

Department of Psychosexual Medicine

Patient Information



Health & care
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Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

Author: Dr A Vaughan
Role: Associate PSM specialist
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Sexual Problems Clinic

A confidential service for anyone with sexual problems irrespective of marital status or sexual orientation. We aim to provide a friendly, caring environment in which you can work through your sexual difficulties with the aid of a specially trained doctor.

Who works at the clinic?

The clinic is staffed by female doctors who have had specialist training in Psychosexual Medicine. Both Dr Alison Vaughan (Weymouth & Dorchester) and Dr Joanne Lee (Blandford) are members of the Institute of Psychosexual Medicine.

When are the clinics held?

Mon	Blandford Hospital	2pm-5pm
Tues	Dorchester clinic	9am-12noon
Thurs	Weymouth Hospital	9:30am-12:30pm

*See overleaf for clinic addresses

Is it confidential?

The service is strictly confidential. However, as is normal in the NHS we do keep case notes, which are, of course, stored securely. We also keep the doctor who initially referred you to the clinic informed of your progress.

How long does therapy last?

Sessions can last from 30 to 50 minutes, and you may need to attend a number of sessions. 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 rest assured that this will be handled sensitively. As part of your course of treatment you may require examination by the doctor or some blood tests.

Can I be seen without a partner?

You may be seen individually, or as a couple. Your doctor will advise you which is likely to be of most benefit in helping your problem.

Appointments

When we receive a referral for you, you will be asked to complete a registration form so that we have your full contact details once you have been referred to the clinic. Once this form has been returned, you will be contacted as soon as an appointment becomes available. If we do not hear from you within four weeks, your name will be removed from the waiting list and your referrer will be informed.

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
- Premature ejaculation
- Orgasm problems
- Painful intercourse
- Delayed ejaculation
- No penetration (vaginismus)
- Impaired arousal

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

Where are clinics held?

Weymouth clinic

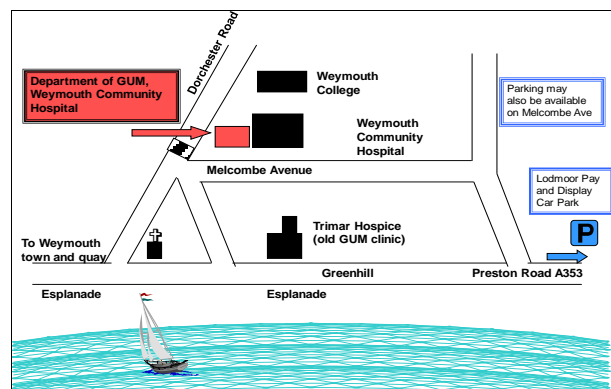
The Park Centre for Sexual Health
Weymouth Community Hospital
Melcombe Avenue
Weymouth
DT4 7TB

Dorchester clinic

Contraception & Sexual Health Clinic
20 Trinity Street
Dorchester
DT1 1TU

Blandford Clinic

Sexual Health Clinic
Portman Unit
Blandford Community Hospital
Milldown Road
Blandford Forum
DT11 7DD



Further Information

Due to the high demand for appointments at this clinic, and a lengthy waiting list, we would be grateful if you could let us know as soon as possible if you are NOT able to attend your appointment.

Tel: 01305 762694 / 01305 762682

E-mail: hilary.loxton@dchft.nhs.uk