

TLC: Talk, Listen, Change

Psychosexual Therapy

also known as sex therapy

Charity no: 512710



About Us

Hi,

Welcome to TLC.

Thank you for choosing to use our Psychosexual Therapy service (PST). We know taking the first step can be difficult and we find a lot of people have some questions about what to expect.

From this point on, it's our job to make using our Psychosexual Therapy service as easy as possible for you. We do what we do because we genuinely care about people's wellbeing and want you to get what you need from your sessions.

We have 40 years' experience of supporting people with their intimate relationships, and we'll use this experience to provide the best possible service for you.

In the following pages you'll find useful information about Psychosexual Therapy, our top tips on how to prepare for your sessions and some practical things that you'll need to know about too.

Thanks for choosing us and we hope your sessions give you what you need to move forward.

team tlc






What to Expect

If Psychosexual Therapy is new to you, you might feel a bit nervous or have questions. This is completely normal and you will be supported to feel as comfortable as possible.

Key things to know:

- Psychosexual Therapy is a professional and non-judgemental service that can help you to work through any issues you might be facing so you can begin to enjoy sex again
 - You can use the service either alone, or with your partner. Sometimes couple sessions will work best, and sometimes individual sessions apart will add value
 - You will work with a qualified Psychosexual Therapist
 - Our service is inclusive of all genders and sexualities
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Initially, your PST sessions will be delivered at the same day and time each week, with the same Therapist. However, as you progress, there may be less need for sessions to be delivered so frequently.

What can you expect?



Initial Consultation: In the Initial Consultation you will discuss the issues you'd like to address and the Therapist will support you to decide whether Psychosexual Therapy is right for you. If you intend to attend as a couple it's best that both of you come to the consultation. Wherever possible the Initial Consultation will be with the Therapist you then go on to work with. At peak times we may offer you a consultation with a different Therapist, so you do not have to wait to decide if this service is appropriate.



History Take: The History Take is usually over 3 separate sessions of 1 hour each (the number of sessions may be less or more than 3 as needed). This allows you and your Therapist to explore your experiences and increase understanding about what is happening and why. If you attend as a couple, each of you will have individual History Takes before attending your regular appointments together. The History Take creates the foundations for your treatment programme.



Ongoing Sessions: This stage of Psychosexual Therapy will be tailored to your specific needs. If attending as a couple you may be offered a mix of couple and individual sessions, with 50 minutes of face-to-face session time and 10 minutes for your Therapist to write up notes. These are weekly or less regularly, depending on your situation. Your Therapist will provide you with some exercises to try out in the privacy of your own home - plus regular support and guidance - to help resolve the issues you have been facing.

FAQs

Frequently asked questions

Can I choose the gender of my Therapist?

You are welcome to request a Therapist of a specific gender and can do so by calling or emailing us. We will do our best to fulfill your request - however, please note that this may increase your waiting time for a session.

Will anyone know I'm attending Psychosexual Therapy?

Your attendance and all content of your sessions will be treated as private and confidential within our organisation. Find our [policies on confidentiality here](#).

Will I ever have to take my clothes off in therapy?

No - you will never be asked to take your clothes off within a Psychosexual Therapy session.

Will my therapist touch me/us?

Your therapist will never touch you. Therapy only involves talking and agreeing a course of action together.

How is sex therapy different to couples counselling?

In Psychosexual Therapy you will be set tasks to do at home and there is a more detailed assessment before you start. The idea is that you are focusing on fairly specific behaviours, whereas counselling focuses more on talking about a variety of issues you may be facing.

Why do I have to go through my whole sexual history?

It's helpful for the Therapist, so that they can understand your story so far.

It helps them create a programme tailored to your needs.

Many people find the assessment really useful – gaining insights into their own experiences.

Have more questions? Check out our Psychosexual Therapy FAQs

FAQs

Virtual Sessions

How can you get the most out of your sessions when you'll be talking to your Psychosexual Therapist through Teams, or over the phone?

We know people can sometimes feel nervous about their sessions and it's completely normal.

