

Foundation Certificate in Gender, Sexuality & Relationship Diversity Therapy

July 2018 — July 2019



Blended learning experience delivered primarily online with a one-week residential in London on therapeutic work with people of diverse genders, sexualities, identities, relationships, lifestyles and practices.

Introduction

Pink Therapy is the UK's leading independent therapy organisation to specialise in working with Gender and Sexual Diversities. Over the eighteen years our training programme has been running, we have trained thousands of therapists and improved their cultural competency and knowledge of a wide range of Gender and Sexual Diversity (GSD) issues.



For the past three years, we have been offering a two year Post-Graduate Diploma in Working with Gender and Sexual Diversities, and based on the conversations we've had with colleagues from around the

world, through social media and at interview we've restructured this programme so that people can undertake a one-year course with the option to progress onto and complete a second year and receive the Post Graduate Diploma.

This course will comprise three elements:

Residential Intensive — The course will begin this summer with a five-day residential intensive in the beautiful grounds of the University of Roehampton in South West London.

This intensive week will offer the opportunity for participants to meet each other in person and work at some depth on themselves and developing their clinical skills and knowledge.

Another feature of this intensive will be the opportunity to screen and discuss some interesting films.

Theory Modules — there will be eight theory modules studied during the first year. Through a combination of guided reading of key texts and video lectures, students will learn about a range of key subjects. They will answer a series of questions to demonstrate their understanding and critical reflection of the material and how this applies to their own practice as therapists. Two weeks after submitting their worksheets, participants will attend a live, online 90-minute webinar with a subject specialist (either the module writer or another course tutor who has expertise in this area).



Case Discussion Groups (CDG) — We are very committed to developing clinical excellence and enhancing practice. Every four weeks, participants will meet in groups of three via video conference where one participant will present a client with whom they are working and receive peer supervision and consultation. They will then write this process up and submit it to the tutor. These 90-minute sessions run once every month, and at the end

of the cycle, the group will meet with one of CDG tutors for a further discussion and debrief. Each student will present six clients during the course. The CDG groups will be rotated to enable participants to work with a wider range of fellow students and tutors.

Entry Requirements & Awards

As this is a post-graduate training, it is open to participants who have already satisfactorily completed a basic training to the equivalent of a Diploma in Counselling or Psychotherapy, Counselling Psychology or Clinical Psychology or Psychiatry. We will consider applications from qualified allied health professionals involved in providing counselling support and advisory work (e.g. nurses, health advisors, social workers, occupational therapists, youth and community workers etc*). This is not a training in Therapeutic Counselling or Psychotherapy.

Candidates will also need to possess good levels of understanding in written and spoken English, as the course will only be offered in English.

As the course is almost all online, you will need a stable internet connection for your computer and a wired headset with microphone. Whilst you can access much of the reading via tablets/iPads, the webinars will require a desktop/laptop computer.

There is a 100% attendance requirement for the CDG groups and the webinars. In the event a student misses the live webinar due

to exceptional circumstances, they can watch the video of the webinar and submit feedback to demonstrate their participation.

As this is a specialist clinical training in working with GSRD clients, Candidates need to be working with clients who meet our definition of Gender and Sexual Diversities.

The definition is wide and we don't expect that you are necessarily seeing clients from all of these communities/identities.

Gender and Sexual Diversities

There is a whole spectrum of different gender and sexual expressions and we welcome those who are working with people engaged in consensual, albeit transgressive sexualities who are seeking a place to understand and be understood.

These include, but are not restricted to, people who identify as lesbian, gay, bisexual, asexual, celibate, polyamorous, non-monogamous; swingers and those involved in BDSM or Kink lifestyles or practices; or anyone on the trans and gender variant spectrum (e.g. trans women, trans men, non binary gender people, cross dressers/transvestites, genderqueer, androgynes, intersex people, and those living with variations in sex development).

Successful candidates who pass all the elements of the course will graduate with a Foundation Certificate in Gender, Sexual and Relationship Diversity Therapy.

*The Award for a qualified allied health professional would be a *Foundation Certificate in Gender, Sexual and Relationship Diversity Studies*.

To keep the course fees affordable and allow us to be as responsive and flexible as possible with the curriculum, we have decided for the time being to forgo University validation. Our two-year Post Graduate Diploma course is accredited by the National Council of Psychotherapists and has Advanced Specialist accredited status with the National Counselling Society. We will be submitting this revision of that course for accreditation.

We are delighted to have access to Professor Darren Langdridge of the Open University as our Course Consultant.

Application Procedure

We ask you to complete an application form outlining your training and experience to date, and then attend a video interview via Zoom.

Course Fees

The course fees are £2,800 including tuition, accommodation and meals at the five-day residential (additional nights can be arranged at a low cost if participants wish to arrive early or indeed stay on beyond the course).

