



# ISAT Training

By the Laurel Centre

**The Laurel Centre is the home of ISAT**  
The Institute for Sex Addiction Training

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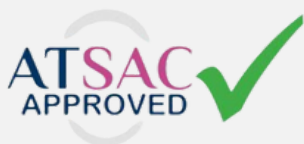
**Diploma in Working with Compulsive Sexual  
Behaviour Disorder and Sex Addiction**  
(CPCAB Accredited - Level 5)

**Nick Turner - Course Director**

## Diploma in Working with Compulsive Sexual Behaviour Disorder and Sex Addiction (CPCAB Accredited - Level 5)

The Diploma in Working with Compulsive Sexual Behaviour Disorder (CSBD) and Sex Addiction is based on over 20 years' clinical experience of working in the field. Firmly grounded in the latest research and regularly updated, the diploma is designed for counsellors, psychotherapists, sex therapists and addiction professionals who want the confidence to work in this rapidly growing area. The Institute for Sex Addiction Training (ISAT) has been training therapists in sex and porn addiction for 12 years and has trained over 200 therapists to diploma level from all round the UK, Europe and beyond. Our programme includes client interviews sharing their stories and specialist talks from our internationally renowned guest speakers.

The controversy around sex and porn addiction continues and hence it's important that people wishing to work in this field understand the modality within which their training is framed. Whilst research continues to establish how CSBD can be most accurately categorised, sex addiction and porn addiction are still the terms most widely used. As a client facing organisation, the Laurel Centre continues to use these terms and we conceptualise the problem within a pan-theoretical BioPsychoSocial framework. That means we remain impartial and are not committed to any individual conceptual model, focusing instead on the client's individual needs, both physical and psychological, whilst respecting their socio-cultural context. Furthermore, with a faculty team including professionals from psychosexual, addiction, trauma and relationship therapy backgrounds, attendees can be confident that the programme is multi-disciplinary and sex positive.





## Format

The course is delivered over three x 4-day modules and is currently being delivered in both a blended face-to-face and online format (September cohorts) and also a purely online format (February cohorts). All training is live and direct with course tutors.

For dates and course fees, please visit [thelaurelcentre.co.uk](http://thelaurelcentre.co.uk) or email [info@thelaurelcentre.co.uk](mailto:info@thelaurelcentre.co.uk). A non-refundable deposit of £500 is required for all courses and the balance of fees may be paid in interest free instalments.

Accreditation requires attendance at all three modules within the same cohort and completion of three reflective mini assignments, a theory essay, a 2,500 word casework assignment based on 12 hours of supervised client work, and a learning portfolio.

## Entry requirements

Applicants need to hold a diploma in counselling or therapy (to at least level 4) or an equivalent professional qualification in a related field.

NB. Cohorts are strictly limited to 16 trainees to ensure time and opportunity for reflection, interaction and experiential study and learning.

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## Tutor Tuesdays

We will be running open sessions called Tutor Tuesdays on a quarterly basis for anyone interested in taking our diploma. In these informal, online meetings, we'll cover:

- ✦ An introduction to what the diploma involves
- ✦ The importance of our pan-theoretical, integrative approach
- ✦ Key topics
- ✦ Q&A with ISAT tutors

To find upcoming dates and register, please click [here](#).

