



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# PATIENT INFORMATION

# Sefton Psychosexual Therapy Service

Information for Individuals and  
Couples



**Sefton**  
Sexual Health  
Service

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 or emotional and relationship circumstances

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

### **Who are we?**

Sefton 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
- Ejaculation problems
- Fear of penetration or vaginismus (a spasm of the muscles surrounding the vagina which makes penetration difficult or impossible)
- Problems with orgasm
- Pain during intercourse
- 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.**

## **Appointments**

The service operates an appointment only system. All appointments including the initial one, last for approximately 50 minutes. To enable the best use of this time and to prevent wasted appointments, it is essential to contact the service with as much notice as possible if you are unable to attend any appointment. 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 and 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.

It would be helpful if you could bring with you a list of any medications that you are taking.

Confidentiality is assured and will be explained and discussed at your first appointment. If appropriate, and only with your permission, your therapist may consult with other appropriate professionals to help resolve your difficulties. In addition, occasionally we may need to discuss you with other professionals if we feel there is a risk to you or someone else.

Sessions will be held either face-to-face in a venue within Sefton 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.

Please note if you have any special requirements e.g. wheelchair access, mobility, hearing, sight or to discuss any potential difficulties in absolute confidence, please contact the service directly.

**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.**

## **Partner Involvement- Pros & 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 has refused to attend with you, talk to your therapist about the situation.

## **Contact details**

Telephone: 01704 704056

Email: [soh-tr.seftonpst@merseywestlancs.nhs.uk](mailto:soh-tr.seftonpst@merseywestlancs.nhs.uk)

Website: <https://www.seftonsexualhealth.nhs.uk>

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

# Please call 01704 704714 if you need this leaflet in an alternative format

## Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

### FOR APPOINTMENTS

Telephone (01695) 656680

Email [soh-tr.appointments@merseywestlancs.nhs.uk](mailto:soh-tr.appointments@merseywestlancs.nhs.uk)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)

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