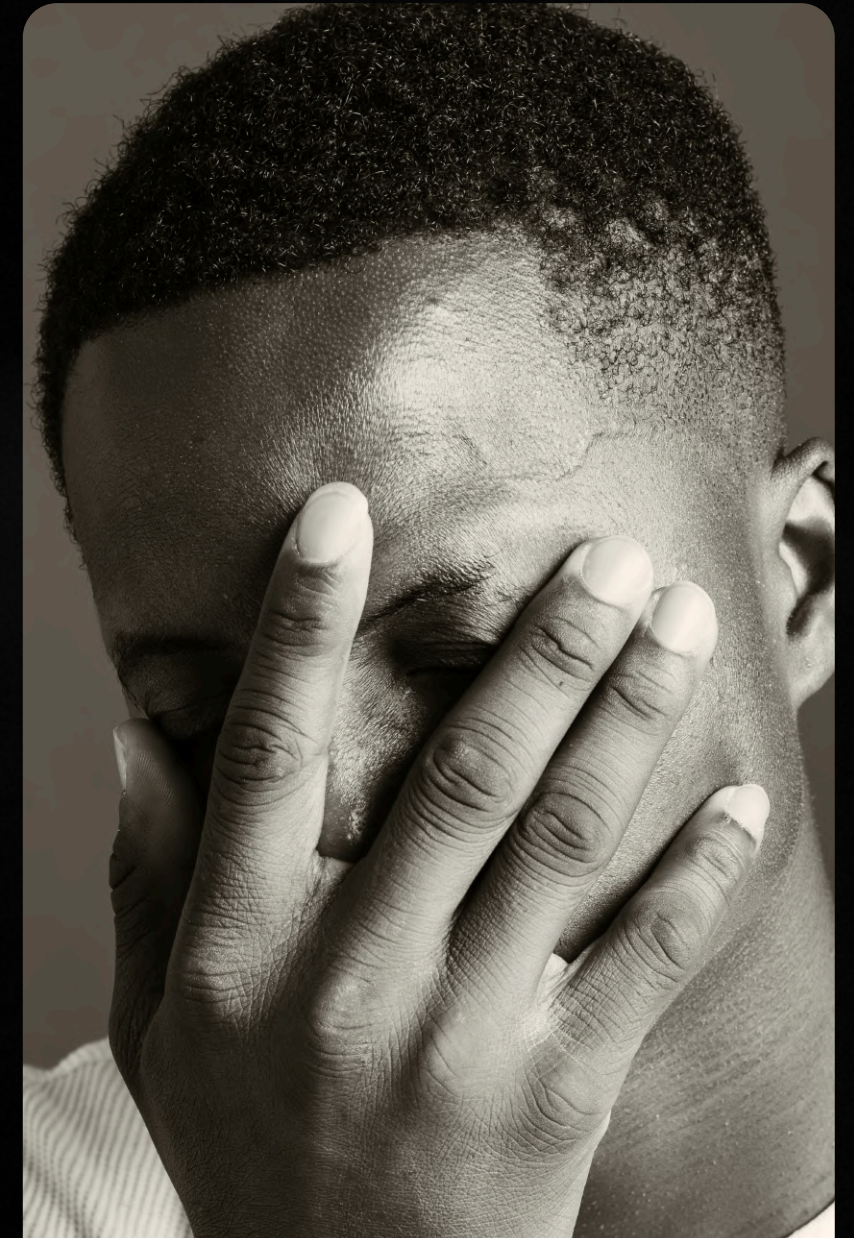
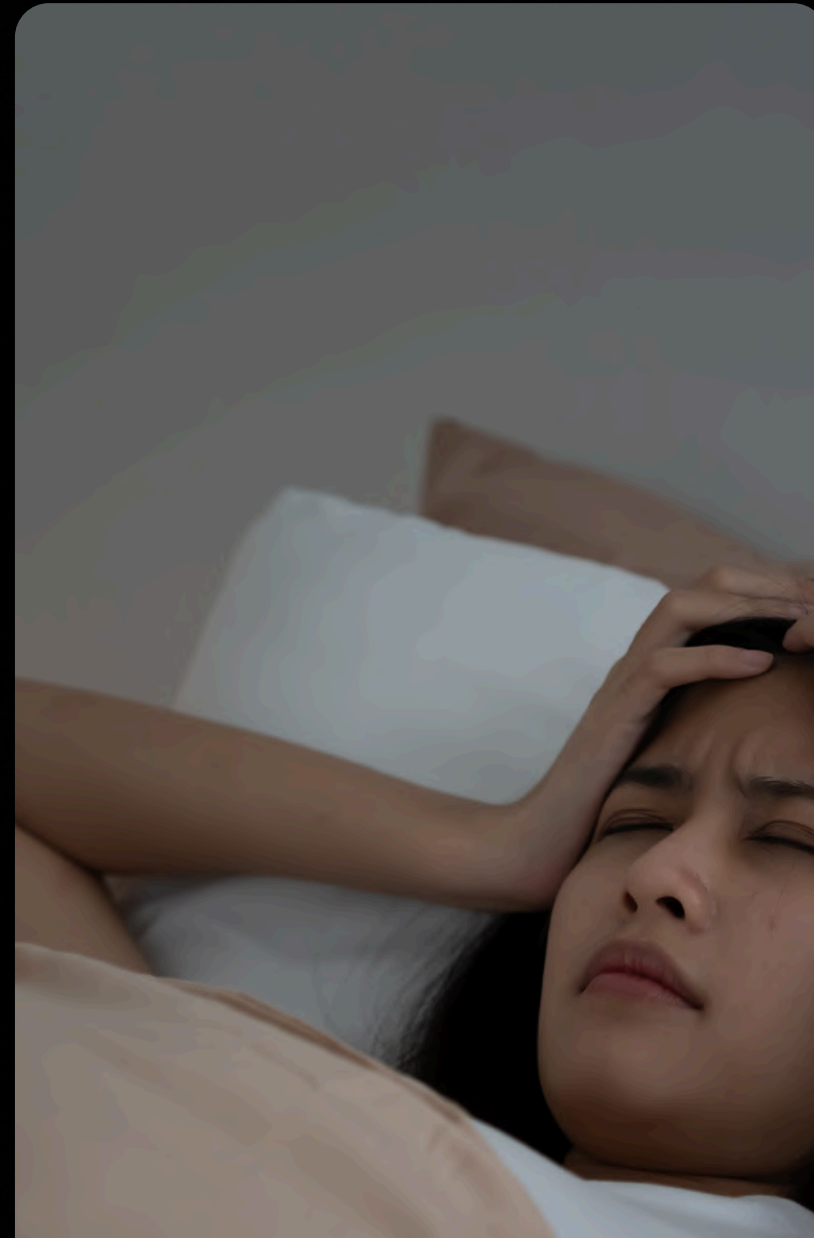


