

For further information about this service contact:

Psychosexual Counselling
Kings Brook
5 St Johns Street
Bedford
MK42 0AH

Dunstable Priory
Dunstable Health Centre
Church Street
Dunstable
LU6 3SU

Tel: 0300 300 3030 (option 4) or
01234 244126
Messages may be left

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Email:
ccs.icash-bedford-kingsbrook-pst@nhs.net

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Psychosexual Counselling

General Information

Bedford Borough and Central Bedfordshire



Working in partnership with Terrence Higgins Trust.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



The Psychosexual Clinic

This is a non-discriminatory inclusive service staffed by experienced psychosexual therapists from a variety of backgrounds. Individuals or couples over the age of 16 and living in Bedfordshire can be referred by a health or social care professional

Psychosexual Counselling

A sexual problem, difficulties following sexual abuse/assault or concerns regarding sexual or gender identity may cause physical and, or emotional distress. Sexual problems may be linked to life events, or can be an early sign of certain medical conditions or caused by essential medications. All aspects need consideration.

The therapeutic work involves making sense of the problem and finding ways of resolving it with the individual or couple. **Medication is not prescribed at this clinic.**

Referral

Individuals or couples over the age of 16 and living in Bedfordshire can be referred by a health or social care professional. If this is not possible the individual is advised to telephone the service and ask to speak to one of the psychosexual therapists for further advice and guidance.

Assessment

At the 'assessment interview', the psychosexual therapist discusses the background to the problem with the individual or couple. A realistic focus of therapy is then mutually agreed.

Therapy Contract

Following assessment, the individual or couple and psychosexual therapist will agree a plan for therapy. This usually involves a contract of six follow-up sessions, generally undertaken at 3-4 week intervals, over a period of six months, but can be extended if needed.

If psychosexual counselling is not appropriate, a referral to another specialist may be advised, i.e. for couple counselling, general counselling or for further medical assessment.

Confidentiality

The consultations at the clinic are strictly confidential but there are the usual exceptions to this if anyone is at risk of serious harm to self or others.

If you are interested in referral, please discuss it with your GP or other NHS health or social care provider or for advice, contact the clinic direct.

Clinics

The sessions are held at Kings Brook, 5 St Johns Street, Bedford, and Dunstable Priory, Church Street, Dunstable.



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