

## **iCaSH Cambridgeshire Psychosexual Therapy Pilot (2023-2024)**

### **Patient Information**

#### **What is psychosexual therapy?**

Sexual problems are common, can affect us at any time in life and can cause us distress. The underlying cause of a sexual problem may be physical or psychological in varying proportions, but is rarely limited to one or the other. Psychosexual therapy involves a brief type of psychoanalytic therapy which involves exploring and understanding how emotional factors, not always experienced at the conscious level, interfere with sexual performance and enjoyment. Often this involves physical examination.

The psychosexual therapy service is for individuals aged 16 or over living in Cambridgeshire. It is a new pilot service which will initially run from January 2023 until December 2024. This is commissioned by Cambridgeshire County Council, and will be available at:

#### **iCaSH, Lime Tree Clinic, 351 Mill Road, Cambridge, CB1 3DF**

There may be changes made over-time to this new service as we make improvements, and the service is not guaranteed to continue beyond 2024. As a patient of the service, we value your feedback to highlight areas we can improve.

#### **Referrals**

To be seen in the psychosexual therapy service, you must be referred by another iCaSH clinician, your GP or another health professional. Any physical or organic cause for your symptoms must be ruled out or a management plan in place before you can begin Psychosexual Therapy. For your referral to be accepted you must be willing to explore the emotional and psychological factors contributing to your sexual problem.

The referral criteria includes sexual problems such as:

- Pain with sexual intercourse or altered sensation
- Erectile dysfunction
- Problems with orgasm
- Ejaculation disorders
- Loss of libido

Couples: If a sexual problem affects both people in a couple, the clinician seeing you will decide if you should be seen as a couple or individuals. In this instance, both partners need to be referred into the clinic separately. If only one partner is referred, the other cannot be seen, until they have been referred.

Once we have received your referral, you will be contacted by phone to book your first appointment, or will be sent a text message if you are added to the waiting list. Once you reach the top of the waiting list you will be contacted by phone or text message to book your first assessment appointment.

#### **What to expect**

This is a non-discriminatory inclusive service staffed by experienced psychosexual therapists who either have a qualification with the Institute of Psychosexual Medicine, or with the College of

Sexual and Relationship Therapists. There may be supervised trainees working in the service; you will be informed if you are offered an appointment with a trainee, please let us know if you are not happy with this.

You will be offered an initial 50 minute face to face or telephone assessment appointment. If your therapist agrees you will benefit from the service, then you will be offered up to a maximum of 5 follow-up appointments. If psychosexual therapy is not appropriate, a referral to another specialist or back to your GP may be advised. Psychosexual therapy involves talking about your sexual problem, and often involves physical examination.

At the beginning of each appointment and at the end of your course of therapy, you will be asked to fill in a questionnaire about your sexual problem and how it affects you. *Please arrive for your appointment 10 minutes early to allow time to fill this in.* We will use this information to track your progress, but it will also be anonymised and the data used as part of the evaluation of the service. This is vital for us to demonstrate the positives of the service to gain longer-term funding. If you have any questions about this, please speak to your therapist.

### Chaperones

For any physical examination, our policy is to offer chaperones. Please be aware that the staff member who books you in at the desk when you arrive in clinic, may also be a chaperone for your physical examination, if this is required. If you have any questions or concerns about this, please discuss with your therapist.

### Confidentiality

Consultations at the clinic are strictly confidential, but there are the usual exceptions to this if someone is at risk of serious harm to self or others.

### Missed appointments

If you are unable to attend your appointment, you must contact us **more than 48 hours in advance** to re-arrange or cancel. Missed and last-minute cancelled appointments have a huge impact on the NHS including increasing costs and waiting times.

**If you do not attend an appointment without informing us in advance, it is your responsibility to contact us and make a further appointment. You will be offered one less appointment in total, to account for your un-used appointment. If you do not attend two appointments, without letting us know, then you will be automatically discharged from the service.**

**If you cancel one appointment within 48 hours of the appointment time, you will be offered one less appointment in total. If you cancel a second time within 48 hours of the appointment time, you will not be allowed to re-arrange, you will be automatically discharged and not offered any further appointments within the service.**

### Contact information

Phone: 0300 300 3030

Address: Lime Tree Clinic, 351 Mill Road, Cambridge, CB1 3DF

Website: [icash.nhs.uk/where-to-go/icash-cambridgeshire](https://icash.nhs.uk/where-to-go/icash-cambridgeshire)