

Need help with a relationship or sexual problem?

Rose Whiteley, Psychotherapist, Counsellor, Sexual & Relationship Therapist
UKCP reg. & 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 relationship & psychosexual therapy (assessments and ongoing) is £60 for couples (60 minutes) and £50 for individuals (50 minutes). Sometimes I can offer concessions where this is difficult to afford - please feel free to ask before we start if so.

About me

I have had a busy private practice in Bedfordshire since 2001, seeing individuals and couples aged 18+. I have 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 registered as a psychotherapist with the UK Council for Psychotherapy (UKCP) and accredited 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, and an Advanced Diploma in Humanistic-Integrative Counselling.

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 my commitment to high professional standards.



HOW TO FIND ME

3 Brewery Lane, Ampthill, Beds MK45 2NE 07940 526664 rose@whiteleywords.com

Brewery Lane is near the mini roundabouts in the centre of Ampthill. If you drive, you can park free of charge for up to two hours in the Waitrose car park, which is right opposite. Brewery Lane runs to one side of the Prince of Wales pub; my cottage is third up on the left.

Brewery Lane is a steep hill and my psychotherapy room is at the top of the cottage, reached by two short staircases. If you have any concerns about mobility, please do ring me to discuss in advance.

