



College of Sexual and Relationship Therapists

Accredited  
Membership  
Requirements and  
Information



COSRT's Accredited Membership is a senior status which recognises a therapist's advanced skills and experience. It is awarded through a process which includes rigorous assessment. Accredited Membership provides a range of significant benefits:

- Permission to use AccCOSRT designatory letters.
- The ability to use a personalised COSRT logo and advertise as "Accredited Member of..."
- A certificate indicating your Membership and Accredited status.
- A place on the COSRT Register with Accredited status visible.
- Access to accredited EMDR practitioner training.
- The chance to advertise on Counselling Directory.
- A direct pathway to Senior Accredited Status.
- All issues of the Journal of Sexual and Relationship Therapy.
- Full digital access to two other Taylor and Francis journals.
- Discounts including COSRT training, insurance and Routledge books.

## Registration

To become an Accredited Member of COSRT you must be:

- A COSRT Registered Member, and have held that status for at least one year; or
- An Accredited-level Member on a PSA-accredited therapy register; or
- Registered under a statutory health and social care regulator.

Applications from non-COSRT Members will be assessed on a case-by-case basis. This is to confirm external registration is relevant to specialist psychotherapy practice, and sufficiently senior.

## Training

To be eligible for Accreditation you must have completed training that included:

- At least 450 hours Guided Learning<sup>1</sup> overall.
  - At least 250 of which were on Psychosexual and Relationship Therapy.
- Supervised placement(s) with at least 150 client contact hours of Psychosexual and Relationship Therapy, supervised at a ratio of 1:6.

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<sup>1</sup> This indicates the time a learner is being taught, instructed, or participating in education or training under guidance or supervision of a tutor, lecturer, or trainer. It does not include clinical work, supervision, self-study, essay writing, pastoral care or non-timetabled tutorials.

## Single Qualification

You are eligible for Accreditation with a qualification from one course that meets the criteria, if it was:

- A COSRT Accredited Practitioner Training course; or
- An Ofqual regulated qualification or accredited by a body accountable to the PSA<sup>2</sup>; and
- At Ofqual RQF Level 5 or equivalent.

## Multiple Qualifications

You can also combine multiple courses to accrue the requirements. If you choose this route, you must include a qualification from at least one of:

- COSRT-Accredited Practitioner Training course; or
- A non COSRT-Accredited training course that:
  - Was at Ofqual RQF Level 5 or equivalent.
  - Was an Ofqual regulated qualification or accredited by a body accountable to the PSA.
  - Had 250 hours Guided Learning in Psychosexual and Relationship Therapy training.
  - Had Supervised placement(s) with at least 150 client contact hours of Psychosexual and Relationship Therapy, supervised at a ratio of 1:6.

You can then add up to five more qualifications to meet the requirements. These can include qualifications from:

- Any COSRT-Accredited Foundation Training Course.
- Any COSRT-Accredited Thematic Training Course.
- Other courses that:
  - Led to qualification by assessment.
  - Had at least 50% content addressing topics within the following areas:
    - Overarching psychotherapy and counselling approaches and paradigms.
    - Psychosexual - assessment, treatment, theory, and models.
    - Relationship, couples & family - assessment, treatment, theory, and models.

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<sup>2</sup> Professional Standards Authority (PSA).

- Sexual (dis)functions, anatomy, and physiology.
- Medical conditions and treatments in relation to psychosexual and relationship.
- Mental health issues and disorders in relation to psychosexual and relationship.
- Sexual behaviours and related issues.
- Parenting and the parental relationship.
- Exploitation, violence, and abuse.
- Bereavement, loss, and trauma.
- Neurobiology, psychosocial and environmental aspects of sex and relationships.
- Diversity and inclusion including Gender, Sex & Relationship Diversities.
- Psychosexual, sex and relationships through the life course.
- Ethics and legal issues in relation to psychosexual and relationship.

## Ineligible Training

The following are not eligible evidence of meeting training criteria:

- Continuing Professional Development (CPD) courses.
- Courses that offer certificate of attendance, achievement or similar without assessment.
- Non-core practitioner training such as CBT or EMDR.
- Courses which did not involve direct, live tutor contact or teaching.

