

SEX THERAPY - Information leaflet for Patients

ADULT CLINICAL PSYCHOLOGY DEPARTMENT Falkirk Community Hospital

Why sex therapy?

Sexual difficulties are common and have many causes. There can be physical reasons eg: the result of illness, surgery, disability or the effects of prescribed medications and there can also be a wide range of psychological and emotional causes. Difficulties may emerge quite suddenly without any obvious reason, gradually over a long period of time, or the problem may have always existed.

It can be hard to talk about sexual problems, even with our partners, and yet many of us go through periods when our sex lives are much less enjoyable than they could be. If we can't solve these difficulties on our own they may start to affect the quality of our relationships, and this can cause a great deal of worry and stress.

Some of the reasons why you might go to see a psychosexual counsellor:-

- You may have substantially lost your interest in sexual activity
- You may have problems in getting aroused. For men, having difficulty in gaining or maintaining an erection, for women, lack of sensation usually associated with sexual excitement, or much reduced lubrication
- You may climax (come) too quickly, leaving you and your partner dissatisfied
- You may find it difficult to achieve orgasm or climax
- You may find penetration painful or impossible to achieve
- There may be issues from the past that are stopping you from being able to enjoy sexual relationships in the present, such as a sexual trauma, or negative childhood messages about sex, sexuality or gender

What does sex therapy involve?

Your psychosexual counsellor will understand that it will have taken a lot of courage to seek help. He or she will offer a safe and supportive environment to explore your sexual difficulties. If you have a partner, it can also be a good opportunity to work on other kinds of difficulties in your relationship e.g. communication.

How do I obtain sex therapy?

Contact your GP or Sexual Health Clinic who would then refer you to this clinic.

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Central Sexual Health Department, NHS Forth Valley