# PROSPECTUS



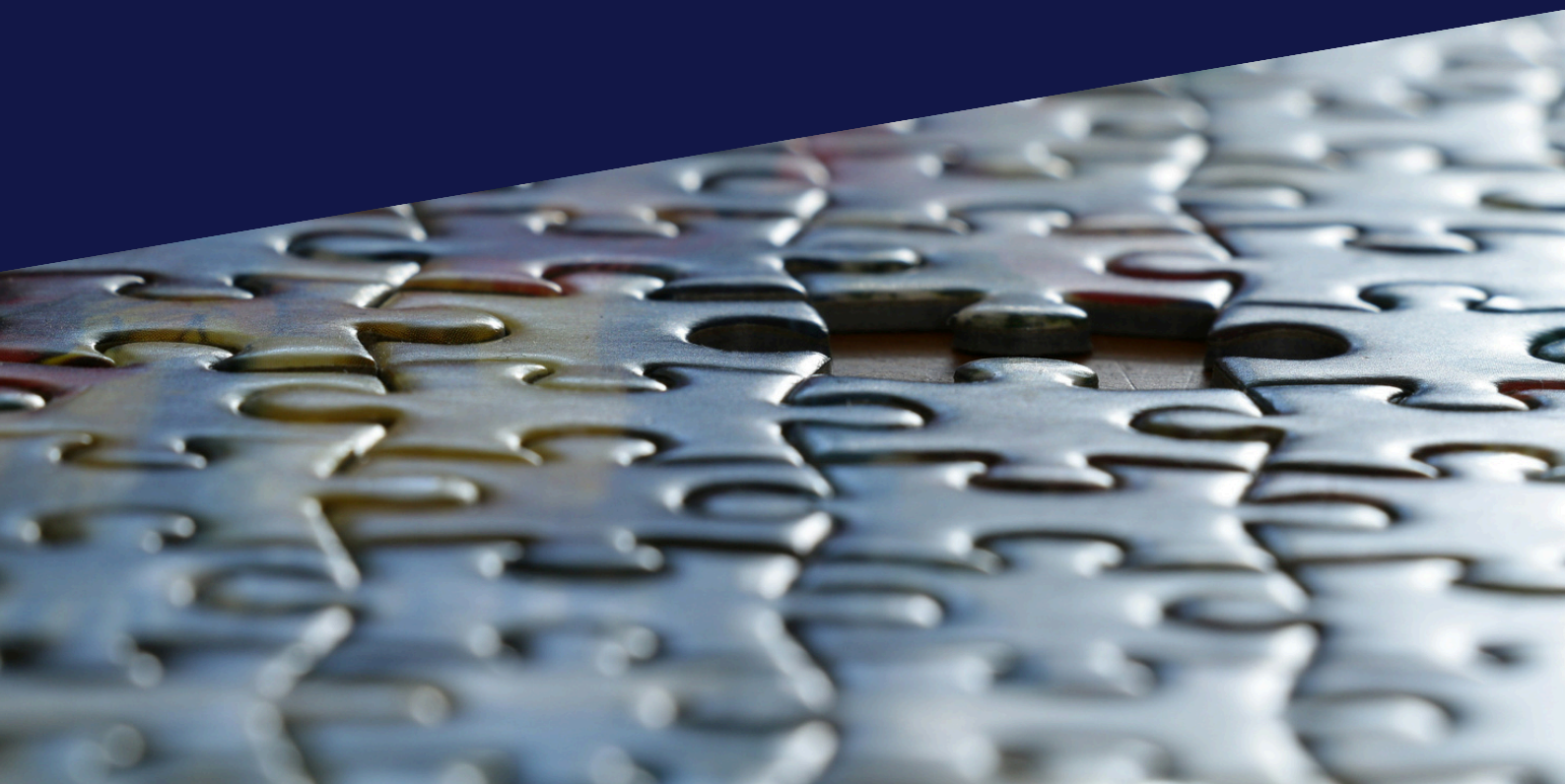
## MODULE 1

### Introduction to working with CSBD

Module 1 provides all the information and skills required to begin working with clients presenting with CSBD. Starting with a thorough examination of the controversies and the impact on clients, trainees will then be introduced to the essentials of developing an objective, impartial biopsychosocial perspective.

Internationally validated assessment tools will be provided along with an exploration of the most effective treatment models to help clients achieve their therapeutic goals. Topics covered include:

- ✦ Pan-theoretical concepts and controversies
- ✦ Assessment and identifying sub-clinical populations
- ✦ Prevalence and common treatment models
- ✦ The role of attachment and trauma
- ✦ Neuroscience
- ✦ Ethics and working with shame
- ✦ The influence of social context and GSRD awareness
- ✦ Identifying positive sexuality
- ✦ Understanding and breaking the cycle
- ✦ Case formulation and treatment evaluation.





## MODULE 2

# Working with contexts and underlying issues

This module delves deeper into how to work with the common underlying issues that can present with CSBD, whether that relates to causation, correlation or consequence. Cultural differences, related to sexual orientation and identity, relationship difference, faith or race are also explored and time is given to consider how each affects both the perception, formation and treatment of compulsive sexual behaviour. The needs of partners are also considered and guidance given on how relationships can be supported, whoever the presenting client may be. Topics covered in this module include:

- ✦ Working with attachment and trauma
- ✦ Cross addictions, co-morbidity and neurodiversity
- ✦ Working with cultural difference
- ✦ Understanding paraphilia, fetish and kink
- ✦ Implications of working with offenders
- ✦ Understanding the partner's perspective
- ✦ The relational trauma model
- ✦ Implications for relationships
- ✦ Recovering the relationship.





## MODULE 3

# Maintaining recovery and beyond

By the time module 3 is underway, most trainees will be working regularly with clients. This module is designed to consider additional approaches, skills and strategies for helping clients achieve long-term change. Techniques are offered to help clients who are struggling with motivation as well as for those who consistently struggle to maintain their therapy goals. The importance of integrating psychosexual therapy and positive sexuality, as well as the role of group work is also explored. This module will also provide practical tools and encouragement for ongoing clinical evaluation to ensure good practice and ongoing professional development. Topics covered include:

- ✦ Working with slips and relapse
- ✦ The essentials of positive psychology
- ✦ The how and when of sex therapy
- ✦ The role of groupwork
- ✦ Applying therapeutic modalities, including psychodynamic, CBT, IFS, EMDR and positive psychology
- ✦ Applying clinical skills including mindfulness, ACT, REBT, motivational interviewing and creative techniques
- ✦ The role of ongoing clinical evaluation.



