



Porterbrook Clinic



COURSE INFORMATION

SEXUAL AND RELATIONSHIP PSYCHOTHERAPY

MSc/PG DIPLOMA

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Section A – General Information

Overview of Programme

The courses included in the programme have been designed in order to provide training in both sexual health and psychotherapy approaches to sexual and relationship problems. In completing your chosen course you will have a breadth and depth of knowledge that will enable you to pursue employment as sexual health professionals.

Courses

The following courses are all available on a Thursday in 2008/09.

- PG Diploma in Sexual & Relationship Psychotherapy
- MSc Diploma in Sexual & Relationship Psychotherapy
- PG Cert in Theory of Psychotherapy for Sexual Dysfunction
- PG Diploma in Theory of Psychotherapy for Sexual Dysfunction
- MSc in Theory of Psychotherapy for Sexual Dysfunction
- Sexual Medicine & Therapy Module
- Psychotherapy Approaches Module
- Sexual Function & Diversity

Aims and Philosophy of the PG Dip/MSc Courses

1. The course provides a specialist postgraduate and post qualification training in the assessment formulation and therapy of psychosexual problems in couples and individuals.
2. The course combines supervised clinical experience with teaching on the theory and practice of therapy for sexual dysfunction and related relationship difficulties.
3. The Course aims to promote awareness of the ways in which sexual health and relationship issues relate closely to all areas of a person's social, physical and psychological well-being. It is intended that trainees will disseminate this awareness in their workplace.
4. Trainees on the course are expected to be in a position to use the specialist knowledge and skills they acquire in their day to day work in the health service, social services or the private or voluntary sector.
5. It is intended that trainees completing the course satisfactorily will be in a position to become specialist sex and couple therapists, after continuing professional experience and supervision.

6. The course is approved by the British Association for Sexual and Relationship Therapy, and hence onto the register of the United Kingdom Council for Psychotherapy.
7. The course is run by the Porterbrook Clinic (formally the Marital and Sexual Relationship Clinic) which is part of Sheffield Heath and Social Care NHS Foundation Trust and as such is bound by equal opportunities and other employment policies of the trust.

History and Background of the PG/DIP MSc Course

The Sheffield Marital and Sexual Difficulties Clinic was set up in 1974, initially as a pilot research project, by Dr W Lawton Tongue, a Consultant Psychiatrist. It was established as a multidisciplinary team with a nurse therapist and social worker specialising in couple therapy working alongside him. Since that time it has served Sheffield and the surrounding health districts as a National Health Service specialist centre, providing assessment and therapy for individuals and couples experiencing sexual and relationship difficulties. It has also pioneered the training of medical students in psychosexual medicine.

From early stage at the clinic saw the need to train professionally qualified clinical staff in the specialist skills of psychosexual couple counselling and began to offer a course consisting of supervised clinical experience (much of it in co-therapy with an experienced member of the clinic team) and teaching sessions. When the professional body of sex and marital therapists, the British Association for Sexual and Marital Therapy, began to accredit training courses, the Sheffield course was one of the first to be accredited.

In the early 1990's a partnership was sought with Sheffield Hallam University, and the University accredited the course as a Certificate in Marital and Sexual Therapy in 1991.

Following health service reorganisations, the Marital and Relationship Clinic was renamed the Porterbrook Clinic (after the brook running through nearby woods) and is now part of Sheffield Heath and Social Care NHS Foundation Trust. It continues to operate as a multidisciplinary team, lead by the Consultant in Sexual Medicine and Clinical Lead Dr Kevan Wylie, who is also the Course Director. The Course Co-ordinator is Sex and Relationship Psychotherapist, Julie Fitter. All the core team are trained and experienced psychosexual and couple therapists.

The course has trained many staff from diverse backgrounds in psychiatry, psychology, psychiatric and general nursing, social work, probation, voluntary sector counselling services, etc.

Faculties & Schools

Porterbrook Clinic is owned by the Sheffield Care Trust, which is part of the National Health Service. The courses at Porterbrook Clinic are validated by Sheffield Hallam University and approved by the British Association of Sexual and Relationship Therapists.

BASRT Accreditation

The PG Dip (2 years) and the MSc (4 years) part-time courses are two of the courses approved by the British Association for Sexual and Relationship Therapy. Successful completion of the course followed by additional supervised clinical and development work enables the practitioner to apply for the BASRT accreditation (and for the successful MSc candidate the UKCP registration after 4 years of practice).

In addition the clinic also runs a Foundation Course which is a 35 credit module extending over a 44 week period. Please contact the Course Co-ordinator for further details.

