Psychosexual Medicine service referral guidance

Who should be referred to this service?

Our service has been found to be very effective at helping a wide range of sexual problems, including:

- Erectile dysfunction
- Loss of libido
- Premature ejaculation
- Orgasm problems
- Dyspareunia
- Delayed ejaculation
- Vaginismus
- Impaired arousal

Who should not be referred to this service?

Please do not refer the following groups:

- Severely depressed or psychotic patients
- Those with personality disorders
- Active substance abuse including alcohol
- Coercion by partner to seek help
- Patients needing intra-urethral or intra-cavernous alprostadil, vacuum pump or penile implant
- Those with severe sexual difficulties as a result of deep seated psychological disturbance eg exhibitionists, paedophilia, sex addiction, paedophilia
- Those whose sexual difficulties are a symptom of a much wider general disturbance either as an individual or as a couple
- Those with language difficulties (e.g. non-English speaking) or previous failed long term psychotherapy may not be appropriate for this service; please discuss before referral
- Gender dysphoria requesting sex change (GP’s can refer directly to gender identity clinics)

Please see page 3 for details of alternative services.

How do we work?

The Psychosexual Medicine clinics are run by Dr Helen Fairhurst, Dr Alison Vaughan and Dr Joanne Lee. All have been trained by the Institute of Psychosexual Medicine. They will undertake:

- A full history, medical and psychosexual, will define the problem and offer clues to its origin
- The doctor will identify the perceptions, concerns and expectations of the patient and (if present) their partner
- The patient will be examined, physically and psychosomatically
- Investigations will be performed where appropriate
- The patient will be counselled regarding various options available for treatment, which may include
  - brief, focused psychodynamic psychoanalysis to patients with stable personalities
  - advice in behavioural techniques
  - referral to a different specialist for management of a physical problem

Our approach is best suited to patients whose overall adjustment is good but who are experiencing sexual problems. The patient who most likely to benefit is one who is highly motivated, and capable of developing insight into their problems and assuming responsibility for their own actions.
Where are the clinics held?

**Bournemouth:**
The Junction  
235 Holdenhurst Road  
Bournemouth  
BH8 8DD  
Monday: 8.00am to 11am  
Tuesday: 2.00pm to 5pm  
Wednesday: 3.15pm to 6.15pm  
Thursday: 8.30am to 11.30am  
Friday: 8.00am to 11am

**Poole:**
Poole Community Health Clinic  
Shaftesbury Road  
Poole  
BH15 2NT  
Wednesday: 8.30am to 11.30am

**Blandford:**
Sexual Health Clinic  
Portman Unit  
Blandford Community Hospital  
Blandford  
DT11 7DD  
Monday: 2:00 pm to 5:00 pm

**Dorchester:**
Contraceptive and Sexual Health Clinic  
20 Trinity Street  
Dorchester  
DT1 1TU  
Tuesday: 9:00 am to 12:00 noon

**Weymouth:**
The Park Centre for Sexual Health  
Weymouth Community Hospital  
Melcombe Avenue  
Weymouth  
DT4 7TB  
Thursday: 9:30 am to 12:30 pm

How do I refer to the service?

Referrals can be made by any healthcare professional who has seen the patient. Standard referral forms are available (see below).

The psychosexual medicine service is an “opt-in” service and a mobile phone number (preferred) or other method of contact should be included in the referral. The first appointment will only be made once the patient has confirmed that they wish to attend.

Referrals should include any relevant past medical history, medication details and copies of blood test results. Referrals for patients with erectile dysfunction should be accompanied by an endocrine profile including LH, FSH, TSH, prolactin, testosterone, SHBG, cholesterol and blood glucose.

The time to first appointment will vary according to the waiting list, but we aim for this to be less than 18 weeks. On discharge the referrer will be sent a letter summarising the treatment and outcome.
Psychosexual medicine clinics in Dorchester, Blandford or Weymouth

Referrals should be sent by letter, e-mail or fax, using the referral form below, to:

Mrs Hilary Loxton
Systems Manager / PA
The Park Centre for Sexual Health
Weymouth Community Hospital
Melcombe Avenue
Weymouth
Dorset
DT4 7TB

Telephone: 01305 762694
Fax: 01305 762695
E-mail: Hilary.Loxton@dchft.nhs.uk

Psychosexual medicine clinics in Bournemouth and Poole

Referrals should be sent by letter, e-mail or fax, using the referral form below, to:

Administrator
Psychosexual medicine clinic
The Junction
235 Holdenhurst Rd
Bournemouth
BH8 8DD

Telephone: 01202 646 913
Fax: 01202 729 650
E-mail: dhc.psm.admin@nhs.net

Useful resources

British Society for Sexual Medicine
BSSM ED guidelines

Other services

Our doctors are happy to discuss potential referrals by telephone. A message can be left with the clinic administrators on 01202 646913 (East) or 01305 762694 (West)

Gender Identity Clinics

Direct referrals by health professionals are accepted. Referral forms are on the websites A mental health service assessment is not required before referral. The GP must be willing to collaborate with patient care.

