

# Need help with a relationship or sexual problem?

## **Rose Whiteley, Psychotherapist, Counsellor, Sexual & Relationship Therapist UKCP & COSRT accredited**

It can be hard to talk about relationship difficulties, even with our partners, and yet many of us go through periods when our relationships and/or our sex lives are much less enjoyable than they could be. If we find we can't solve these difficulties on our own, this can cause a great deal of worry and unhappiness.

Relationship and psychosexual therapy offer a safe space to explore and understand what is going wrong. You may be struggling with poor communication or difficulty handling conflict. If you are experiencing sexual problems, these may have many causes, including physical (e.g. as a result of illness, disability or medications), psychological, emotional or circumstantial. Most often they arise from a combination of these factors. We can explore together a range of treatment options.

If you have a partner, it is ideal if you can both attend sessions together, because relationship and sexual difficulties rarely (if ever) "belong" to one partner or the other. However, if you don't have a partner, or s/he is not willing to attend, you are very welcome to come to therapy on your own.

### **These are some of the reasons people come for couples/relationship therapy:**

- Recovering from affairs, and/or difficulties around jealousy and trusting each other
- Constant bickering or arguing
- Problems arising from a change in life circumstances (such as having children, caring for elderly relatives or employment changes)
- The feeling that you've 'drifted apart' and no longer talk like you used to
- If the relationship cannot be saved, help with managing separation in the best way for all concerned

### **These are some of the reasons people come for psychosexual therapy:**

- Are you finding you no longer seem to desire sex, even though you might sometimes 'want to want' it?
- Do you have problems getting aroused? For men, this may mean problems getting or maintaining an erection; for women, a lack of physical enjoyment or lubrication.
- Do you find it difficult to reach orgasm? Or do you ejaculate before you want to, leaving you and/or your partner dissatisfied?
- Do you find penetration painful or impossible?
- Are there issues from your past which are stopping you from being able to enjoy sexual relationships in the present, such as sexual trauma, or negative childhood messages about sex?

If you would like to see a copy of my separate leaflet on general Psychotherapy & Counselling for individuals, please ask.



## How does it work?

Our first few sessions together are called the Assessment. I will find out what is bringing you into therapy at this time and what you are hoping to get out of it. It is important that you feel comfortable with me, and that I feel I have the right skills and experience to work with the issues you are bringing. Often in the course of therapy I will recommend some simple exercises for you to practice during the session or, especially in the case of sexual exercises, in privacy at home. I may also recommend books or handouts for you to work through.

I work with individuals and couples who are lesbian, gay, bisexual or straight; sexually experienced or virgin; single, or in open or monogamous relationships. *I am committed to equal opportunities and welcome everyone regardless of race, age, gender identity, sexual orientation, religious belief, disability, or any other inappropriate or irrelevant distinction.*

My fee for couple assessments and ongoing sessions is currently £75 for 60 minutes or £110 for 90 minutes. Concessions are sometimes available depending on household income: please ask in advance of making an appointment if you are looking for a reduced fee.

## HOW TO FIND ME

Tel: 07940 526664   rose@whiteleywords.com   [www.whiteleywords.com](http://www.whiteleywords.com)

I live at 60 Bedford Street Ampthill Beds MK45 2NB and the therapy room is right opposite my front door, numbered 60a. I don't have parking at the cottage but you can park free of charge in Waitrose for 90 minutes, or there is unlimited free parking in the bays on Bedford Street and Woburn Street.

The "front" door of the Duke of Bedford cottages (they're the ones with diamond patterns on the windows) is at the rear. To access it, you need to walk towards Bedford on the other side of the road from Waitrose. Just after you cross Swaffield Close, you'll see a gravel track on your left with a cream picket fence. Walk down the track (which bends right) and you'll soon see 60 Bedford Street on your right, and 60a facing it on your left. Ring the bell of 60a, and even if I'm not in the therapy room, it will ring in number 60 opposite!

## About me

I have had a busy private practice in Bedfordshire since 2001, seeing individuals and couples aged 18+. In the past I counselled couples at an NHS Psychosexual Clinic, young people at an inner London youth agency, and male offenders at a maximum-security prison.

I am accredited as a psychotherapist with the UK Council for Psychotherapy (UKCP) and as a Sexual and Relationship Psychotherapist with the College of Sexual and Relationship Therapists (COSRT). My training includes a Post-Graduate Diploma in the Theory and Practice of Psychotherapy for Sexual Dysfunction, an Advanced Diploma in Humanistic-Integrative Counselling, and a Diploma in Clinical Supervision. If you would like to see a copy of my separate leaflets on Psychosexual/Relationship Therapy, do ask.

I am on a register accredited by the Professional Standards Authority. The accredited registers programme was set up by the Government to improve standards and safety for the benefit of the public. Being on an accredited register demonstrates a commitment to high professional standards.

