

How long is the therapy?

Therapy is brief and not usually suited to people with acute psychiatric (mental health) conditions.

Each consultation is 50 minutes and you may have six sessions. However, some people may only require a few appointments; others may need more. It is important to attend your appointments. Regular therapy will help maintain the focus and momentum of therapy, and help you achieve your goals as quickly as possible.

Referral

Your GP will need to refer you for this therapy via letter or email to:

Psychosexual Therapist
Florey and Contraceptive Services
Department of Sexual Health
Royal Berkshire NHS Foundation Trust
21A Craven Road
Reading RG1 5LE

Email referral to:

rbb-tr.psychosexual.therapist@nhs.net

We are a teaching clinic and you may be seen by a medical person or trained psychological therapist completing their psychosexual training or working towards their accreditation. You will be made aware of this when we book your appointment. You can choose a different therapist but you may have to wait longer.

Contact for all psychosexual enquiries to: Tel: 0118 322 8991
rbb-tr.psychosexual.therapist@nhs.net

This document can be made available in other languages and formats upon request.

Department of Sexual Health, April 2019
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Psychosexual Therapy

Information for patients

Psychosexual therapy is aimed at helping individuals and couples with sexual problems regardless of their relationship status, gender identity or sexual orientation.

Some people can feel so alone, embarrassed or ashamed about their sexual problem that they suffer for months or years without telling anyone, even their partner.

Sexual problems are common and can include:

For men:

- Erection problems
- Premature ejaculation
- Delayed ejaculation

For women:

- Dyspareunia - painful sexual intercourse
- Vaginismus - inability to have vaginal penetration
- Difficulty or inability to orgasm

For both:

- Loss of interest in sex
- Effects of ageing, disability or illness on sexual function

The origins of the problem may be a combination of different factors or a sudden change in circumstances for example:

- Physical (the effect of illness, accident, surgery, childbirth, disability or medications)
- Psychological (due to anxiety, depression or other mental health problems)
- Emotional (for example, unresolved grief, loss of job or unhappiness due to other problems in the relationship)
- Situational (they only happen under certain circumstances)

Psychosexual Therapy

It is common to feel apprehensive discussing your sexual matters. Psychosexual therapists know this and will help you to discuss your problems in a sensitive and caring manner.

You will be offered an initial consultation where a full assessment will be carried out in order to understand the problem and ensure you receive the appropriate help. There will be no physical examination.

Psychosexual therapists are NHS staff who have specialist training and experience in helping people with a range of sexual problems. All are accredited members of The College of Sexual and Relationship Therapists (COSRT). For more information visit www.cosrt.org.