# Testimonials

“

This diploma has been a very comprehensive learning opportunity across the range of issues necessary to understand and work with sex addiction. I feel very invested and familiar with the key areas to enable me to develop skills as a therapist.

“

Having undertaken quite a range of therapy and counselling trainings over a span of nearly thirty years, I would go so far as to say that the Laurel Centre level 5 training is one of the very best trainings I have experienced. The course content had appropriate depth and breadth and was presented in a lively and engaging way by all the tutors. I appreciated the respect the tutors showed for the prior experience of all the participants, and the way they demonstrated how this specialist training in working with compulsive sexual behaviour and sex addiction can best be used to build on, extend and enhance our existing practice. The expertise of The Laurel Centre and its tutors was evident throughout. Highly, highly recommend.

“

Fully comprehensive and engaging course. Excellent delivery by expert practitioners in the field. The course has allowed and encouraged enormous personal growth and exploration. The graded exposure to material and techniques and real clients from module one helped to instil confidence to practice right from the start.

“

Worked really well on Zoom and still had lots of energy.

”

I loved how cohesive the structure was and how it flowed from one section into the other. It was clearly well thought out and the delivery was very smooth with lots of participation.

”

The online learning was delivered professionally by all tutors. Awareness and time given for breaks was adequate. Discussion time was useful, interacting on the subjects helped with my own awareness of understanding the subjects and where I needed to reflect more. Overall, the online Zoom experience was pleasant and not too tiring.

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This course has been packed full of information, and has given me lots of ideas regarding my own development and options for supporting ongoing work. I found the experiential elements really helpful in gaining insight, additional skills and knowledge that I will take forward into practice, and I feel this will be of real benefit to the clients I work with.

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Thoroughly enjoyed the diploma. It has given me a great foundation to develop this area in my practice.

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The program and structure always takes into consideration that every client is different.

# Tutors

## Nick Turner



**Course Director, Sexual & Relationship Therapist, UKCP Reg, COSRT (SnrAcc), MBACP. Formerly Head of Clinical Services at Relate.**

Nick has been a therapist, supervisor and trainer for 30 years. Since 2011, Nick has been co-facilitating and facilitating recovery programmes for men and women struggling with addictive and compulsive sexual behaviours, for partners and for couples. Nick has delivered training in the field of sex addiction in the UK and in Europe to addiction professionals at The Priory and One40 in London, Cenaps (Denmark), Radzimowice (Poland).

**Sexual & Relationship Therapist, UKCP Reg, COSRT (SnrAcc), MBACP Acc.**

Paula has been specialising in sex and porn addiction for nearly 20 years and is author of four Routledge titles on the topic, including 'Understanding and Treating Sex and Pornography Addiction', 'Sex Addiction: The Partners Perspective' and 'Sex Addiction: A Guide for Couples'. She has also authored numerous peer reviewed papers and professional articles and delivered a prestigious TEDx talk. She is an international speaker and member of the Addiction Theory Network. She continues to work to create a greater understanding of sex and porn addiction amongst professionals and society.

## Dr Paula Hall



**Sex Addiction Therapist, Group Facilitator and Trainer, MBACP Acc, ATSAC, ACTO.**

Peter is a former graduate of the ISAT programme and senior associate at the Laurel Centre. He has delivered workshops on sex addiction and recovery to a variety of organisations over the past 10 years, including faith groups and counselling professionals. He has also provided a number of internal workshops for the Laurel Centre as part of the teams continuing professional development. Peter has a particular interest in research and also working online. He provides support for partners and those struggling with compulsive sexual behaviours and also facilitates group work for the Laurel Centre.

## Peter Watts





**Sex Addiction Therapist, Partner Lead, Trainer. BACP, Fdap Acc.**

Anita's work as a therapist has focused on assisting recovery from addictive coping strategies and has included years of experience on the Addiction Treatment Programme at the Priory and in private practice. Since joining the Laurel Centre, her work has included leading the programme of support for the partners of those with CSBD, in addition to individual and group therapy with both partners and addicts. She practices an integrative approach that allows her to work creatively and mindfully with her clients, drawing on a capacity for empathy and compassion and an in-depth understanding of the underlying causes of many of these conditions, and the profoundly painful impact they have on the partners and family of sufferers.

**Anita James**



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## Guest contributors include:

Please click on the names to learn more.

- ✦ [Dr Andrew Smith, StopSo - Sex Offending](#)
- ✦ [Dr Christopher McCormack, NHS - ChemSex](#)
- ✦ [Joshua Grubbs, PhD, University of New Mexico - Moral Incongruence](#)
- ✦ [Lisa Etherson, The Shame Training Company - Shame Containment Theory](#)
- ✦ [Professor Matthias Brand, University of Duisburg-Essen - I-PACE Model](#)
- ✦ [Beáta Bóthe, PhD, University of Montreal - International Sex Survey](#)
- ✦ [Ellis J. Johnson, MBACP - Cultural Oppression](#)





For further information

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