Psychotherapy and Psychosexual Therapy for Men and Women’s Health

THREE-DAY COURSE: FOR ALL HEALTH CARE PROFESSIONALS

Psychotherapy and Sexual Issues after Illness and Disability

By Jennifer M. Wonnacott MSc (Accredited)

Introduction

Who I am, and how I work.
Clinical supervision.

The Brain

The brain is the most complex part of the human body. This three-pound organ is the seat of intelligence, interpreter of the senses, initiator of body movement, and controller of behaviour. Lying in its bony shell and washed by protective fluid, the brain is the source of all the qualities that define our humanity. The brain is the crown jewel of the human body. Our brain is what we are – when it becomes damaged we usually lose part of our personality. Therapy has to take a neurobiological approach. We cannot ignore the brain!

Cognitive Behavioural Therapy (CBT).

Discussing a Sensitive Topic: Male and Female Sexuality

Many disconcerting conditions have been shown to negatively impact on both men and women’s self-esteem, quality of sexual and interpersonal relationships, and their quality of life. There may be other correlations between the occurrence of an injury and other variables such as advancing age, diabetes, and trauma. Disability or illness, such as cancer, can potentially impact any aspect of our patients’ sexuality. Patients may wonder if they can have children, whether their sexual partners will stay with them, whether anyone will find them sexually desirable, or whether they will ever enjoy sex again. Much of the medical profession is misinformed about the sexual potential of people with disability or illness. What do we say? Why patients do not dare ask questions. What can we do about that?
Male Sexual Dysfunctions

Almost all men will experience one or more sexual problems at some point in their lives. Fortunately, many of these problems may improve on their own over a short period of time. However, supporting male patients who have experienced any form of illness, and disability, which has resulted in relationship and psychosexual problems, requires expert advice and guidance.

The lectures will address male patients’ and health care professionals’ uncertainty when having to address the most intimate of subjects. Whether the ‘problems’ have occurred through Oncology; tumours that are benign or malignant, Neurological conditions, e.g.: Traumatic Brain Injury, Disability of any kind, Peyronie’s Disease, Spinal Cord Injury, Generalized Anxiety Disorder, Major Depression, and many more.

Discussions: On Sexual Health and Dysfunctions.

Female Sexual Dysfunctions

Female sexual dysfunction (FSD) is a multicausal and multidimensional problem, encompassing both medical and psychological aspects. In spite of its high prevalence rates, many cases of FSD remain unacknowledged, subsequently leading to women suffering in silence with treatable conditions. It is estimated that sexual dysfunction affects 30 – 50% of women, with only a proportion of these women seeking further medical advice regarding their disorders (Brown, Blagg, and Reynolds 2007).

Current classifications of FSD are largely derived from the linear model of human sex response by Masters and Johnson, which was later revised by Kaplan in the 1960’s. The term ‘female sexual dysfunction’ incorporates a number of subcategories of sexual disorders. These include Sexual Arousal, Orgasmic, Sexual Pain, Anorgasmia, and Hypoactive Sexual Desire Disorders (HSDDs).

Woman’s sexual functioning and sex life after Spinal Cord Injury.

ONCOLOGY:

Understanding Sexuality in Woman with Gynaecological and Breast Cancer
A literature Review of Etiology and Current Treatments.

Discussions: On Sexual Health and Dysfunctions.
Schedule

**DAY ONE: Introduction to the three days of lectures, interaction, and learning**

9.00 Registration: Tea Coffee and Biscuits
9.30 Introduction Who I Am & How I Work The Body Work of Psychosexual Therapy
10.30 The Brain: Psychology and Psychosexual Therapy
11.00 Tea Coffee and Biscuits
11.30 Male and Female Sexual Dysfunctions
12.30 Lunch
13.30 Interaction: What do you want for your patients from these three days?
14.30 Tea Coffee and Biscuits
15.00 Case Studies and Discussions
16.00 Knowledge Questionnaire
16.30 Feedback and Close

**DAY TWO: Male Sexual Dysfunctions**

9.00 Registration: Tea Coffee and Biscuits
9.30 Introduction to Male Sexual Dysfunctions and the Ramifications
10.30 Self-Awareness of the Male Sexual Response after Spinal Cord Injury
11.00 Tea Coffee and Biscuits
11.30 Sexual Dysfunction in Patients with Long-Term Neurological Conditions
12.30 Lunch
13.30 Relationships and Prostate Cancer
14.30 Tea Coffee and Biscuits
15.00 Case Studies and Discussion
16.00 Knowledge Questionnaire
16.30 Feedback and Close

**DAY THREE: Female Sexual Dysfunctions**

9.00 Registration: Tea Coffee and Biscuits
9.30 Introduction to Female Sexual Dysfunctions and the Ramifications
10.30 Treatments for Female Sexual Dysfunctions
11.00 Tea Coffee and Biscuits
11.30 Women’s Sexual Functioning after Spinal Cord Injury
12.30 Lunch
13.30 ONCOLOGY: Sexuality after Gynaecological and Breast Cancer
14.30 Tea Coffee and Biscuits
15.00 Case Studies and Discussion
16.00 Evaluation and Questions
16.30 Conclusion
About the speaker

Jennifer Wonnacott has gained two Master Degrees in higher education, one is in Psychotherapy the other in Psychosexual Therapy. The two Master Degrees were obtained in London UK.
She has trained and worked at The Institute of Psychiatry, London and the Maudsley Hospital, London. She also studied and worked at St. George’s Hospital London learning the importance of hormones and their affect on sexuality for men and women.
She has worked in Oncology (Cancer) as the Lead Oncology Therapist for over ten years. She has worked as a Psychosexual Therapist for over twenty years. She has a Private Practice in the UK. She also works with The Occupational Health Department for the National Health Service (NHS). She works in GP Surgeries working with Consultants, Drs. Nurses, Physiotherapists, Occupational Therapists and fellow Therapists.
She is a Senior Supervisor to students.
She has also worked as a Expert Witness for Exeter Crown Court UK. She has worked for the Police helping to support them
She has worked with men and women who have received multiple injuries, who have returned from war zones.
She enjoys lecturing internationally. With over ten years solid experience in Psychosexual Therapy she is now seeking to respond to new challenges in lecturing and contribute to effective practice. She enjoys her work enormously

Date: 18 - 20 Feb 2012
Time: 9:00 am – 5:00 pm
Fee: $4,000, 10% discount for registration before 15 Dec 2011.

For interested candidate, please prepare the cheque in the name of HEMAX Health Products Company Limited, with your name, address, email and telephone number on the back and send to Rm 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok. Please feel free to contact Mr. LAU at 2111 2880 / on.lau@hemaxhealth.com for any questions.

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