Section B – Programme Information

Entry Requirements

Essential

- Must have graduated with a relevant degree, or have achieved the equivalent in training and experience as determined by Sheffield Hallam University (see Prior Accreditation below)
- Will be required to demonstrate, by selection interview, the necessary and appropriate communication skills to facilitate discussion of personal and sensitive issue with individuals from diverse backgrounds in sexual and relationship therapy

Desirable

- Will normally have qualified in a relevant profession, i.e. medicine, psychology, psychotherapy, social work or graduate nursing
- Will usually have had previous experience in therapy, counselling or related environment

Prior Accreditation

The course team, in accordance with Sheffield Hallam University APL and APEL Policy Statement and Operational Procedures, recognised the educational value of prior certificated and experiential learning. The potential of this process to enhance learner flexibility and facilitate academic progression has been fully implemented in the courses operation.

Specific credit ratings can be awarded for relevant qualifications according to the professional judgement of the core team, guided by the course APEL co-ordinator. Decisions regarding the number of credit points are made on the basis of guidance offered by nationally recognised Credit Tariff.

Students who wish to claim advanced standing on the basis of appropriate experiential learning will do so through the APEL co-ordinator. To this end, a specialist tutor is allocated to provide the necessary support and expertise in the process of accreditation and portfolio compilation. Advanced standing candidates will be carefully counselled to permit trouble free entry to the programme.

Teaching and Learning

There will be a wide variety of teaching and learning strategies employed throughout the course. In all modules there will be a formal lecture input. The extent of this will vary from module to module, and will tend to decrease as you progress to higher levels. Numerous other teaching and learning activities will be employed, such as structured discussions, videos, group tutorials, seminar presentations, debates and workshop sessions. Peer group learning is encouraged and students may like to form their own study groups. Most of the teaching takes place in the main meeting room.

In addition to the taught sessions and the pre-arranged academic tutorials, an essential part of each module is the substantial amount of private study. You will need to allocate time for reading and private study if you are to benefit from the programme. We strongly recommend that you attend all taught sessions especially pre-arranged tutorials, workshops and seminars. If you be unable to attend please let us know in advance by contacting the Course Secretary, or appropriate member of staff.

Tutorial Support & Guidance

Student entitlement

Students will be able to avail themselves of 2 x 20 minute Academic Tutorials in both semesters of each academic year.

Academic Tutor

While it is acknowledge that students on this course will have undertaken previous study, given the professional, cultural and ethnic diversity of students, study skills workshops will be made available to students. A rolling programme of study skills, with session timetables at different times on different days, will be offered to facilitate student requirement. This will be supported in the Academic Tutor.

Peer Mentor

In order to provide additional support for learning peer mentors will be assigned. Peer mentors will be able to provide advice and support on issues related to coursework and the general operation/administration of the course.

Student Representatives

Student representatives are recruited from each level in order to ensure that student views and issues related to content, teaching, learning or assessment of courses are addressed, and to generally helping in the develop the quality of provision.

Supervision

Clinical Co-Therapists & Supervisors

Whenever possible and, providing the arrangement is agreeable to both parties involved, supervisors will remain in role for the complete duration of each student's period of study.

Modules Available

The course has adopted a modular/credit rated structure for study, which is flexible in terms of size and duration of modules in order to accommodate the diversity of student requirements. Using this scheme of study, you will be assessed on a regular basis, gaining clear feedback on performance and a sense of progressions. Where study is interrupted through personal reasons, or where students relocate, it may be possible to transfer the credits gained to another time or place. Furthermore, this mode of study provides full accountability and transparency that allows for external audit.

The MSc carries a requirement of 180 university credits and the list below indicates how these are obtained with an exit strategy at PG Diploma level.

Table 1 - Modules and Credits

Module(s)		Credits
Sexual Medicine and Therapy	Mandatory for MSc/PG Diploma	20
Psychotherapy Approaches	Mandatory for MSc/PG Diploma	20
Sexual Function & Diversity	Mandatory for MSc/PG Diploma	20
Preliminary Practitioner	Mandatory for MSc/PG Diploma	20
Professional Practice	Mandatory for MSc/PG Diploma	20
Intermediate Practitioner	Mandatory for MSc/PG Diploma	20
Research Dissertation	Mandatory for MSc	40
Advanced Practitioner	Mandatory for MSc	20

Assessment

The purpose of assessment within the programme is to enable you to draw on theoretical study and practice in order to prepare for the assessment process and to qualify as professional practitioners. Therefore, the course includes a number of informal, peer review exercises and formative assignments to allow for the preparation of all the modes of summative assessment.

NB: A copy of the University Standard Assessment Regulations is available on request from the Course Secretary.

