

Training for counsellors

Exploring Conversations about Sex and Intimacy in the Therapy Room

Conversations about sex and intimacy are often central to therapeutic work, yet many clients struggle to speak about them due to shame, cultural messaging, trauma or lack of language.

This focused, practice-based CPD supports you to **work confidently, ethically and sensitively** with these themes. The emphasis is not on explicit detail, but on understanding the **emotional, relational and psychological meaning** of sexuality and intimacy in a client's life.

You will explore how to:

- Create **safety and permission** for these conversations
- Work with **mismatched desire and intimacy challenges**
- Support **healing from sexual trauma or conditioning**
- Explore **desire, pleasure, and self-understanding**
- Strengthen **communication and relational awareness**
 - Maintain **clear professional boundaries**
 - Recognise when to **refer appropriately**

Grounded in **relational, attachment-informed and trauma-aware practice**, this is a **facilitative learning space** designed to deepen your clinical confidence and integration.

Who is this course for?

- Counsellors, Psychotherapists & Clinical Supervisors
 - Trainee and qualified practitioners

Particularly relevant if you want to **develop greater confidence, clarity, and ethical grounding** when working with sex, intimacy, and relational dynamics in the therapy room.

Where: Training for Counsellors, Haydock House, Haydock Mews, Pleckgate Road, Blackburn, Lancashire. BB1 9RP

Interested? Booking link at [Book Online | Training Counsellors](#)



Call or Text
01254 476704



Email
info@training-for-counsellors.co.uk



Website
training-for-counsellors.co.uk

Training for counsellors

About Imelda



Imelda is a specialist psychosexual and relationship psychotherapist, art psychotherapist and EMDR practitioner. I have worked in higher education for over 11 years as a senior lecturer, teaching and delivering professional counselling and mental health nursing programmes. Her philosophy is that by providing a meaningful and non-judgmental space for exploration we all have the capacity to learn and grow in our understanding of ourselves as well as in relationships.

About Training for Counsellors

Training for Counsellors was established in 2023 by Samantha (Sam) Crapnell because she wanted to celebrate the vast amount of knowledge, skills, passion and commitment that exists locally in our profession.

'We' are comprised of a growing team of people who are: designing and facilitating (or co-facilitating) courses and CPD activities, knowledge sharing their areas of interest to the benefit of clients and personal/professional development of the practitioners; becoming regular members of the Community of Practice; contributing to the ever extending library of books and learning resources; and sharing the word about what we are trying to bring to our community, our profession and our clients.

As a result, the company is developing quickly offering qualifying courses, training certificates, in person and online CPD opportunities that are relevant to practice. And we are proud of what we offer because the regular feedback confirms that we are offering learning opportunities that allow people to learn in their own way, taking away what they need.



**NORTH ENGLAND
PRESTIGE AWARDS**
2025/26 WINNER



Call or Text
01254 476704



Email
info@training-for-counsellors.co.uk



Website
training-for-counsellors.co.uk