

Psychosexual Therapy

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What is Psychosexual Therapy?

- Psychosexual therapy is the process of addressing intimate sexual and relationship difficulties on either an individual, or couple, basis.
- Sexuality and sexual functioning is always evolving. What feels good today changes tomorrow.
- It takes a lot of courage to walk through our clinic door to talk about such a sensitive and personal sexual problem. It could be more harrowing and raise more anxiety than the problem itself.
- Psychosexual therapist are specialist therapists who are trained to support clients to cope with difficult emotions and feelings, due to a problem with intimacy or sexual intercourse.
- We are able to provide resources that support clients to cope with sexual change.

The Dysfunctions - Diagnostic and Statistical Manual (DSM-4)

MALE

- Hypoactive Sexual Desire Disorder (HSDD)
- Erectile disorder
- Premature ejaculation
- Delayed ejaculation
- Retrograde ejaculation

FEMALE

- Sexual Interest Arousal Disorder
- Female Anorgasmia
- Genito – pelvic pain/penetration disorder
- Vaginismus
- Dyspareunia
- Persistent Genital Arousal Disorder (PGAD)

Sexual Aversion Disorder

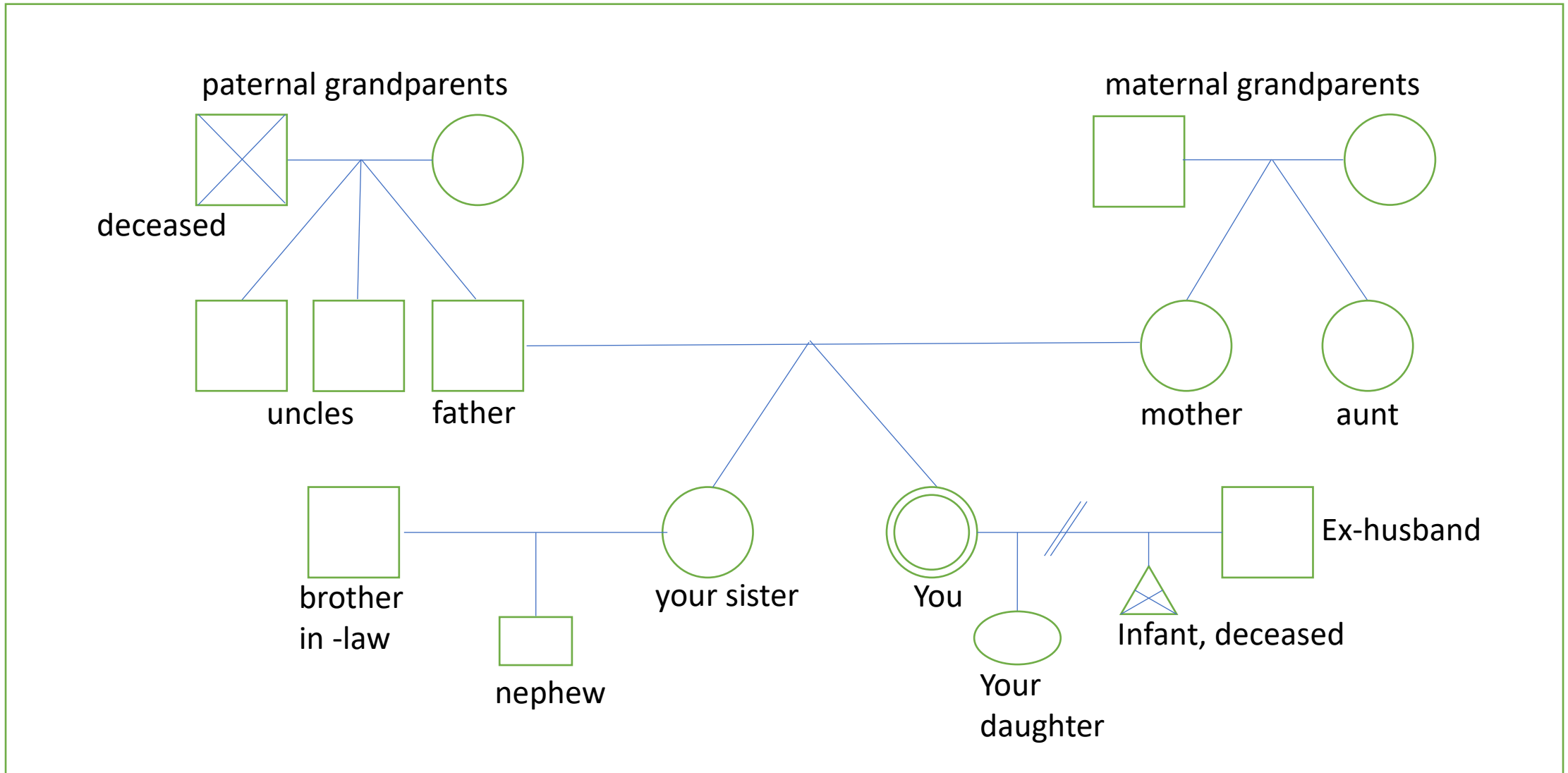
Substance medication-induced sexual dysfunction

Paraphilia.

Initial Consultation

- Who is the client(s)?
- What is the sexual problem?
- How long?
- Why Now?
- Aim?
- Genogram - 3 Generations

Genogram



Initial Consultation

- Who is the client(s)?
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- Genogram - 3 Generations
- Sexual education – parents, school
- Masturbation - frequency
- Relationships - past to current
- Communication - sexual problem; relationship, interaction, intimacy.
- How many session

Why refer?

- Psychosexual therapy has a structure in place to work safely and ethically with clients.
- The provision of a safe and trusting environment enables the client to express their anxieties and intimate concerns in confidence.
- The client develops skills and techniques to reduce anxiety and receive emotional support whilst establishing change.
- The aim is to empower the client to develop awareness and understanding so they can make changes to the difficulties surrounding the sexual problem.
- The referral pathway is through Primary Care (GPs) and the Sexual Health Services. All referrals must go through the client's GP in order for investigations for mental health, gynaecology, urology, et cetera. I am not a prescriber and the commission of the service is non-prescribing.

Questions and Answers...?

Articles:

The Mail on Sunday (12.9.2020)

‘Where is my wife, and what have you done to her?’ A spouse’s guide to her menopause.

by Michelle Griffith Robinson – British athlete

The Guardian (31.8.2020)

‘It destroys lives’: Why the razor-blade pain of vaginismus is so misunderstood.

by Kate Lloyd, a psychotherapist and spokeswoman for College of Sexual and Relationship Therapist (COSRT)

Book: Genograms: The New Tool for Exploring the Personality, Career, and Love Patterns You Inherit

By Emily Marlin ISBN: 0-8092-4494-2