

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.

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

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

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

Bournemouth Centre appointments
Tel: 0800 389 3801

Relate Bournemouth 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

Helpline: 0207 486 7262

Sex and porn addiction 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.starsdorset.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@starsdorset.org

Transgender support

Beaumont Society 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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