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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

How is my first appointment arranged?

You may attend your appointment in person at one of our clinics or it may take place by either a telephone or video consultation.

If you are attending in person then on arrival at the clinic please introduce yourself to the receptionist. Your therapist will collect you from the waiting area and take you to a private office for your consultation.

If your appointment is by telephone your therapist will call you at the time of your appointment. For video appointments you will be sent a link by text or email to use at the time of your appointment which will connect you to your therapist.

Any subsequent appointment will be made at the end of the consultation with your therapist. If you need to change the appointment or have any queries, please telephone the secretary on 01270 655243.

We hope to always keep to appointment times, but you will appreciate that, due to the nature of the work, this is not always possible.

We apologise for any delays and will do our best not to keep you waiting.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

The information in the leaflet was valid at the date of production 06.03.2023 is due for review in 06.03.2025.

Leaflet code: A-PT-23-042



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Cheshire and Wirral
Partnership
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Psychosexual Medicine & Therapy Service

Information for Patients

Helping people to be
the best they can be

SEXUALITY is seen by most people as part of the infrastructure of life. It pervades all areas of life and impinges on all daily living tasks. We aim to treat all our patients presenting to our service with respect, offering a comprehensive psychosexual therapy service.

What is psychosexual medicine and therapy?

Psychosexual medicine and therapy is a process of using a number of different psychological / physical approaches to help patients with sexual and relationship problems.

What sexual problems are treated in the clinic?

These include –

- **Change in Sexual Desire** (Loss or increase of Libido)
- **Difficulties in Obtaining or Keeping an Erection**
- **Painful Sex** (Dyspareunia, Vaginismus, Vulvodynia)
- **Ejaculation Problems** (too quick, delayed or inability to ejaculate)
- **Difficulties with Orgasm/Climax**
- **Arousal Problems**
- **Other Genital Pain Syndromes**
- **Fear of Sex, Anxiety, Aversion**
- **Concerns or Difficulties Regarding Sexuality or Sexual Orientation**
- **Relationship Difficulties as a Result of Sexual Problems/Intimacy**
- **Sexually Compulsive Behaviours** (Addiction)
- **Sexual Behaviour Concerns** (excluding illegal activity)

Who will the Service see?

We are very happy to see anyone regardless of marital status, sexual orientation, culture or religion. We are a trans and non-binary friendly service.

What happens during the first appointment?

Your first appointment is an assessment to ensure you have been referred to the appropriate place to receive help. You will talk with a member of our team who understands the difficulties involved when discussing a sexual problem. The therapist will support and encourage you to talk openly. You will work in partnership to identify problems and formulate a treatment plan.

What treatment is available?

The sexual problem may have a physical or psychological cause, or a combination of both. The treatment offered will depend on the circumstances. It would be helpful if you could have to hand a list of medication that you are currently taking.

Should a couple seek treatment together?

Some people prefer to deal with their sexual problems with no help from their partner; some even seek medical advice and treatment without their partner's knowledge. The best results are often when a couple works together on their sexual problem.

How are men and women affected by sexual problems?

Sexual problems can have a profound negative effect on those who experience them. Many people suffer emotionally, often without communicating to their partner how they feel.

How are partners affected by sexual problems?

Because of the emotional pain caused by sexual problems, it is common for people to make excuses or avoid sexual situations with their partners in an effort to forget about the condition. Whether intentional or unintentional these actions can make a partner feel inadequate within the relationship, often resulting in rejection, loneliness and depression.

Will my problem just be discussed between me and my therapist?

Confidentiality is assured at all times. We work as a team, offering professionalism and a wide range of specialised skills. If appropriate, your therapist may consult other members of the team to help resolve your difficulties.

How long will it take?

The number of sessions that you will have will depend on the problem you have. This will be discussed and agreed at your first appointment.

Are there side effects or risks?

Some people may find it difficult discussing sensitive issues - focusing on such problems can sometimes affect the relationship with a partner, family and friends.

Therapy aims to help you through these difficulties. You can stop your session/therapy at any time.

Are there alternatives to psychosexual therapy?

Other types of therapy can be helpful. There are voluntary organisations, self-help groups and networks to support you.

Your therapist will be pleased to discuss these alternatives with you if you are interested.