## Specialist Practice

You must be currently active as a Psychosexual and Relationship Therapist and have:

- Been practicing as a Psychosexual and Relationship Therapist for at least three years post-qualification<sup>3</sup>. These years do not have to be successive.
- Completed 450 hours supervised practice in Psychosexual and Relationship Therapy including at least 200 post-qualification. These hours must have been accumulated over at least three, and at most five years which need not be successive.
- Professional indemnity insurance at a minimum value of £2,000,000.

## Specialist Practice (PSA-Accredited)

If you are an Accredited-level Member on a psychotherapy/counselling PSA-accredited register you must have:

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<sup>3</sup> Qualification refers to the specialist Psychosexual and Relationship Therapy course.

- Been practicing as a Psychosexual and Relationship Therapist for at least three years post-qualification<sup>4</sup>. These years do not have to be successive.
- Completed 320 hours supervised practice in Psychosexual and Relationship Therapy including at least 120 post-qualification. These hours must have been accumulated over at least three, and at most five years which need not be successive.
- Professional indemnity insurance at a minimum value of £2,000,000.

## Supervision

You must have:

- A current contract for supervision for at least 1.5 hours per month.

## Professional Development

You must also show that you have:

- Undertaken 30 hours CPD<sup>5</sup> per year since achieving COSRT Registered Membership<sup>6</sup>.
  - Before June 2021 at least 16 of these must have been on Psychosexual and Relationship Therapy.
  - From June 2021 onwards at least 20 of these must have been on Psychosexual and Relationship Therapy.
- Completed at least 80 hours personal therapy prior to applying for Accreditation, including 50 during training and 30 post-qualification<sup>7</sup>.

## Assessment

To become an Accredited Member of COSRT you also must successfully pass an assessment of your specialist skills and knowledge. This is integrated into the application process and is subject to assessment against a set of common marking criteria.

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<sup>4</sup> Qualification refers to the specialist Psychosexual and Relationship Therapy course.

<sup>5</sup> Eligible CPD activities are conferences, training courses and events, and self-access courses.

<sup>6</sup> Applicants without COSRT Registration must demonstrate that they have met all third-party CPD requirements since they achieved Accredited-level registrant status.

<sup>7</sup> These hours can include time spent prior to and during training but must be relevant to enabling the development of self-reflection and reflective practice, the integration of theory and practice, and the exploration of personal prejudices and attitudes.

## Ongoing commitments

To retain Accredited Membership you must continue to:

- Have supervision for at least 1.5 hours per month.
- Undertake at least 30 hours CPD per year, with a minimum of 20 focused on Psychosexual and Relationship therapy.
- Hold professional indemnity insurance with a minimum value of £2,000,000.

## Application Process

Applications for Accredited Membership should be sent via email to [memberships@cosrt.org.uk](mailto:memberships@cosrt.org.uk).

Applications take between two and six months to be reviewed. During the assessment process you may be contacted for additional information at any time.

Confirmation of your application outcome will be sent to you electronically. If your application is accepted by COSRT, your subscription fee will be taken via Direct Debit or bank transfer. If the subscription fee is not received within three months, your application will lapse and you must reapply. Your membership will be valid immediately from the date on which payment is received by COSRT in cleared funds.

COSRT reserves the right to request an applicant to attend an interview with representatives of COSRT to discuss their application. The applicant would be expected to meet their own travel costs to attend the interview.

The provision of misleading information or an incomplete declaration may lead to refusal of entry to membership or withdrawal of membership at a future date. Membership of COSRT does not commence until the annual subscription has been received (subject to COSRT's confirmation to you of a successful application outcome).

Accredited Membership of the College for Sexual and Relationship Therapists is not a qualification and must not be represented as such.

Applicants may appeal a decision concerning their application in accordance with clause 3.9 of the Terms and Conditions of Membership and Accreditation and the Guidelines for Reapplication and Appeal.

In applying for and subsequently holding Accredited Membership you agree to abide by and be subject to the Terms and Conditions of Membership and Accreditation, Terms and Conditions of Registers and all the criteria, procedures, protocols, policies, guidelines and other documents listed therein, including in particular (without limitation) the COSRT Code of Ethics and Practice, the COSRT Conduct Procedure and Sanctions Protocol and the other Governing Documents of COSRT.