

# St Helens Psychosexual Therapy service

## Service user information booklet

**If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## Psychosexual therapy

Many people experience some difficulty in their sexual lives, at different stages across their lifespan. Some of these may resolve themselves, whilst others may need additional help.

We are here to help individuals and couples address problems with sexual functioning and relationship issues, as well as concerns regarding gender, sexuality, sexual orientation and lifestyle.

Sometimes sexual difficulties have affected someone throughout their life, or the problem may be a more recent development.

Problems encountered may be related to:

- Physical or medical conditions
- Social issues
- Emotional and relationship circumstances

Often there is a combination of factors contributing to the difficulty experienced.

## Who are we?

St Helens Psychosexual Therapy service is a specialist service that helps individuals and couples address sexual issues, problems and relationship difficulties.

Our therapist has completed specialist courses that are recognised by the College of Sexual and Relationship Therapists (COSRT). We therefore abide by the COSRT code of ethics.

## What is psychosexual therapy?

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

## Problems we commonly help with

- Loss of desire (libido)
- Erection difficulties and ejaculation problems
- Fear of penetration or vaginismus and pain during intercourse
- Problems with orgasm
- Sexuality
- Sexual orientation
- Gender issues
- A history of sexual abuse which is impacting on sexual function and/or sexual relationships.

**Please note - this service does not provide therapy to sexual offenders for the offending behaviour.**

## Referral

You must be referred by your GP or other healthcare professional.

They will need to complete a psychosexual therapy referral form.

NOTE: we do not accept self-referrals.

## Appointments

Your appointments will be held face to face or via video, to enable more convenient access to the service.

Your appointment options will be discussed with you on booking your initial appointment with the service.

All appointments including the initial one, last for approximately 50 minutes.

Failure to attend without contacting the service may result in your case being discharged and your referrer being informed.

## What to expect at your appointments

You will be introduced to your therapist at your initial appointment.

Your therapist understands how difficult it can be to discuss a sexual problem and will help, as well as encourage you, to feel comfortable to talk about your problems and express your feelings.

You will work with your therapist to identify the problem(s) and develop a treatment plan, that is specific to your needs.

The sexual problem may have a physical or psychological cause, or a combination of both. Therefore at times and only with your permission, your therapist may consult with other appropriate professionals to help resolve your difficulties.

Confidentiality is assured, however occasionally we may need to discuss you with other professionals if we feel there is a risk to you or someone else, this will be explained and discussed at your first appointment.

Please note if you have any special requirements or want to discuss any potential difficulties in absolute confidence, please contact the service directly.

## Partner involvement - pros and cons

You do not have to be in a relationship to receive help from this service - 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.

Research has shown that the best results from sex therapy, are often when couples work together to address their sexual problem.

A changed ability to function sexually can have a profound effect on both men and women.

Many people suffer emotionally, often without communicating to their partner how they feel.

This emotional pain commonly leads people to make excuses or avoid sexual situations. Whether intentional or unintentional, these actions can have negative effects on the partner and the relationship.

If you feel uncertain about inviting your partner to attend the service or if your partner does not want to attend, talk to your therapist about the situation.

**We are very sensitive to our clients' anxieties and worries and our aim is that you feel comfortable, supported and safe at all times whilst you are in our care.**

## Contact details

Telephone: 01744 646 483

Website: [www.sexualhealthsthelens.nhs.uk](http://www.sexualhealthsthelens.nhs.uk)

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
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St Helens, Merseyside, WA9 3DA  
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