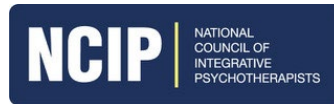




The Kairos Centre Video-on Demand Training at your convenience

Various training courses are Accredited by The National Counselling of Integrative Psychotherapists (NCIP) for CPD hours: <https://www.the-ncip.org>



**Video-on-Demand training: Working with Sex in The Therapy Room - With Gary McFarlane of The Kairos Centre**

Is sex the elephant in the room which neither therapist or client will mention? Is this due to your own views and experience with sex and sexuality? Lack of accurate knowledge? Clues are often offered by clients, to check the Therapist's comfort level. Become comfortable raising a conversation about sex with clients. Perhaps only 20% of clients actually need a Psychosexual Therapist and most sexual issues can be addressed by counsellors who are comfortable with the issues and subject matter. Become one of them. View The Kairos Centre Video-on-Demand webinar which you cover in your own time, with a workbook: <https://www.kairos-centre.com/product/talking-sex-in-the-therapy-room/>



**Video-on-Demand training: Training for Therapists in Sex/Porn/Love Addiction Best Practice**

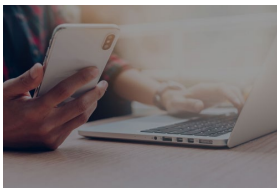
In August 2024, BACP published its Addictions Competence Framework, identifying specialist knowledge, skills and abilities that counsellors require to effectively support adults living with addictions. What better time to consider undertaking The Kairos Centre training, with transposable skills for most addictions.

Porn viewing has increased exponentially since Covid-19 lock down. It is impacting age 10 to 75 years old. Women, men and children; those who have crossed legal boundaries; partners need support – are issues. Sexual habits and outlets have changed since lock down, with an increased use of webcam outlets, likely causing many more to find they have a compulsion which won't stop. Mills & Boons, Nancy Friday, Fifty shades of Grey, Millenium Wolf, are all vying for increased love addiction attention. Men & porn – “*tut, tut, tut*”. Women and erotic literature and movies – “*What's the problem?*”? Want to add Sex, Porn, Love addiction counselling to your skillset. This is the training to give you increased knowledge and competency to work with this client group. View The Kairos Centre Video-on-Demand webinar which you cover in your own time, with workbooks: <https://www.kairos-centre.com/training-for-therapists-in-sex-porn-love-addiction/>



### **Video-on-Demand training: Relationship counselling, focusing on Singles and Training in Couples Therapy**

There are workbooks and 41 videos of between approximately 35 to 40 minutes per video length, in this video-on-Demand Training Programme for Therapists who desire to enhance their Couples Counselling skills and/or add Couples Counselling work/skills to their private Therapy practice. The skills will enhance your ability to work confidently and competently with Singles, Pre-married Prep, Partners, Couples, long and very long time marrieds. See my website for more information: <https://www.kairos-centre.com/singles-couples-partners-marriage-programme/>



### **Webcam one to one or Group: One day taster in Sex/Porn/Love Addiction Therapy**

Thinking of adding Sex, Porn, Love addiction counselling to your skillset. This is a “taster” one day event to give you increased knowledge; not competency to work with this client group. This client group includes, women, men (young and elderly), children and those who have crossed legal boundaries and face criminal proceedings. They are all present in our case load.

The Kairos Centre has a separate Video-on-Demand training course for those who want to work with this client group and be trained to acquire the skills to work with this client group. This is not that course. Here is what this taster one day course will cover:

