Sunday, October 4th (in-room)

Monday, October 5th (online)

### Module 8

Sunday, November 8th (in-room)

Monday, November 9th (online)

### Module 9

Sunday, December 6th (in-room)

Monday, December 7th (online)

## 2027 Year 2

### Module 1

Sunday, February 21st (in-room)

Monday, February 22nd (online)

### Module 2

Sunday, March 21st (in-room)

Monday, March 22nd (online)

### Module 3

Sunday, April 25th (in-room)

Monday, April 26th (online)

### Module 4

Sunday, May 23rd (in-room)

Monday, May 24th (online)

### Module 5

Sunday, June 27th (in-room)

Monday, June 28th (online)

### Module 6

Sunday, September 12th (in-room)

Monday, September 13th (online)

### Module 7

Sunday, October 10th (in-room)

Monday, October 11th (online)

### Module 8

Sunday, November 14th (in-room)

Monday, November 15th (online)

### Module 9

Sunday, December 12th (in-room)

Monday, December 13th (online)



## Placements

There are three options to accrue the required 150 hours of clinical practice:

- Through a clinical placement in the UK, Europe or further afield. 30% must be in person. We have in the region of 200 places, NHS, voluntary or third sector
- By sourcing your own placement at work or elsewhere. We audit all new placements
- Using your private practice, having been permitted to do so by your supervisor

## Entry Requirements

- Completed counselling, psychotherapy, counselling or clinical psychology qualification, no less than 2 years, 300 hours
- Ability to study at level 7
- Professional reference

## Assessment

- A 'Three critical incidents' reflective essay, 5000 words
- One research project 5000 words
- One case study 5000 words
- 3 supervisors reports, 1000 words reflective essay, non-assessed

## Additional Requirements

- Student membership COSRT during the training
- Personal therapy
- 1.5 hours per month supervision, during year 2, ratio 1:6

## Application, Interviewing and Student Selection Process

- Applicants must complete the electronic application form ([here](#))
- All applicants will be interviewed by one of the course directors and may be offered a space subject to references
- Upon receipt of the initial deposit of £500 the space is confirmed

## Upon Course Completion

Graduates may progress towards COSRT registration. Those who wish to progress to accreditation are required to complete another year.

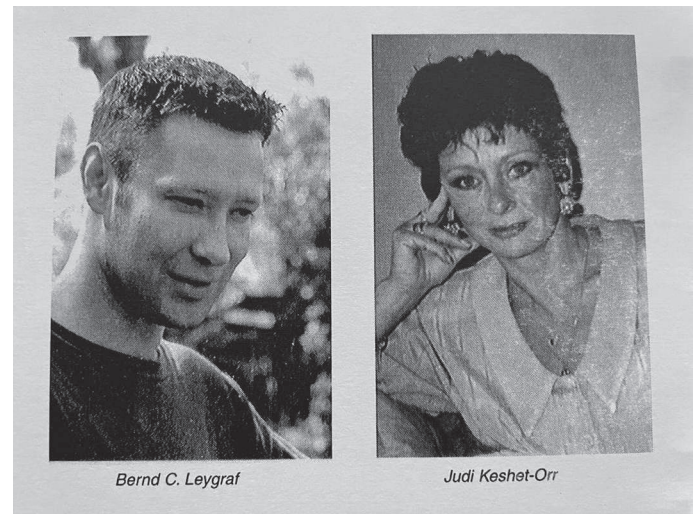


## A Brief History

The Naos Institute, together with the London Diploma ([www.psychosexualtraining.org.uk](http://www.psychosexualtraining.org.uk)) has trained psychosexual and relationship therapists to the highest standards for over three decades now and we are proud to say that more than two thousand of the currently accredited UK clinicians are graduates of our courses. Our graduates therefore constitute a significant proportion of psychosexual and relationship therapists in the UK alone.

In 1990, with the support of Prof Albert Singer, Judi Keshet-Orr and Bernd Leygraf collaborated to establish the largest psychosexual and relationship clinic in Europe, staffed by our own trainees, within the NHS. Together, they authored the UK's first Masters programme in Psychosexual and Relationship Therapy and the first and only one leaning into a Humanistic-Integrative philosophy.

Over the past 85 years or so, sexual and relationship therapy has developed beyond the original parameters of the work. With this course, we have moved the field from the more traditional medical approaches to sexual problems, to working to encompass issues which impact on the client's total environment.