Handbook on treatment for

SEXUAL PROBLEMS

- Low Desire
- Desire Discrepancy
- Orgasm Problems
- Pain / Penetration Problems
- Ejaculation Problems
- Erection Problems
- Compulsive Sexual Behaviour
- Sexual Shame





Introduction

Sexual difficulties are common and can affect any age, gender, and relationship type. Whether you are experiencing difficulties as an individual or in a relationship, support is available. This handbook outlines common sexual concerns and how we can help you develop greater understanding, confidence, connection, and sexual wellbeing.

Sexual difficulties we treat

Low Sexual Desire

A reduced interest in sex can be distressing, whether it develops gradually or suddenly. Desire is influenced by emotional, relational, physical, and cultural factors (as well as medication). Therapy can help you understand the factors affecting desire and reconnect with your sexuality in a way that feels authentic and fulfilling.

Desire Discrepancy

It is common for partners to have different levels of sexual desire. When this creates tension, resentment, or distance, therapy can help couples communicate more openly, understand each other's needs, and find ways of fostering intimacy that work for both partners.

Erection Problems

Difficulties achieving or maintaining an erection can affect confidence, relationships, and sexual enjoyment. Therapy can help address performance anxiety, stress, self-criticism, relationship concerns, and other psychological factors that may contribute to erection difficulties.

Ejaculation Problems

Concerns such as ejaculating sooner than desired, delayed ejaculation, or difficulty ejaculating can cause frustration and anxiety. Therapy can help reduce pressure, improve sexual confidence, and develop strategies that support greater control and satisfaction.

More sexual difficulties we treat

Pain and Penetration Problems

Pain during sex or difficulties with penetration can be physically and emotionally distressing. Therapy can help address anxiety, fear, shame, relationship concerns, and the emotional impact of pain, often as part of a multidisciplinary approach to treatment.

Orgasm Problems

Some people find it difficult to reach orgasm, experience delayed orgasm, or feel unable to orgasm at all. Therapy can help explore barriers such as anxiety, self-consciousness, past experiences, relationship dynamics, or unhelpful beliefs about sex.

Compulsive Sexual Behaviour

When sexual thoughts, urges, or behaviours feel difficult to control and begin to impact wellbeing, relationships, or daily life, therapy can help you understand underlying patterns, manage impulses, and develop a healthier relationship with your sexuality.

Sexual Shame

Feelings of shame, guilt, embarrassment, or discomfort about sexuality can affect self-esteem, relationships, and sexual wellbeing. Therapy provides a safe, non-judgemental space to explore these experiences and develop greater self-acceptance and sexual confidence.



Sexual concerns are more common than you may realise. Therapy offers a confidential space to explore your challenges, strengthen relationships, and improve your sexual wellbeing.

Professionals who may be involved with treatment



Psychotherapists or
Sexologists



General Practitioners
(GPs)



Pelvic Health
Physiotherapists



Medical Specialists, i.e.,
Urologists,
Gynecologists or
endocrinologists.



Dietitian or nutritionist

Whether solo or partnered, you
can experience more pleasure.



Psychotherapy

Sexual difficulties aren't usually just about sex. They can be influenced by emotions, stress, relationships, hormones, experiences, self-esteem, cultural messages, and meanings we attach to sexuality.

Psychotherapy provides a confidential, non-judgemental space to explore and understand these factors. We also offer exercises to explore and improve your sexual wellbeing.

Instead of focusing solely on symptoms, therapy aims to address underlying patterns, reduce distress, improve communication and self-awareness, and help you develop a more satisfying and authentic relationship with yourself, your sexuality, and your intimate relationships.



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