Useful websites and telephone numbers

College of Sexual and Relationship Therapists
www.cosrt.org.uk
A professional body for sex therapists.

StopSo
www.stopso.org.uk
An organisation that aims to prevent addictive behaviours and sexual offending through therapy.

Atsac
www.atsac.co.uk
Association for the Treatment of Sexual Addiction and Compulsivity.

British Association for Counselling and Psychotherapy
www.bacp.co.uk
A professional body for counselling and psychotherapy, including register of therapists.

Samaritans
www.samaritans.org
For those struggling to cope and who need support to prevent crisis. Has self help app and free number: **116 123**

LGBT Foundation
www.lgbt.foundation
Lesbian, Gay, Bisexual and Transgender information and support.

Mesmac
www.mesmac.co.uk
Provides a free range of services including, rapid HIV testing, condoms and lubrication and counselling.

Support After Rape and Sexual Violence Leeds
www.supportafterrapeleeds.org.uk
Dedicated Rape Crisis Centre for all women and girls in Leeds affected by rape and sexual violence.

Vaginismus Awareness
www.vaginismusawareness.com
Information and support.

Vulval Pain Society
www.vulvalpainsociety.org/vps
Resources, practical advice and information.

Anorgasmia - check the website is correct
www.anorgasmia.ner/treatment
Provides information about anorgasmia.

Erectile dysfunction/ejaculation problems
NHS choices is a good reference site:

www.nhs.uk/conditions/Erectiledysfunction/Pages/Introduction.aspx

www.nhs.uk?conditions/ejaculation-problems/Pages/Introduction.aspx

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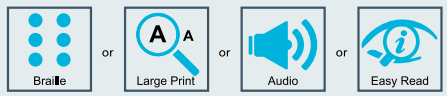

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NHS
Leeds and York Partnership
NHS Foundation Trust

Psychosexual Medicine Service (PSM)

The Psychosexual Medicine Service (PSM) is a Leeds based specialist service, offering assessment and treatment for most forms of sexual problems.

Sexual problems are categorised into three subheadings:

- **Sexual dysfunction**
- **Gender Identity disorders**
- **Paraphilia's**

The specialist PSM service at Leeds General Infirmary was expressly created to work with service users under subheading 1 – sexual dysfunction.

Specialist treatments are provided for:

- Erectile dysfunction
- Premature or other ejaculatory disorders
- Orgasmic difficulties
- Genito-pelvic pain/penetration disorder (vaginismus and dyspareunia – pain at the commencement of, during or after intercourse)
- Problems of libido (reduced or excessive sex drive/interest)
- Sexual arousal problems
- Specific sexual aversions or phobias

The service also offers specialist education and training for medical staff and students interested in psychosexual therapy.

Referral Criteria

Service users must meet one of the above categories of sexual dysfunction as defined by DSMV

- Service users must be aged 16 years or over (no upper age limit)
- A referral for both partners is required if each partner has a sexual dysfunction and they wish to be seen as a couple
- Individuals or couples must be sufficiently motivated to attend therapy sessions regularly

The service is not able to accept referral for those who are:

- Suffering from an acute psychotic illness
- Currently accessing other mental health services
- Experiencing gender identity problems
- Presenting with a paraphilia, sexual addiction or other addictions, such as pornography, drugs or alcohol
- Experiencing sexual difficulties or behaviour that has brought, or is at risk of bringing, them into conflict with the law
- At risk of harming themselves or others
- In a relationship where recent or current infidelity and relationship issues is a factor
- Experiencing sexual difficulty that is attributable to a physical/medical condition, e.g. diabetes, cardiovascular disease, neurological disease, and where there is no significant psychological component. In such instances,

the sexual problems will be assessed but service users may be transferred back, with advice, to their GP or physician.

Occasionally service users are incorrectly referred - if so, we will advise the referrer of this prior to accepting the referral. If it becomes apparent at assessment that we are not the correct service for the service user, we will provide a report with recommendations for services more suited to the service user's needs.

The Team

Members of the team hold a specialist training in psychosexual therapy and are accredited with the College of Psychosexual Therapists (COSRT). We have both male and female therapists working in the team.

We are currently seeing service users via remote consultations. Please let the team know if you are unable to attend remote consultations or prefer face to face sessions when booking your appointment.

We are able to use interpreters during clinical session if this is needed. Please let the team know if you require an interpreter when you make contact with the service so that we can make arrangements to have an interpreter present.

Clinical Interventions

- An eclectic range of therapy models are drawn upon, including cognitive and behavioural approaches, hypnosis, Emotional Freedom Technique, EMDR, psychodynamic techniques and psychoeducation

- The initial appointment will include a detailed assessment, focusing on specific sexual and relationship problems
- Treatment commonly addresses thoughts, attitudes and behaviours and requires considerable commitment to 'homework' tasks with regular (usually fortnightly to three-weekly) meetings with the therapist
- Although not a prescribing service, medication and sexual aids may be recommended (these should be provided by the referring GP)

The service does not provide long-term therapy or support.

Referral Pathway

Referrals are received from GP only via referral form or letter.

Please see section on pre referral screening tests and include the results in the referral.

Contact details

Psychosexual Medicine Service
Liaison Psychiatry
Leeds and York Partnership NHS Foundation Trust
Rose Garden Office
Leeds General Infirmary
Great George Street
Leeds
LS1 3EX

Tel: **0113 3928288**
Email: **psm.lypft@nhs.net**

Guidelines for pre-referral screen

Female

Description of psychosexual problem	Guideline for pre-referral screen
Vaginismus	• Please carry out an examination of the vagina and vulva to assess the extent of the problem and to exclude any organic cause
Dyspareunia	• As above, after excluding infection, gynaecological causes and other physical problems
Anorgasmia	• Please check thyroid function, full blood count and HbA1c
Sexual interest and arousal disorder	• Please check thyroid function, full blood count, HbA1c, urea and electrolytes and liver function tests • If the patient reports amenorrhoea or oligomenorrhoea also check total and free testosterone levels, SHBG, FSH, LH and prolactin

Guidelines for pre-referral screen

Male

Description of psychosexual problem	Guideline for pre-referral screen
Erectile dysfunction	• Please provide details of drug and alcohol intake and BMI • Check vascular status of lower limbs • Please check: thyroid function, urea and electrolytes, liver function, early morning testosterone levels (08:30-11:30), LH, FSH, HbA1c, prolactin, cholesterol and lipid profiles. Please treat if abnormal • If aged 50+ please check prostate specific antigen, perform a digital rectal examination if the patient has lower urinary tract symptoms and also perform an ECG • Please carry out an examination of external genitalia for phimosis, Peyronie's disease, hypogonadism etc. Refer to Andrology/Endocrinology if present
Delayed Ejaculation	• Please check HbA1c
Sexual interest and arousal disorder	• As for erectile dysfunction