

Couples & Sex

- Stephanie Palin



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Learning Together Online

RESOURCE GUIDE

About Stephanie Palin

I have worked as a Relationship Counsellor and Psychosexual Therapist for 28 years, and, over the last 23 years, have trained literally thousands of people to work as both face to face and as online counsellors & therapists. I currently lecture on a University of Hull accredited course in Doncaster and Edinburgh, working at Masters level with trained counsellors who are extending & developing their skills. I have also worked as an online Sex and Relationship Expert on the Pfizer sponsored 'ManMOT' website, and I currently work as an online Consultant to Relate.

Over the years I have contributed to numerous media articles and appeared on National TV and radio as a sex and Relationship Expert.

As a Therapist and Supervisor, I have worked with Relate (The UK's largest provider of relationship therapy), for the NHS for 15 years, and also in Private Practice.



Stephanie Palin

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About Stephanie Palin (Ctd)

In the NHS, I trained and worked with a variety of addictions and this experience led to my interest in working with people with sex addiction. In this field I have been able to combine my expertise in working with addictions and in working with sexual problems.

I have worked with sex addiction in my private practice for almost ten years, and also supervise therapists working with sex addicted clients. I work therapeutically both face to face and online .

I am also an experienced EMDR Therapist, specializing in using EMDR to work with sex addiction related to trauma.

In addition I have worked for over 16 years with the Welfare services of the Army, Marines and RAF and so have also developed insights into the problems that couples and families have when faced with living as “ex-pats” and living with frequent work-enforced separation, including the development of sex addiction, mainly associated with online activities.



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Resources

Therapy Institute

Cedars Therapy Institute is built on a vast range of experience and expertise in the world of therapy and of therapist and counsellor training.

Our mission is to provide the highest quality training for counsellors, psychotherapists and allied professionals in a safe and encouraging environment. Our aim is that our students will be confident in their knowledge and ability to work with clients as a result of our training.

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Diploma in working with Sex Addiction

This accredited course provides training for professionals to work with individuals and couples for whom sex addiction (sexual compulsivity) is an issue. Students will be given a comprehensive understanding of the various treatment options for working with sex addiction involving non-offending behaviour. A variety of teaching methods will be used, including teaching input, experiential work, role play and use of video.

On completion of the course, trainees will be able to:

- Define sex addiction and understand its presentation and aetiology.
- Make an informed sex addiction assessment and decisions about suitability for therapy.
- Work ethically with sex addicts and be aware of legal issues and disclosure
- Develop treatment strategies that include addressing underlying causes and relapse prevention
- Provide support for partners and work with couples on restoring their couple relationship.

As well as completion of each module, trainees will complete a 2,500 word essay on a topic of their choice, relating to sex addiction. Students will also need to show evidence of their supervised clinical work with sex addicted clients.

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www.therapyinstitute.co.uk

admin@therapyinstitute.co.uk



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