London:

Tavistock & Portman Gender Identity Clinic
Tavistock & Portman NHS Foundation Trust
179-183 Fulham Palace Road
London
W6 8QZ

Telephone: 0208 483 2801
Safehaven fax: 0208 483 2873

Exeter:

The Laurels Gender Identity Clinic
11 -15 Dix's Field
Exeter
EX1 1QA

Telephone: 01392 677077
Email: dpn-tr.thelaures@nhs.net

Paraphilias and sex addiction

Paraphilias are conditions where there are sexual interests that are more unusual, eg voyeurism, exhibitionism, paedophilia, addiction to pornography, extreme sexual desire or extreme
masturbation. The Portman clinic offers long term psychoanalytic psychotherapy to people who suffer from problems arising from damaging sexual behaviour experiences.

Dorset CCG approval is required before sending NHS referrals. ☎ 01305 368 936.

Clinical Co-ordinator
8 Fitzjohn’s Avenue
London
NW3 5NA
Telephone: 0208 938 2600

Consultant psychiatrist and Clinical Director for Forensic Services DHUFT
Simon.Beer@nhs.net

Non-NHS psychotherapy for sex addiction:

Fresh Start Psychotherapy
Beauchamp Lodge
2 Warwick Crescent
Paddington
London W2 6NE
Telephone: 0207 691 7638

Local urology clinics: for assessment and training prior to Caverject Injections or MUSE

Bournemouth:
Mr DeSouza / Mr J Mylankal
Consultant Urologist

Dorchester:
Mr Stephen Andrews
Consultant Urologist

The Royal Bournemouth Hospital
Castle Lane East
Bournemouth
BH7 7DW

Urology Nurse Specialists:
Alison Lowndes   Tel: 01305 25 5145
Penny McCracken   Tel: 01305 25 5695

Dorset County Hospital
Williams Avenue
Dorchester
DT1 2JY

Tertiary urology clinics: for penile implants

Bristol:
Mr Anthony Timoney
Consultant Urologist

Southampton:
Mr Rowland Rees
Consultant Urologist and Andrologist

Department of Urology
North Bristol NHS Trust
Southmead Hospital
Bristol   BS10 5NB

Southampton General Hospital
Tremona Road
Southampton
Hampshire   SO16 6YD

Tel: 0117 959 5154

Erectile dysfunction clinics for diabetics: for assessment for Caverject and MUSE

Bournemouth:
Dr David Kerr / Dr Cavan

Poole:
Dr David Coppini
Consultant Diabetologist
Dr T Richardson
Consultant Endocrinologist
The Royal Bournemouth Hospital
Castle Lane East
Bournemouth
BH7 7DW

Dorchester:
Dr A Macklin
Consultant Endocrinologist
Dorset County Hospital
Williams Avenue
Dorchester
DT1 2JY

Dorchester Psychosexual Medicine referral guidance

Consultant Diabetologist
MARS Clinic *(Erectile dysfunction clinic run by diabetic nurse specialist)*
Poole General Hospital
Longfleet Road
Poole
BH15 2JB

Patient groups

Relationship guidance counsellors

Relate Bournemouth  [www.relate-bournemouth.org.uk](http://www.relate-bournemouth.org.uk)
1 Stratfield Saye
20/22 Wellington Road
Bournemouth
BH8 8JN
Telephone: 01202 311231

2 Poundbury Business Centre
Poundbury
Dorchester
DT1 3WA
Telephone: 01305 262285

Marriage Care Counselling  [www.marriagecare.org.uk](http://www.marriagecare.org.uk)
Bournemouth Centre Appointments
Telephone: 0800 3893801

Sexual problems

Sexual Advice Association (formerly Sexual Dysfunction Association)  
[www.sexualadviceassociation.co.uk](http://www.sexualadviceassociation.co.uk)
Helpline: 0207 486 7262

Sex and porn addiction
“*The Kick Start Recovery Kit*” – a self-help resource
[www.sexaddictionhelp.co.uk](http://www.sexaddictionhelp.co.uk)
Sex Addicts Anonymous  [http://saa-recovery.org.uk](http://saa-recovery.org.uk)
Telephone: 07843 108302

**StopSO (Specialist treatment organisation for the prevention of sexual offending)**  [https://www.stopso.org.uk/](https://www.stopso.org.uk/)
This organisation works with those at risk of sexual offending or reoffending, to enable them to stop acting out, thus reducing the risk to society and lessening the number of victims. We are also work with the families of sex offenders, who also have to come to terms with being related to a sex offender
Telephone: 07473 299883

**The Lucy Faithful Foundation**  [https://www.lucyfaithfull.org.uk](https://www.lucyfaithfull.org.uk)
This foundation works with entire families that have been affected by sexual abuse, including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.
Telephone: 01527 591922

### Transgender support

**Beaumont Society**  [www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)
27 Old Gloucester Street
London
WC1X 6XX
Telephone: 01582 412220

**Over The Rainbow**  [http://www.rainbowbournemouth.co.uk](http://www.rainbowbournemouth.co.uk)
27 St Michael's Rd
Bournemouth
BH2 5DP
Telephone: 01202 257478

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