

Trauma and Sexual Problems

Date: Saturday 14th September 2024

Time: 10.00-4.00pm

**Venue: Relationships Scotland
National Office,
18 York Place,
Edinburgh, EH1 3EP**

**For: Sex and Relationship
Therapists and Counsellors**

Presenter: Silva Neves

**Cost: RS Members £70
/Non-Members £140**

CPD Points: 6 Category A



RELATIONSHIPS
counselling, mediation
& family support across **SCOTLAND**

We are delighted to welcome Silva Neves to his first **in-person** CPD event with Relationships Scotland. This workshop will focus on how trauma can have an impact on people's sex lives.

Silva will discuss particular types of trauma that most often will affect people's sex lives such as rape, sexual abuse in childhood, some invasive surgery, accidents on the genital areas, childbirth and sexual betrayal.

The workshop will list the most common sexual problems, and how to assess them: vaginismus, dyspareunia, inhibited sexual desire, anorgasmia, unreliable erections, premature ejaculation, delayed ejaculation, anodyspareunia, as well as core beliefs that get in the way of a satisfying sex life.

Silva will explain the main psychosexual therapeutic strategies in working with sexual problems arising from trauma to help therapists with some practical tools that are easy to integrate in their existing practice.

The workshop will also be an opportunity for therapists to self-reflect on the impact of vicarious trauma and their self-care.

Learning Outcomes: By the end of the day participants will be able to:

- Understand the main types of trauma that often impact on people's sex lives.
- Assess the most common trauma-related sexual problems.
- Describe psychosexual interventions and trauma-informed therapy to help with sexual problems.
- Identify therapist's self-care and vicarious trauma.

Presenter: Silva Neves is a COSRT-accredited and UKCP-registered psychosexual and relationship psychotherapist and a trauma psychotherapist. Silva is a COSRT-accredited clinical supervisor. He is a Course Director for CICS (Contemporary Institute of Clinical Sexology) and speaks internationally. Silva is a member of the editorial board for the leading international journal *Sexual and Relationship Therapy*. Silva is the author of *Compulsive Sexual Behaviours, A Psycho-Sexual Treatment Guide for Clinicians* (Routledge) and *Sexology: The Basics* (Routledge). He also co-edited with Dominic Davies two new volumes of the Pink Therapy series: *Erotically Queer* and *Relationally Queer* (Routledge).
<https://www.silvaneves.co.uk>

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces may be limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process, the link to the online booking form for each event can be found in the relevant section of this programme and in the flier for the event. The online booking form can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.
- Practitioners from external organisations (when spaces are available).

The link to the online booking form for this event can be found here:

<https://forms.office.com/e/6HAKyTPHCa>

If you have any questions about the booking process please contact Liz Thackwray:

liz.thackwray@relationships-scotland.org.uk

BOOKING TERMS

Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Member Services or Self-funded practitioners will be sent an invoice for the course fee before the event, please do not make a payment until you have received this invoice as it will have a unique invoice number for the payment reference.

Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All requests for refunds/free places at future events should be made in writing or by email to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT IN-PERSON

VENUE: Relationships Scotland National Office, 18 York Place, Edinburgh, EH1 3EP. Refreshments will be available however please bring your own lunch.

ACCESSIBILITY: Please let us know prior to the event if you experience any difficulty with mobility, or if there are any other accessibility issues that we need to be aware of to support your participation in this training. The venue has five steps at the front and ten at the rear and the training room is on the first floor. We have a small lift which runs from the ground floor to the third floor and that cannot be used in the event of fire. A hearing induction loop is available, please confirm before the event if you would like this set up for use.

