

# Psychosexual Medicine Service Referral Guidance

## Who should be referred to this service?

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

- Erectile dysfunction
- Loss of libido
- Premature ejaculation
- Orgasm problems
- Dyspareunia
- Delayed ejaculation
- Vaginismus
- Impaired arousal

## Who should not be referred to this service?

**Please do not refer the following groups:**

- Severely depressed or psychotic patients.
- Those with personality disorders.
- Active substance abuse including alcohol.
- Coercion by partner to seek help.
- Patients needing intra-urethral or intra-cavernous Alprostadil, vacuum pump or penile implant.
- Those with severe sexual difficulties as a result of deep-seated psychological disturbances, e.g. exhibitionists, paedophilia, sex addiction, compulsive masturbation.
- Those whose sexual difficulties are a symptom of a much wider general disturbance either as an individual or a couple.
- Those with language difficulties (e.g. non-English speaking) or previous failed long-term psychotherapy may not be appropriate for this service; please discuss before referral.
- Gender dysphoria requesting sex changes (GPs can refer directly to gender identity clinics).
- PTSD as a result of sexual trauma or assault.

Please see page 3 for details of alternative services.

## How do we work?

The Psychosexual Medicine clinics are run by Dr Joanne Lee and Dr Sally Tattersall. All have been trained by the Institute of Psychosexual Medicine. They will undertake:

- A full **history**, medical and psychosexual, will define the problem and offer clues to its origin.
- The doctor will **identify** the perceptions, concerns and expectations of the patient and (if present) their partner.
- The patient will be **examined**, physically and psychosomatically.
- **Investigations** may be requested where appropriate.

- The patient will be **counselled** regarding various options available for treatment, which may include:
  - We use a brief psychodynamic interventional model for patients with stable personalities;
  - advice in behavioural techniques;
  - referral to a different specialist for management of a physical problem.

Our approach is best suited to patients whose overall adjustment is good but who are experiencing sexual problems. The patient who is most likely to benefit is one who is highly motivated, and capable of developing insight into their problems and assuming responsibility for their own actions.

### Where are the clinics held?

#### 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  
Wednesday  
Alternate Friday

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

#### Telephone appointments

Tuesday

13:00-16:00

### How do I refer to the service?

Referrals can be made by any healthcare professional who has seen the patient. Standard referral forms are available [here](#).

The Psychosexual Medicine service is an “opt-in” service and a mobile phone number (preferred) or other method of contact should be included in the referral. The first appointment will only be made once the patient has confirmed that they wish to attend.

Referrals should include any relevant past medical history, medication details and copies of blood test results. Referrals for patients with erectile dysfunction should be accompanied by an endocrine profile including LH, FSH, TSH, prolactin, testosterone, SHBG, cholesterol and blood glucose.

The time to first appointment will vary according to the waiting list, but we aim for this to be less than 18 weeks. On discharge the referral will be sent a letter summarising the treatment and outcome.

### Useful resources

[British Society for Sexual Medicine](#)  
[BSSM ED guidelines](#)

### Other services

Our doctors are happy to discuss potential referrals by email – [dhc.psychosexualsevice@nhs.net](mailto:dhc.psychosexualsevice@nhs.net).

### Gender identity clinics

Direct referrals by healthcare professionals are accepted through our [referral form](#). A mental health service assessment is not required before referral. The GP must be willing to collaborate with patient care.

#### London

[Tavistock & Portman Gender Identity Clinic](#)  
Tavistock & Portman NHS Foundation Trust  
179-183 Fulham Palace Road  
London, W6 8QZ

Tel: 0208 483 2801  
Safehaven fax: 0208 483 2873

#### Exeter

[The Laurels Gender Identity Clinic](#)  
11-15 Dix's Field  
Exeter  
EX1 1QA

Tel: 01392 677077  
Email: [dpn-tr.thelaurels@nhs.net](mailto:dpn-tr.thelaurels@nhs.net)

### Paraphilias and sex addiction

**Paraphilias** are conditions where there are sexual interests that are more unusual, e.g. voyeurism, exhibitionism, paedophilia, addiction to pornography, extreme sexual desire or extreme masturbation. The [Portman Clinic](#) offers long term psychoanalytic psychotherapy to people who suffer from problems arising from damaging sexual behaviour experiences.

Dorset CCG approval is required before sending NHS referrals, tel 01305 368936.

