



About Psychosexual and Relationship Therapy

This leaflet gives a brief summary of what psychosexual therapy entails.

What is psychosexual therapy?

Our psychosexual therapy service is a short-term, talking based treatment that does not require examination. It is aimed at helping people who have difficulties in their sexual relations, whether from a physical, emotional or psychological source, or a combination of these.

Sexual functioning is a complex bio-psycho-social process co-ordinated by the psychological, neurological, vascular and endocrine process and sexual difficulties are often due to a combination of factors.

People can develop an emotional or psychological blocks to intimacy and sex as a result of medical treatment and changes to their appearance. Some have experienced trauma, loss or life events. The emotional blocks cause a physical symptom, e.g. reduced or no interest in sex or intimacy.

Our psychosexual service sets out to diagnose and treat psychosexual dysfunctions, but the process may continue beyond your session. The outcome from psychosexual therapy will depend on a number of factors: the underlying cause, severity of the difficulties, time spent on exercises, and if in a couple, their involvement in therapy.

If you would like to know more about psychosexual therapy, we have a more in depth version of this leaflet called 'Psychosexual and Relationship Therapy in detail'. We also have a leaflet on the practicalities of psychosexual therapy, which will also help you understand your involvement in psychosexual therapy.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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