

## **Dr Pamela Stephenson-Connolly becomes patron of the College of Sexual and Relationship Therapists**



We are delighted that Dr Pamela Stephenson-Connolly has agreed to become the first Patron of the College of Sexual and Relationship Therapists (COSRT).

Dr Stephenson-Connolly, well-known as a former actress, comedienne and finalist in the BBC's Strictly Come Dancing 2010, is a clinical psychologist who specialises in sexual therapy for couples and individuals.

Dr Stephenson-Connolly says:

"I am delighted to take up this role for COSRT. It's extremely important for people to know that there is professional support available for the sexual and relationship problems they face, and that the help they seek in such an intimate and personal aspect of their lives is well regulated.

In my experience as a sexual therapist, the opportunity for people to talk to someone about difficulties in their relationships can be transformational. And not just in terms of the specific problems they are experiencing - it impacts on other aspects of their lives too. So it's important that these problems are handled by someone who is well trained and well regulated. Finding your therapist through COSRT gives you that reassurance.

We often joke that the British aren't very good at talking about their relationships or sex lives. I hope my patronage of COSRT will help more people to take the first step in dealing with their problems. Those in the profession also need to know that there's a great deal COSRT can do to support them in their careers. I'm very excited about this new relationship and I look forward to the coming year."