Table 2 – Module Assignments

Module Code	Module Name	Assignments
001	Sexual Medicine and Therapy	Journal article review Observation study Objectively scored clinical examination
002	Psychotherapy Approaches	Literature review Examination
003	Sexual Function and Diversity	Critical evaluation Presentation
004	Preliminary Practitioner	Taped therapy session Supervisors report
005	Professional Practice	Processed tape Critical evaluation Teaching Project Presentation
006	Intermediate Practitioner	Objectively scored clinical examination Processed taped therapy session Clinical case log
007	MSc Research Dissertation	Proposal Presentation Literature Review Dissertation
008	Advanced Practitioner	Clinical audit

Assessment Criteria

Assessment will use percentage grades and be based on the Sheffield Hallam Universities suggested pass level descriptors generic learning outcomes at level 7.

Recommended Pre-Course Reading

Psychotherapy

- Baker C.D. (1993) A cognitive-behavioural model for the formulation and treatment of sexual dysfunction. In Ussher J.M. & Baker C.D. (Eds.) *Psychological Perspectives on Sexual Problems*. London: Routledge (pp.110-128)
- Bor R. & Watts M. (Eds.) (1999) *The Trainee Handbook: A Guide for Trainee Counsellors, Psychotherapists and Counselling Psychologists*. London: Sage
- Crowe M.J. & Ridley J. (2000) *Therapy With Couples*. Oxford: Blackwell
- Daines B. & Perrett A. (2000) *Psychodynamic Approaches to Sexual Problems*. Buckingham: Open University Press
- Ford V. (2005) *Overcoming sexual problems – a self-help guide using cognitive behavioural techniques*. London: Constable & Robinson
- Hughes P. (1999) *Dynamic psychotherapy explained*. Oxford: Radcliffe
- Schnarch D (2003) *Resurrecting Sex: Solving Sexual Problems and Revolutionizing Your Relationship*. New York: Quill
- Weeks G.R., Odell M. & Methven S. (2005) *If only I had known. Avoiding common mistakes in couples therapy*. New York: Norton & Co.

Sexual Medicine

- Balon R. & Segraves R.T. (2005) *Handbook of Sexual Dysfunction*. Boca Raton: Taylor & Francis

- Leiblum S. (2007) Principles and Practice of Sex Therapy. Fourth Edition. New York: Guilford
- McCarthy B.W. & Metz M.E. (2008) Men's Sexual Health. Fitness for satisfying Sex. New York: Routledge
- Tomlinson J. (2005) ABC of Sexual Health. Second edition. Oxford: Blackwell BMJ Books
- Maurice W.L. (1999) Sexual Medicine in Primary Care. St. Louis: Mosby

Individual Performance Review (IPR)

In addition to the assessments at the end of each year there is an individual performance review for each student. All aspects of clinical and academic performance will be reviewed and goals set for personal and professional development within the field of sexual and relationship therapy will be agreed.

Each student will also be asked to appraise the Course.

Feedback will be discussed between the student and Course Co-ordinator and will be made available to student's employers if required and external examiners if requested.

Attendance

Attendance at the introductory teaching block is compulsory. Students who miss any part of the first 4 weeks will not be entitled to continue on the Course, except in extreme circumstances such as personal illness or bereavement, and their fees will not normally be refundable. Deferment of studies until the next course intake is likely to be suggested to the student.

Students are expected to attend a minimum of 19 out of 22 weeks each semester and holidays should be taken during the Course holidays times. Annual leave must be notified as far in advance as possible, but no less than 6 weeks before leave is taken.

Students who miss teaching sessions are expected to ensure they carry out additional reading on the topics they miss and are normally asked to write a 500 word summary of the topic.

Transferring and Credit Requirements

Under exceptional circumstances students may take a leave of absence from the Course. However, there is a time limit for of three years for the PG Certificate and four years for the PG Diploma, for completion of the course.

Module Outlines

Throughout all of the modules you will be required to undertake self-directed learning activities that will comprise:

- Reading and note taking from key text, peer reviewed journal articles, professional journals etc., to provide a wider knowledge and supplement material introduced in lectures
- Preparation of solutions to activity exercises and peer discussion to help build confidence in knowledge and skills
- Personal Development Process to support the development of reflective skills

Sexual Medicine & Therapy

This module provides a basic introduction to sexual medicine and psychotherapeutic issues related to the assessment and treatment of sexual dysfunction. It will enable students to build on existing experience and skills to further develop understanding of the complexity of sexual disorders that can affect individuals and couples.

