



# Couples and Intimate Partner Therapy Course

Part-time over 10 months

Swinton, Manchester

**Taking place on 10 weekends starting September 2025, the guided learning programme includes:**

- Core skills for couples/intimate partner therapy
- Stages of relationships
- Family law and its implications
- Diversity in relationships
- Exploring Psychosexual therapy
- Ethical issues in couples/intimate partner therapy
- Self-reflection and countertransference.

At ThIRST, our programmes are crafted to provide a supportive and enriching experience, where you will feel secure, challenged, inspired, and valued on your educational journey. Delivered in an experiential and dynamic manner, our aim is to push boundaries, foster growth, and facilitate transformation.

This in-depth Level 7 COSRT-approved training is designed for practitioners who are looking to develop their work in couples and intimate partner therapy.

The programme is crafted to cultivate your clinical confidence, promote safe and ethical practice, and enhance your capacity to discern, prioritize, and organize psychotherapeutic interventions. Emphasis is placed on both identifying and creating evidence-based practices. Your clinical advancement and acquisition of skills is reviewed through a combination of assessments, a case study and presentation.

## Is the Couples and Intimate Partner Therapy Course for me?

The course is for those with a level 4/5 in counselling (or equivalent).

Gain expert knowledge, practical skills, and a strong theoretical foundation to support clients in navigating complex relationship dynamics.

### Course Content:

This comprehensive training covers:

- Core skills for couples and intimate partner therapy
- Psychotherapeutic & developmental frameworks
- Theories of love & relationship stages
- Family law & its implications
- Contracting, boundaries, consent & ethics
- Assessment & risk analysis
- Diversity & culturally sensitive approaches
- Addressing domestic violence
- Understanding sexual aversion
- Psychosexual therapy & common sexual dysfunctions
- The role of sexuality in intimate relationships
- Supporting same-sex couples
- Navigating infidelity & betrayal
- Therapist self-reflection & countertransference
- Burnout prevention & self-care
- Disability, cancer & illness in relationship dynamics
- AND MUCH MORE

ThIRST is committed to continuous learning and professional development in psychosexual and relational therapies. Our programmes are dynamic, forward-thinking, and responsive to the evolving landscapes of relationships, sex, sexuality and therapy. We stress the significance of ongoing personal and professional growth, viewing the therapeutic relationship as a catalyst for change, & recognizing the importance of political awareness in addressing the complexities of human experience.

### Dates, Fees and Venue

Dates for 2025/26 are:

21 & 22 Sept 2025, 18 & 19 Oct, 15 & 16 Nov, 13 & 14 Dec, 17 & 18 Jan 2026, 21 & 22 Feb, 21 & 22 Mar, 18 & 19 Apr, 23 & 24 May, 20 & 21 June.

Training takes place at The Training Broker, Swinton, Manchester, M27  
Course fees are £2225. We offer an instalment option for course fees.

### Assessment

Assessment for the course is by:  
10 - 15 minute presentation  
3500 word case study  
Skills assessments

### How to apply

Contact Mushi at  
**[enquiries@thirstlearn.com](mailto:enquiries@thirstlearn.com)** for an application pack and further information.

## About us

ThIRST is grounded in Humanistic therapeutic philosophy and is founded on a philosophy that values the inherent goodness of individuals and their journey towards health, wholeness, and self-actualization. We believe in the importance of autonomy, personal responsibility, and self-awareness in fostering the growth and development of therapists.

Our focus on relationships and connectivity underscores the significance of interpersonal interactions in shaping personality development and professional identity formation. We prioritize open communication, transparency, and the co-creation of a supportive learning environment where individuals can thrive and learn from one another.

Diversity and inclusivity are core principles at ThIRST. Our aim is to cultivate inclusive and secure learning environments that honour the diverse backgrounds and experiences of both trainees and clients.



## Trainers



**Lohani Noor** is the Founding Director for ThIRST. She is an experienced Psychotherapist and psychosexual practitioner, accredited with COSRT and registered with UKCP. Lohani has a MSc in Psychosexual Therapies, a PGDip in Transactional Analysis and a PGDip in Urban Education, she also has a Cert Ed in Teaching post 16 and is a qualified assessor.

Lohani has worked therapeutically with a wide range of clients in a wide range of settings including significant mental health, drug and alcohol dependent men and sex offenders. Lohani sits on the board of trustees for COSRT.

**Imelda Hatton** is a qualified and experienced mental health practitioner, specialist art psychotherapist and psychosexual and relationship therapist, registered with HCPC, BAAT and COSRT. Imelda has worked clinically for the NHS in adult community teams, CAMHS and psychosexual therapy services. In private practice Imelda supports clients who present with a range of sex and relationship difficulties and works with clients from a variety of backgrounds and relationship styles. Imelda has a PGCE in higher education and holds a FHEA as a senior lecturer for 11 years where she has developed and delivered post graduate professional accredited psychological, psychotherapy and psychosexual and relationship therapy training programmes as well as continuing professional development workshops. Imelda is on the board of trustees for COSRT.