Pink Therapy has always had a commitment to capacity-building in disadvantaged groups who may be underrepresented in the counselling field. We will therefore be offering two of the 15 available places on the course at a 30% discount. There will be a

bursary for a therapist who identifies as Trans or gender diverse - therapist and another bursary for a Black, Asian or Minority Ethnic (BAME) therapist.



Course Commitment

We want you to be aware before applying that this course will occupy a significant amount of your time. We anticipate that you will be spending about 5-10 hours per week in studying for this course.

Guided reading and study	8 modules	15 hours each	120
Writing up worksheets	8 modules	5 hours each	40



Attendance at webinars	8 modules	1.5 hours each session	12
Community Meetings	3 meetings	1 hour each	3
Peer Case Discussion Groups	9 groups	1.5 hours	13.5
Writing up case studies	3 cases	10 hours per case	30
CDG Tutorials	3 meetings	1.5 hours	4.2
Researching & writing essay		50 hours	50
Summer Residential	5 days	10 hours per day	50
		Approx total	322.7

Portfolio of Course Work

- Three Case Study presentations (each will receive brief feedback from the CDG tutor).
- Eight worksheet assignments (one for each module) submitted two weeks prior to the webinar on that subject. The assignments will be approximately 2k words long and reflect your ability to critically reflect on the module

materials and apply the information to your own lives and practice.

- A 3000-word Essay. The best essays may also be published in a book, thus contributing to developing ideas in the field.

Course Dates

Date & Time (UK)	Event	Who's involved
Monday 23 July 2018 — Friday 27 Jul 2018	Five-day Residential in London, UK (Check-in: 22 July 2018, p.m. Check-out: 28 July 2018, a.m.)	Olivier Cormier-Otaño Dominic Davies Agata Loewe Amanda Middleton and Participants
Sat 27 Oct 2018, 0	Module 1: Mental Health Module Writer: Bartosz Grabski	Dr Gökçe Sarıdoğan Dominic Davies and Participants
Fri 2 Nov 2018, 18	Peer Case Discussion Group 1.2	Participants
Sat 17 Nov 2018, 1	Community Time	Dominic Davies and Participants
Fri 30 Nov 2018, 1	Peer Case Discussion Group 1.3	Participants

Date & Time (UK)	Event	Who's involved
Sat 8 Dec 2018, 09:00	Module 2: TDSO & Living and Working in Same Communities <i>Module Writer: Dominic Davies</i>	Dominic Davies and Participants
Sat 5 Jan 2019, 09:00	Module 3: Intersectionality <i>Module Writer: Catherine Butler</i>	Kris Black and Participants
Sat 19 Jan 2019, 09:00	CDG Tutorial 1	Agata Loewe Daniel Bak Dominic Davies Olivier Cormier-Otaño and Participants
Sat 09 Feb 2019	Module 4: Coming Out <i>Module Writer: Olivier Cormier-Otaño</i>	Olivier Cormier-Otaño and Participants
Fri 15 Feb 2019, 18:00	Peer Case Discussion Group 2.1	Participants
Sat 09 Mar 2019, 09:00	Module 5: Shame and Internalised Oppression <i>Module Writer: Tim Foskett</i>	Dominic Davies and Participants
Fri 15 Mar 2019, 18:00	Peer Case Discussion Group 2.2	Participants

Date & Time (UK)	Event	Who's involved
Sat 16 Mar 2019, 10:00	Community Time and Essay Tutorial	Dominic Davies and Participants
Fri 5 Apr 2019, 18:00	Peer Case Discussion Group 2.3	Participants
Sat 13 Apr 2019, 09:00	Module 6: Relationships <i>Module Writer: Amanda Middleton</i>	Dr Alex Iantaffi and Participants
TBC	Module 7: Gender Identities <i>Module Writer: Arlene Istar Lev</i>	Dr Alex Iantaffi and Participants
Sat 11 May 2019, 09:00	CDG Tutorial 2	Agata Loewe Daniel Bak Dominic Davies Olivier Cormier-Otaño and Participants
TBC	Working with Sexuality and Gender Conflicts <i>Module Writer: Pamela Gawler-Wright</i>	Webinar Presenter: Pamela Gawler-Wright and Participants
Fri 7 Jun 2019, 18:00	Peer Case Discussion Group 3.1	Participants

Date & Time (UK)	Event	Who's involved
Fri 21 Jun 2019, 18:00	Peer Case Discussion Group 3.2	Participants
Fri 5 Jul 2019, 18:00	Peer Case Discussion Group 3.3	Participants
Sat 3 Aug 2019, 09:00	CDG Tutorial 3	Agata Loewe Daniel Bak Dominic Davies Olivier Cormier-Otaño and Participants
Sat 17 Aug 2019, 09:00	Course Feedback / Closing	Dominic Davies (Course Director) and Participants