Clinical Co-ordinator  
8 Fitzjohn's Avenue  
London, NW3 5NA  
Tel: 0208 938 2600

Consultant Psychiatrist and Clinical Director for Forensic Services DHUFT  
[simon.beer@nhs.net](mailto:simon.beer@nhs.net)

### Non-NHS psychotherapy for sex addition:

[Fresh Start Psychotherapy](#)  
Beauchamp Lodge  
2 Warwick Crescent  
Paddington  
London, W2 6NE  
Tel: 0207 691 7638

### Local urology clinics: for assessment and training prior to Caverject injections or MUSE

#### Bournemouth

Mr DeSouza / Mr J Mylankal  
Consultant Urologist

University Hospitals Dorset NHS Foundation Trust  
The Royal Bournemouth Hospital  
Castle Lane East  
Bournemouth, BH7 7DW

#### Dorchester

Mr Stephen Andrews  
Consultant Urologist

Urology Nurse Specialists:  
Alison Lowndes Tel: 01305 255145  
Penny McCracken Tel: 01305 255695

Dorset County Hospital  
Williams Avenue  
Dorchester, DT1 2JY

### Tertiary urology clinics: for penile implants

#### Bristol

Mr Anthony Timoney  
Consultant Urologist

Department of Urology  
North Bristol NHS Trust  
Southmead Hospital  
Bristol, BS10 5NB

Tel: 0117 959 5154

#### Southampton

Mr Rowland Rees  
Consultant Urologist and Andrologist

Southampton General Hospital  
Tremona Road  
Southampton, SO16 6YD

### Erectile dysfunction clinics for diabetics: for assessment for Caverject and MUSE

#### Bournemouth

Dr David Kerr / Dr Cavan  
Consultant Diabetologist

Dr T Richardson  
Consultant Endocrinologist

University Hospitals Dorset NHS Foundation Trust  
The Royal Bournemouth Hospital  
Castle Lane East  
Bournemouth, BH7 7DW

#### Dorchester

Mr A Macklin  
Consultant Endocrinologist

Dorset County Hospital  
Williams Avenue  
Dorchester, DT1 2JY

#### Poole

Dr David Coppini  
Consultant Diabetologist

MARS Clinic (*Erectile dysfunction clinic run by diabetic nurse specialist*)

University Hospitals Dorset NHS Foundation Trust  
Poole General Hospital  
Longfleet Road  
Poole, BH15 2JB

## Patient groups

### Relationship guidance counsellors

**Dorset & South Wiltshire Relate Centre** <http://www.relate.org.uk/dorset-south-wiltshire>

2 Poundbury Business Centre  
Poundbury  
Dorchester, DT1 3WA  
Tel: 01305 262285

### Marriage Care Counselling [www.marriagecare.org.uk](http://www.marriagecare.org.uk)

Bournemouth Centre appointments  
Tel: 0800 389 3801

### Relate Bournemouth [www.relate-bournemouth.org.uk](http://www.relate-bournemouth.org.uk)

1 Stratfield Saye  
20/22 Wellington Road  
Bournemouth, BH8 8JN  
Tel: 01202 311231

## Sexual problems

### Sex Addicts Anonymous <http://saa-recovery.org.uk>

Tel: 07843 108302

### Sexual Advice Association (formerly Sexual Dysfunction Association)

[www.sexualadviceassociation.co.uk](http://www.sexualadviceassociation.co.uk)

Helpline: 0207 486 7262

### Sex and porn addiction [www.sexaddictionhelp.co.uk](http://www.sexaddictionhelp.co.uk)

“The Kick Start Recover Kit” – a self-help resource

**The Laurel Centre** <https://thelaurelcentre.co.uk/> (private)

### Stop SO <https://www.stopso.org.uk/>

Tel: 07473 299883

(Specialist treatment organisation for the prevention of sexual offending.)

This organisation works with those at risk of sexual offending or reoffending to enable them to stop acting out, thus reducing the risk to society and lessening the number of victims. They work with the families of sex offenders who also have to come to terms with being related to a sex offender.

### The Lucy Faithful Foundation <http://www.lucyfaithfull.org.uk>

Tel: 01527 591922

This foundation works with entire families that have been affected by sexual abuse, including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.

## Sexual trauma

### Sexual Trauma and Recovery Service [www.startsdorset.org](http://www.startsdorset.org)

Self-referral, a pan Dorset charity that offers one to one support, free of charge, for any age or gender who lives, works or studies in Dorset and has experienced any form of sexual violence at any time in their lives.

Helpline: 01202 308855, General enquiries: 01202 308840

Email: [info@startsdorset.org](mailto:info@startsdorset.org)

**Transgender support**

**Beaumont Society** [www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)

27 Old Gloucester Street

London, WC1X 6XX

Tel: 01582 412220

**Over The Rainbow** <http://www.rainbowbournemouth.co.uk>

The Shores

5 Madeira Road

Bournemouth, BH1 1QQ

Tel: 0300 303 1948

**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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