

## **RELATE CAMBRIDGE RECOGNISES THE IMPORTANCE OF TALKING ABOUT SEX AND IS OFFERING COUNSELLORS TRAINING IN ADDITIONAL SKILLS**

The CPD (continuous professional development) scheme, run for practitioners by Relate Cambridge, got off to a great start with a session on Mindfulness in May, which was a great success. The next session takes place on 22<sup>nd</sup> July and is being run by Nicola Buchanan. Nicola is a Psychosexual Therapist, Sex Addiction Therapist, Supervisor, Counsellor and Trainer.

Nicola will focus on the importance of talking about sex in the counselling room as well as building confidence in discussing sex with clients. There will be discussion on sexual issues and how that may impact an individual and a couple's relationship.

Details of the CPD programme can be found on the Relate Cambridge website or click [here](#) for more information.

### **ENDS**

For all media enquiries contact Elaine Taylor on **01302 347712**  
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## **Relate Cambridge – supporting relationships at every stage of your life**

### **Notes to editors:**

- Relate Cambridge celebrated its 70<sup>th</sup> birthday in 2015.
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Personal and social relationships are important in our everyday lives and are central to our wellbeing.
- Relationships are under increasing pressure - breakdown costs the UK economy £46 billion each year according to the Relationships Foundation.
- Over a million people every year access information, support and counselling from Relate but its clear many more would benefit from Relate services.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of 1,700 counsellors across the country.
- For more information and advice visit: [www.relate.org.uk](http://www.relate.org.uk).