

# Psychosexual Medicine Service

## What is the Psychosexual Medicine Service?

We provide a caring and confidential service for all adults living in Dorset with sexual difficulties.

We aim to treat all our patients presenting to the service with respect where your sexual difficulties can be worked through with a specially trained doctor.

## Who works at the clinic?

The clinic is staffed by female doctors who have had specialist training in Psychosexual Medicine and are members of the Institute of Psychosexual Medicine.

## Where are the clinics held?

Clinics are held at Blandford, Bournemouth, Poole and Wareham. Appointment times at each site are shown in this leaflet.

## How long does therapy last?

This therapeutic intervention lasts for a maximum of six sessions – one initial assessment session and up to five follow-up sessions; sessions can last from 30 to 50 minutes. You will always be seen by the same doctor.

We have no crèche or facilities for children so you may need to make arrangements to allow you to attend regular appointments.

## What does it involve?

We know that talking about intimate details of your life is something that you may feel apprehensive about and you can be reassured that this will be handled sensitively. We respect your right to confidentiality and work within national guidelines on this.

As part of your course of treatment you may require examination by the doctor and some blood tests. It would be helpful if you have at hand a list of medication you are currently taking in case it is needed.

You will work together to identify problems and formulate a treatment plan.

Your next appointment will be made at the end of your consultation and you will be sent a text reminder a few days before the appointment is due.

## Can I be seen without a partner?

We usually see people alone, but you are welcome to bring a partner if this is better for you.

### **What treatment is available?**

Sexual problems may have a physical or psychological cause, or a combination of both. If it is felt that another service may be better to help you, the doctor will advise which is likely to be of most benefit in helping your problem.

### **How effective is this?**

Most people find the sessions useful and easier than they imagined. A variety of therapeutic approaches are used, which enable you to help yourself overcome your problem. In this way you learn skills that can prevent recurrence of the problem.

Sexual therapy has been found to be very effective at helping a wide range of sexual problems, including:

- erectile failure;
- loss of interest in sex (low libido);
- premature ejaculation;
- orgasm problems;
- painful intercourse;
- delayed ejaculation;
- difficult or no penetration (vaginismus);
- impaired arousal.

If you have any other problems or concerns, we would be happy to help or advise you.

### **Are there alternative treatments?**

Other types of therapy can be helpful. There are voluntary organisations, self-help groups and networks to support you. Your doctor will be happy to discuss these alternatives with you if you are interested.

### **Appointments**

We are now able to offer video, telephone and face to face appointments. You will be able to state a preference for which type of consultation you prefer.

If you cannot keep, or do not want your appointment, please call the clinic giving us as much notice as possible so that we can contact another patient on the waiting list and ensure the appointment is not wasted.

**Clinic locations and times**

**Sexual Health Dorset @Blandford**

*Blandford Hospital, Milldown Road, Blandford, DT11 7DD*

Alternate Monday

10:30-18:00

**Sexual Health Dorset @Bournemouth**

*66-68 Palmerston Road, Boscombe, Bournemouth, BH1 4HT*

Tuesday

09:00-12:00, 14:00-17:00

Wednesday

09:00-12:00, 13:00-17:00

Alternate Friday

08:00-11:00

**Sexual Health Dorset @Poole**

*Poole Community Health Centre, Shaftesbury Road, Poole, BH15 2NT*

Wednesday

08:30-11:30

**Sexual Health Dorset @Wareham**

*Wareham Community Hospital, Streche Road, Wareham, BH20 4QQ*

Tuesday

08:00-11:00

**Dorset HealthCare University NHS Foundation Trust**  
**Sexual Health Service**  
**Tel: 0300 303 1948**

SHD @Bournemouth  
66-68 Palmerston Road  
Boscombe  
Bournemouth  
BH1 4HT

SHD @Weymouth  
Weymouth Community Hospital  
3 Melcombe Avenue  
Weymouth  
DT4 7TD

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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