Most importantly, it's helpful to consider your space and surrounding environment.

Your environment matters




Neutral Space: We find that when people are speaking about their sex life, either independently or as a couple, a neutral space is best. Due to the nature of Psychosexual Therapy, we would advise against having the sessions from your bedroom. It can help to get out of that space and into somewhere else if possible, such as the living room.



Privacy: Ensure you have as much privacy for your session as possible, to enable you to feel comfortable. Do you have a private space where you won't be overheard or distracted?

We know this can be more difficult for some people, but we advise trying to make this work so you can be at ease and get the most from your session.



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Consider the ideas below to get the best from your sessions.



Hydration to Hand: Fancy coffee, builders brew, herbal tea, water... whatever your taste... have it with you. It can be comforting to hold a hot drink, keep nervous hands busy, and ensure you don't get a dry mouth. This all helps you to relax into your environment.



Internet: Making sure you have a good connection to the internet will give you better video and sound. We recommend closing down other tabs and applications that are open as this can help Teams run faster. If this may cause issues, maybe opt for phone counselling instead of Teams sessions. Please note phone counselling isn't suitable for couple work.



Technical Glitches: Crashing, freezing or a bad connection - this can happen from time to time! If you're in a session and this happens, the therapist will try to re-connect. If they can't, they will call you on the phone number you provided and you can discuss whether you would like to continue the session via phone or reschedule. Please note – this call will be from a withheld number, so be prepared to answer it if you lose your Microsoft Teams connection.



Confidentiality: If you have Teams therapy, rest assured that whichever therapist you see through TLC will adhere to our [policies on confidentiality](#). Your Psychosexual Therapist will always run the session from a private and dedicated space, ensuring your confidentiality is protected, and your session will never be recorded without your consent.

What to Pay

What you pay depends on how much you earn and we offer flexibility to try to ensure everybody can access the services they need.

We take pre-payment to secure your booking and ask you complete payment at least 2 days before each session.

Annual Household Income Before Tax:

£15,000 or less

£25,000 or less

£35,000 or less

£45,000 or less

£55,000 or less

£65,000+

Total Payment Per Session:

Please call us to speak to a member of our team or mention this on your booking form

£40

£55

£65

£80

£100



Rescheduling or Cancelling

Need to move things around a bit?


That's fine, just let us know!

Top tip!



Time to Put Yourself First: Things get busy, life gets in the way, especially at the moment. We know things can sometimes slip people's minds.

We recommend adding your sessions to your calendar and setting an alarm on your phone the day before. This will give you the small reminder you need and make sure you're taking that time for yourself.



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We have a 48-hour cancellation policy.

If you want to cancel or change your session, please contact us anytime up to 48 hours beforehand (2 working days) and we'll be happy to help. Please note that weekends are not included.


If you contact us to cancel or change within 48 hours (2 working days), or do not turn up, we will need to charge you for that session.

If your sessions are paid for by another organisation or funding pot, this will come out of the number of funded sessions you've been allocated.

How to contact us

For questions about your sessions or anything counselling related, just email or call us and our friendly team will be able to help, or put you in touch with someone who can.

 enquiries@talklistenchange.org.uk

 0161 872 1100



Additional Support

At TLC: Talk, Listen, Change we do not treat sex and/or porn addiction. If you would like support with this, please see the College of Sexual and Relationship Therapists.

cosrt

College of Sexual and Relationship Therapists

For further information, including details of support groups, click below.



Sex and Love Addicts Anonymous

United Kingdom

For more information on Psychosexual Therapy generally, including specific information regarding medical conditions and links to other specialised organisations, click below.

cosrt

College of Sexual and Relationship Therapists

Thank You

for choosing tlc

Privacy

We are committed to protecting and respecting your privacy in line with the EU General Data Protection Regulation 2018 & the Data Protection Act 2018. To learn more about how we keep your personal information secure, click below

[*Learn More*](#)

Feedback

We'd love to hear from you as we're always looking to improve our service. Just email us directly or fill in our short online form to tell us what you think.

[*Feedback*](#)

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