Psychotherapy Approaches

This module explores the key theories in psychotherapeutic approaches and their place in psychosexual medicine and therapy. It will focus on the concerns of sexual health and illness and examine some of the important psychological issues in contemporary societies. It will cover areas of health inequalities and doctor-patient relationships and examine specific health and relationship issues. Students will be facilitated in gaining an adequate understanding of the complexity of relationship difficulties and the various psychotherapeutic approaches, together with assessment and treatment regimes employed in sexual and relationship therapy.

Sexual Function & Diversity

The diversity of sexual function, behaviour and gender issues are covered in this module. This module presents theoretical knowledge and clinical implications of social, cultural and developmental factors on sexual diversity and associated ethical issues. Students will be expected to consider the role of sexuality, life events, social situations, cultural, religious and ethical concerns in the causation and continuation of sexual and relational dysfunctions in individuals and couples. Specific consideration will be given to the demands placed on sex therapists working in diverse and multi-cultural societies.

*Preliminary Practitioner**

This module will contribute to the student's professional education by providing them with the opportunity to experience work-based, supervised professional training with patients attending Porterbrook Clinic. Initially working in co-therapy with a qualified practitioner and, on successful completion of the module, extending their placement opportunities to work in directly supervised peer co-therapy.

*Professional Practice**

This module seeks to provide students with the strategies, principles and management techniques required in psychosexual therapy. The inclusion of research methods and data analysis will assist students in their daily practice and provide an overview of issues to be considered for an MSc programme.

*Intermediate Practitioner**

In this module, students will be required to complete their supervised therapy practice. The therapy practice element of year 1 enables students to work in a co-therapy position with patients attending Porterbrook Clinic. The therapy practice element of year 2 widens this experience by providing students with the opportunity to gain work-based experience as co-therapists and in systemic therapy settings with patients attending Porterbrook Clinic. Upon successful completion of this module students will be able to extend their placement experience as single therapists working with individuals and couples.

Research Dissertation

This module builds on previous study undertaken by students in years 1 and 2 and takes as its basis the theoretical knowledge acquired in research methodology and process together with skills in the critical evaluation of published research. It provides students with an opportunity to investigate a topic of their own choice and

Porterbrook Clinic - MSc/PG Diploma in Sexual and Relationship Psychotherapy

seeks to provide students with the skills of project planning, design, analysis and critical evaluation.

*Advanced Practitioner **

In this final module, students will be required to complete their supervised therapy practice. The therapy practice element of years 1 and 2 enables students to work in a co-therapy position and gain work-based experience using a range of approaches with patients attending Porterbrook Clinic. This module will provide an opportunity for students to build on their practice skills.

In addition, a requirement of UCKP registration and BASRT accreditation is for all therapists is to employ a supervisor. The therapist/supervisor relationship is vital to the development and support of the therapists. Therefore, this module provides an opportunity for students to explore the theoretical and practice aspects of clinical supervision, and gain a deeper understanding of professional practice through investigating aspects of service provision.

* Students who follow the PG Dip/MSc in the Theory of Psychotherapy for Sexual Dysfunction route will use their own practice and submit more academic assignments during the second and final years.

Feedback

Throughout all module feedback will be provided from a variety of sources – tutors, supervisors, therapies and peers and may be verbal, written or visual.

Your assignments and feedback sheets are retained in your personal file, which is maintained by the Course Secretary and kept in the Porterbrook Administration Office. Access to personal files is available on request.

Section C – Contacts

Course Contacts

Name	Roles	Email	Telephone
Ann Macaskill	Link Tutor, Hallam University	a.macaskill@shu.ac.uk	
Kevan Wylie	Course Director	kevan.wylie@sct.nhs.uk	0114 271 6671
Julie Fitter	Course Co-ordinator	julie.fitter@sct.nhs.uk	0114 2716671
Naomi Lewis	Course Administrator	naomi.lewis@shsc.nhs.uk	0114 271 8671

Section D – Academic Facilities

Library

Students have access to the full range of library resources provided by Sheffield Hallam University at Collegiate Crescent. In addition, a small library stock with relevant journal material is available at Porterbrook Clinic for reference and short loan of books and journals.

Computers

A limited number of computers are available for student use upon request.

Photocopying

A photocopier is available for student use at the Clinic.

Section E – Indicative Fees for 2007 - 08
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Fees:

Year	Theory and Practice	Theory only
1	£3, 250.00	£1,200.00
2	£3, 250.00	£1,200.00
3	£2,100.00	£1,700.00
4	£1,400.00	N/A
1 Module	£650.00	

Please note all fees are subject to yearly review.

Students will be invoiced twice yearly by Sheffield Care Trust (October and April) – this includes the registration fee with Sheffield Hallam University.

Please note that failure to pay the course invoice in advance will prevent students from progressing to the next stage of the course.