Sex after Sexual Trauma

This one-day CPD workshop, facilitated by Cabby Laffy is for any therapists who wish to explore helping clients recover sexually after sexual violence. Some therapists may feel able to work with trauma but feel uncertain about broaching the topics of sex and sexuality. Others may have psychosexual skills but feel less confident to work with the relational aspects of recovery. This workshop will explore how to support clients to regain a sense of sex as pleasure and reclaim their sexual self-esteem. We will provide educational material, experiential exercises to explore issues, and discussion in small groups and in the full group.

Dates: Sunday 7th July 2019
Venue: Spiral Therapy Centre, 2 Shelburne Road, London N7 6DL
Times: 10.30am to 5.30 pm
Fee: £120 Concessions are available for low/unwaged upon request.

Tea, coffee, water and light snacks will be available throughout the days. You are welcome to bring your own lunch and eat on the premises. Alternatively, there are many local cafes and shops.

To Book: http://psychosexualhealth.org.uk/training-courses/workshops/

Programme contents
The workshop will:

- Introduce some of the common issues for this client group
- Provide some ideas and strategies for working towards recovery
- Consider the similarities and differences for adult clients and for those abused as children

Cabby Laffy has been a facilitator of trainings and workshops since 1991. She has also worked as a psychotherapist with individuals and couples, and a supervisor for individual and couple work, for twenty-five years. She is a UKCP registered and NCP accredited psychotherapist, a COSRT accredited psychosexual therapist, a supervisor, an educator and group facilitator, and a member of PCSR. Cabby’s book LoveSex: An Integrative Model for Sexual Education (Karnac 2013) presents a model for psychosexual health. Cabby is available for one to one and couple therapy, training and supervision. admin@psychosexualhealth.org.uk

www.psychosexualhealth.org.uk