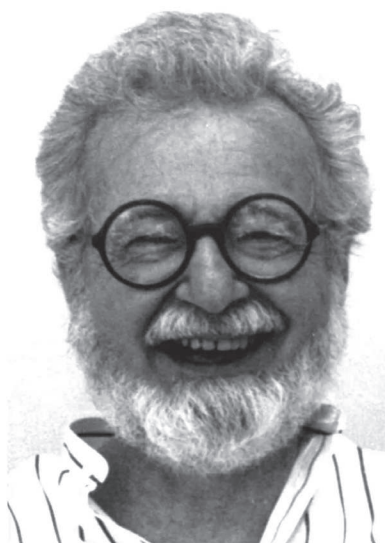
*Bernd C. Leygraf*

*Judi Keshet-Orr*

This includes attention to: relationship and gender status, family, professional, cultural influences, and trans-generational issues. In psychosexual work, the presenting issue may be a specific sexual or relationship difficulty which the therapist will attend to; it will also address the way in which this difficulty affects the client's concept of sexuality and relationships (or absence of these) in their lives.

The sexual landscape has changed in many ways in the last 30 years, in terms of gender, sexuality and culture. Psychosexual and relationship therapy has evolved alongside these changes and this has been embraced by the course.

We wholly endorse MoU2. Alongside our accrediting bodies we agree that ethical practice requires the practitioner to have adequate knowledge and understanding of gender and sexual diversity and cultural differences, and to be free from any agenda that favours one gender identity or sexual orientation as preferable over other gender and sexual diversities.



Dr Joseph Zinker, one of our early tutors.

We encourage our students to acknowledge the broad spectrum of sexual orientations and gender identities and gender expressions – not all white, middle-class and Anglophone, and to update their knowledge and practice in line with these principles.



## Our Philosophy

We are a psychotherapy training with a specialist focus on human sexuality in all its expressions – with individuals, couples, and other relationships. We focus on the formation of psychosexual and relationship therapists to work with integrity within statutory, voluntary, or private settings.

We support the development of each trainee's idiosyncratic approach to the work within the course's overarching, integrative, framework. By this we mean to inspire and welcome trainees to bring in their own personalities, biography and philosophical approach, within reason and ethical frameworks. NAOS firmly feels that the course, whilst working within accepted boundaries, supports students' choices in developing their own unique approach. This idiosyncratic emphasis is associated with a theory of psychotherapeutic change in which there is a particular emphasis on helping clients to actualize their distinctive potential and become their "own unique individual self" (Carl Rogers, 1964).

Trainees will experience and critically examine this philosophical framework, shaped by the richness of the psychotherapy backgrounds of all our lecturers. We may lean into Gestalt therapy, Existential thinking, Psychodynamic therapy, Cognitive Behavioural Therapy, Transpersonal therapy, Transactional Analysis and more! We also draw from the various inspirational writers on the dynamics of sex and relationships.

Overall, we acknowledge the centrality of the therapist in this work (David Schnarch, 2010) and the intentional use of the self (Kohut, 1981) to establish a secure, containing model of collaboration with our clients. We draw on the contributions of psychology, medicine, culture, law, ethics, spirituality, systems thinking and trans-generational influences.





## Course Directors



Bernd Leygraf (UK)



Dermot Kelly (Ireland)



Justyna Kulcyk-Lewinska  
(Poland)

## Course Consultant



Judi Keshet-Orr (UK)

## External Examiner



Dr Anastasios  
Argyropoulos (Greece)

## Faculty



Prof Desa Markovic (UK)



Prof Divine Charura  
(University of York)



Prof Marieke Dewitte  
(Maastricht University)



Prof Charmaine Borg  
(University of Groningen)



Dr Wafaa Eltantawy  
(Egypt)



Dr Tiga-Rose Nercessian  
(France)



Dr Stiofán Hatton  
(Ireland)



Dr Robert Hudson (UK)



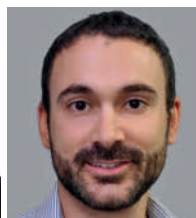
Dr Chris Cartner (UK)



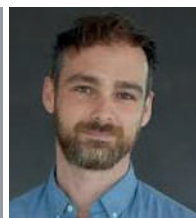
Jaqueline Morley (UK)



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Diane Hassall (UK)

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