

# Psychosexual Service

**This leaflet explains more about the psychosexual clinic at Guy's and St Thomas' Hospital.**

## **What is the psychosexual clinic?**

The psychosexual clinic provides help for individuals and couples with sexual problems.

At the clinic you will see a doctor or counsellor with a special interest in psychosexual issues. Depending on your problem, you may have a physical examination, counselling and/or medical treatment.

## **What does the service provide?**

### **Help with sexual problems**

We help people with a variety of sexual problems such as difficulty with erections or ejaculation, difficulties with orgasm, painful sex, vaginismus, and low sexual desire.

### **Help with relationship problems**

We provide counselling for couples who are experiencing sexual problems. If you are in a relationship and you are unhappy about your sex life we would be happy to help you.

### **Counselling and treatment**

Our counselling is a combination of behavioural exercises, CBT (cognitive behavioural therapy), psychodynamic counselling and client-led counselling.

On occasion, we might suggest medical treatment and, very rarely, surgery which would be provided by other specialists at Guy's and St Thomas' Hospital.

## **Useful resources**

Our therapeutic sessions may include a list of useful reading material and various psychosexual resources to help people overcome sexual or relationship problems. Other: Vaginal trainers, lubrication.

## **Psychosexual team**

Dr Leila Frodsham - Psychosexual Lead and Consultant Obstetrician and Gynaecologist

Violeta Jawdokimova - Psychosexual Counsellor

Our service is popular with trainee doctors and counsellors. If you prefer not to have a trainee present during your consultation, please let reception know and we can ask them to step outside.

You may be seen more quickly at the service if you have an appointment with a trainee doctor or counsellor. Please let us know if you would prefer not to see a trainee.

## **Referral criteria**

- Over 16 years of age
- We can help with sexual problems such as erectile dysfunction, premature ejaculation, delayed ejaculation, retrograde ejaculation, vaginismus, low sexual desire, painful sex, and difficulties with orgasm

- Our therapy is brief and not usually suited to people with acute psychiatric (mental health) conditions or history of sexual addiction
- Our service is available to patients from Lambeth and Southwark only.

Psychosexual counselling offers six initial sessions with a review on the seventh session, and can be ongoing until the problem is resolved.

## How can I be referred?

You will need a referral from your GP, nurse, or therapist. Please see a doctor or healthcare professional before attending the service. Referrals may be sent via email to the psychosexual service lead Dr Leila Frodsham at: **[gst-tr.referralsrsh@nhs.net](mailto:gst-tr.referralsrsh@nhs.net)**

# Useful sources of information

Institute of Psychosexual Medicine  
**w:** [www.ipm.org.uk](http://www.ipm.org.uk)

College of Sexual and Relationship Therapists (COSRT)  
**w:** [www.cosrt.org.uk](http://www.cosrt.org.uk)

British Association for Counselling & Psychotherapy (BACP)  
**w:** [www.bacp.co.uk](http://www.bacp.co.uk)

UK Council for Psychotherapy (UKCP)  
**w:** [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

## Books:

- The New Male Sexuality by Bernie Zilbergeld
- The Mirror Within by Anne Dickson
- Becoming Orgasmic by Julia Heiman & Joseph LoPiccolo
- My Secret Garden & Women on Top by Nancy Friday.

# Appointments Date/Time


## Contact us

If you have any questions or concerns about psychosexual therapy, please contact 020 7188 6666 Option 4 (Monday to Friday, 9am to 5pm). Out of hours, please leave a message and a member of staff will call you back in working hours, or contact your GP or NHS 111.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm,  
Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

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