Course Faculty | Course Director

Dominic Davies is Founder and CEO of Pink Therapy. He has worked as a psychotherapist, clinical sexologist and practice consultant for over 35 years. In 2007 he was made a Fellow of British Association for Counselling and Psychotherapy for his "outstanding contribution to the field." In 2015 He received the Practitioner award from the Sexualities Section of the British Psychological Society. In 2016 He was made a Fellow of the National Counselling Society



Dominic (with Charles Neal) co-edited three of the first British textbooks on working with LGBT clients published in 1996 and 2000. He has pioneered the development of Gender and Sexual Diversity Therapy in the UK and Europe.

Teaching Faculty (in alphabetical order)



Dr Meg-John Barker is a writer, academic, therapist and activist specialising in gender and sexual diversity. Meg-John is a senior lecturer in psychology at the Open University and a UKCP-accredited therapist, and has over a decade of experience researching and publishing on these topics including the popular book *Rewriting the Rules* and academic books on BDSM and non-binary genders.. Website: www.rewriting-the-rules.com

rules.com. Twitter: @megjohnbarker



Kris Black is an integrative arts psychotherapist and a qualified supervisor currently working in private practice and within the charity sector. Kris has worked for over 30 years within the BEM and LGBTQ communities as well as within the education, and charity sectors as an activist, educator and a therapist. Kris has extensive experience of working with children and young people from different minority communities. Kris has been active politically for many years and much of their work has focussed on raising awareness about discrimination, stigma and inequality and their effects on minority groups. Kris is a member of the leadership group of Black and Asian Therapy Network and a Pink Therapy Clinical Associate (see profile [here](#)).



Dr Daniel Bąk lives and works in Warsaw, Poland. He is a psychotherapist (ten years now), psychologist and group trainer working in the relational Gestalt approach. He graduated from the Institute of Integral Gestalt Psychotherapy in Krakow, Poland in 2012 (four-year training programme). He offers individual, couple and group psychotherapy. He has been working with LGBT+/GSRD clients since 2005 - in the beginning as HIV/AIDS sex educator, and as psychologist and psychotherapist later on. He runs his own private practice and a programme of psychological help and personal growth for LGBT+/GSRD people. He also works as a supervisor and

psychotherapy teacher. He has published articles and book chapters on LGBT+/GSRD issues and Gestalt. He is an active member of the Association for the Advancement of Gestalt Therapy - International Community. He is a former Board member of the Association and a current co-chair of the Gender & Sexual Diversity Interest Group in the organisation.



Olivier Cormier-Otaño MBACP Accred. is an Integrative counsellor and psychosexual therapist of French and Spanish origin. He has been working with Gender and Sexual Diversity clients in both charities and private practice. He is a trainer on issues around GSD on behalf of Pink Therapy and psychosexual therapy for the Centre for Psychosexual health. Olivier is also a qualified Supervisor.

Dominic Davies is a Fellow of BACP and a Senior Registered Counsellor/Psychotherapist with BACP and an accredited psychotherapist with the National Council for Psychotherapy. He is also a member of the Consortium for Academic Research in Alternative Sexualities (CARAS) and the World Professional Association for Transgender Health (WPATH) and the World Association for Sexual Health.

He has over thirty years clinical experience of working with a wide variety of gender and sexual diversity clients. He pioneered HIV care and service provision in the late 1980s; his current clinical interests lie



in Diversities in Sexual Expression and Lifestyle, Gender Therapy and Chemsex initiatives with gay men.



Tim Foskett is an accredited individual and group psychotherapist and supervisor with the Association of Humanistic Psychology Practitioners and UKCP. He has a private practice in north London working with groups, couples, individuals and supervisees. He is a director of [Loving Men](#) and [North London Group Therapy](#). Tim is a clinical associate with Pink Therapy. He is also a teacher

of 5Rhythms® dance and is training to teach Open Floor movement practice.

He has written three interactive workbooks for gay/bi men, published by PACE, on self-esteem and getting ready for relationships, relationship skills and sex. These are available to download from www.lovingmen.org.

Dr Bartosz Grabski MD PhD is an assistant professor at the Department of Psychiatry of Jagiellonian University Medical College In Krakow, Poland. Author and co-author of numerous scientific publications; he co-edited the first Polish comprehensive textbook on LGB psychology: *Wprowadzenie do Psychologii LGB* (Introduction to the LGB Psychology) and wrote a chapter there on mental health of homosexual and bisexual people.

His clinical interests include: mood and sexual disorders,



psychoeducation and psychotherapy and delivering an affirmative clinical care to gender and sexual diversities.