*Sex addiction – what is it? Love addiction – what is it? Porn addiction – what is it? Love of sex or a true addiction? How prevalent? Errors of well-meaning helpers? Definite “No, No’s”; Support for the affected partners/wives? The role of shame and Narcissism; Sexual map, sexual preferences and sexual templates set up in childhood development; Why don’t they just stop it? What age groups and types of persons are affected? It could happen to me – really! Why are Ministers and Carers prime candidates for sex addiction? Overview of a sex addiction program, Resource and Reading; “....and women do it too”; “What I wish I’d known before watching porn”; Harmful consequences; Its role, purpose and function; The Recovery Process; Motivation to change and the Stages of change; Should I tell her everything? It cuts across all social classes (from Judge to Labourer); The Cycle of Sex addiction; The role of the brain and self manufactured biochemical; The role of Attachment/Rejection/Childhood development; Maintenance and Relapse prevention tools; Identifying and managing Triggers*



### **Webcam one to one or Group: DIAGNOSTIC/DIAGNOSING – (This is practical (via webinar) sessions)**

<https://www.kairos-centre.com/sexual-addictions-treatment/>

### **Training to use The Kairos Centre tools to DIAGNOSE:**

This is via one to one or group webinar. Prior to embarking upon the substantive work (as the Therapist) it is useful to have a good understanding the the key issues to focus upon. That is done as a case formulation with the client.

These Diagnostic sessions are similar to taking the vehicle to the garage for its MOT. The vehicle is plugged in and the computer is able to diagnose the issues, for which the customer receives a printout showing the areas that need investigation and work. In a similar way, in these 5 Diagnostic sessions, you will be given the resources and tools to diagnose and create the case formulation alongside the client, with your hypothesis for the future work - aiding the clients reflections.

You are booking each diagnostic training separately. Each of those subject matters are 3 hours in length via secure webcam. And each block of 3 hours per discipline, costs £150. Reductions available where there are two or more in a group (each individual can be in different locations on Zoom Webcams).

- **Sex Therapy focus of the subsequent work**
- **Couples Counselling focus of the subsequent work**
- **Sex/Porn/Love Compulsivity/Addiction focus of the subsequent work**
- **Singleness focus of the subsequent work**
- **Business/Entrepreneurial under performance focus for the subsequent work**

**Gary McFarlane BA, LLM, Dip, Certs**

Therapist, Supervisor & Trainer

EMDR Europe Accredited Practitioner

[www.Kairos-centre.com](http://www.Kairos-centre.com)

Tel: 07866097247

A Relate trained and experienced Relationship counsellor, Mediator and undertakes Sex Therapy & Sex/Porn/Love Addiction treatment - all undertaken by various secure online modes including webcam such as Zoom & Bilateralbase, with clients from all parts of the country and abroad. Working Online for some 12 years and holds a certificate in Online Therapy. Accredited EMDR (Eye movement desensitization and reprocessing) Practitioner. Attachment Informed EMDR (AI-EMDR), Group EMDR Trauma (G-TEP), Recent Event EMDR Trauma (R-TEP) and uses The Advanced Flash Technique, for PTSD, Trauma, Complex Trauma, Depression, Anxiety and related issues.

Bring back colour to life, without shame

Gary has created what may be the world's first comprehensive Online webinar Sex/porn/love addiction Video-on-Demand Recovery Programme, being used by many clients throughout the world. His Podcast is "The Sex Porn and Love Addiction Podcast", with nearly 45K downloads in just over 4 years.

In July 2023 he launched a comprehensive Video-on-Demand Online Course (for Singles Pre-Married prep, Partnerships, Couples, Marrieds, long, long time Marrieds/Partners) bring together is experience with hundreds of Singles and couples over 19 years and a few books written on the subjects. See the website.

Email: [info@kairos-centre.com](mailto:info@kairos-centre.com)

[www.kairos-centre.com](http://www.kairos-centre.com)

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NATIONAL COUNCIL OF  
INTEGRATIVE PSYCHOTHERAPISTS

# Accreditation of CPD Training Organisation

This certifies that

## Kairos Centre

Has provided satisfactory evidence of professional standards and good training in psychotherapeutic knowledge to the NCIP management that it is entered onto the Council's Register as an Accredited Provider of CPD.  
Valid from the 19<sup>th</sup> September 2024 until the 19<sup>th</sup> of September 2025.



For The National Council of Integrative Psychotherapists