Dr Alex Iantaffi is a licensed marriage and family therapist, supervisor, sex therapist, writer, independent scholar, speaker/trainer, and Editor-in-Chief for the Journal of Sexual and Relationship Therapy. He also serves on the Advisory Board and teaches as an adjunct for the Graduate Certificate in Sex Therapy at the University of Wisconsin-Stout. Alex has published extensively on disability, gender,

Deafness, HIV, sexual health, transgender issues, qualitative research methodologies, relational systems and erotic orientations. He is a member of the Society for the Scientific Study of Sexuality, the World Professional Association for Transgender Health, the American Association of Sexuality Educators, Counselors and Therapist, and the American Association for Marriage and Family Therapy. Alex is a parent, spouse, and engaged community member and organizer. You can follow them on Twitter @xtaffi and find out more about their work at www.alexiantaffi.com.

Arlene (Ari) Istar Lev LCSW-R, CASAC, is a family therapist, educator, and writer. She is lecturer at the University at Albany (New York, USA), School of Social Welfare and is the Project Director of the Sexual Orientation and Gender Identity Project (SOGI). She is also teaches at Smith College School for Social Work, Empire College, and the Rockway Institute at Alliant International University. Ms. Lev is the Founder and Clinical Director of Choices Counseling and Consulting (www.choicesconsulting.com) and TIGRIS:



The Training Institute for Gender, Relationships, Identity, and Sexuality (www.tigrisinstitute.com) in Albany, New York. She is also the Clinical Supervisor for Center Support Counseling Services, at The Pride Center of the Capital Region. She has authored two books: The Complete Lesbian and Gay Parenting Guide and Transgender Emergence, winner of the APA (Division 44) Distinguished Book Award, 2006.



Agata Loewe, PhD, is a clinical cross-cultural psychologist, systemic family psychotherapist and sexosopher of sexology. She is a founder of Sex Positive Institute in Poland, sex positive activist, advocate and educator. Since 2009 she has consulted with NGOs dealing with equal opportunities for people at risk of social exclusion and the promotion of mental, sexual and reproductive health. Her speciality is consciousness-raising and expertise in gender,

sexual and relationship diversities.

Agata is a member of WAS¹ & WASC². She conducts and organises international workshops, trainings & specialist courses in sexuality for people working with human sexuality.

¹ World Association for Sexual Health

² World Association for Sex Coaches

Amanda Middleton is a Systemic and Family Psychotherapist, with a special interest in Sexualities. A Clinical Associate of Pink Therapy and the Pink Practice, she works therapeutically with families, couples and individuals who identify as Lesbian, Gay, Bisexual, Queer, Transgender and beyond.

Amanda has a commitment to and expertise in working with gender, sexuality, marginalisation and difference. Initially qualifying as a Psychologist in Australia, Amanda has 18 years of experience in the sexuality, dual diagnosis, HIV and sexual health, drug and alcohol use, and domestic violence sectors. Currently Amanda works as a Systemic and Family Psychotherapist in private practice, the NHS and teaching at The Institute of Family Therapy and Pink Therapy.



Dr Gökçe Elif Sarıdoğan is an adult psychiatrist based in Istanbul, Turkey. As a specialist she is working in general psychiatric outpatient clinics and working with GSD issues in the sexuality department of the psychotherapy centre of one of the well-known, busiest psychiatric institutions named Erenkoy Mental Health and Research Hospital. In addition she is currently a PhD student in psychopharmacology at Marmara University.



Course Consultant

Prof Darren Langdrige works at the Open University, UK, where he was Head of Department until 2014, and Aalborg University, Denmark, where he is Honorary Professor of Psychology. He is also a UKCP-accredited existential psychotherapist working in private practice in London. For many years Darren has researched and written on sexualities, critical theory and psychotherapy, publishing numerous papers and book chapters. He is the author/co-editor of a number of books including *Phenomenological Psychology: Theory, Research and Method* (published by Pearson), *Safe, Sane and Consensual: Contemporary Perspectives on Sadomasochism* (published by Palgrave Macmillan) and *Understanding Non-monogamies* (published by Routledge). Darren also founded and co-edits *Psychology & Sexuality*, a journal published by Taylor & Francis designed to advance the boundaries of work in the psychology of sexualities. His most recent book *Existential Counselling and Psychotherapy* was published by Sage in 2012 and he is currently working on his next book for Oxford University Press: *Sex-Sexuality-Citizenship: A Hermeneutic Journey to the Boundaries of Belonging*.



To Apply for this course please complete the application form and we will be in touch to arrange an online video interview.

<https://form.jotformeu.com/72322451003339>

“We are many tribes. We each have our unique differences. We show the world there are many ways to live, and express our hearts. We embrace diversity.”

Dominic Davies - Founder of Pink Therapy

PINK THERAPY

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diversity