

Psychosexual Therapy

Information for Patients

What happens to the information I share with you?

What happens in the psychosexual therapy sessions is private and confidential. Information will not be given to anyone outside of the Sexual Health Department unless we believe that you or a third party (particularly a child) are at significant risk of harm. If we believe this is the case, your details may need to be shared with others, but we would try to discuss this with you first.

We write notes after each session, so a brief record is kept of each appointment. These notes are written in your psychosexual therapy file and this is kept separately from your general sexual health notes. Administration staff have access to your notes, but will not read them unless it is absolutely necessary to do so.

We write to your referrer (if this is your GP) to say that you have started therapy and will also send a final letter when the therapy has ended.

To maintain appropriate standards of care, we have regular supervision with a qualified Psychosexual Supervisor, where we may discuss aspects of your care. We may also discuss your situation at a quarterly peer supervision group or on an ad hoc basis with other team members.

Our therapists adhere to the College of Sexual and Relationship Therapists' Code of Ethics, which can be found on the website: www.cosrt.org.uk.

What should I expect from therapy?

You will have an initial appointment with a Psychosexual Therapist to assess what therapy might be helpful and to explain the process. If appropriate, therapy provides support for all aspects associated with your sexual difficulty, including medical, psychological and relational.

You may also continue to see other members of the sexual health team.

Should my partner attend too?

You may attend alone or with your partner. It is not appropriate to bring children into the therapy sessions.

How many sessions of therapy will I have?

You will be offered up to 8 sessions of therapy and occasionally, in exceptional cases, this may be extended following a discussion with the Psychosexual Therapy Lead.

How often are the sessions?

The frequency of sessions can be flexible. As far as possible, appointments will be arranged at a time that is convenient for you.

What should I do if I can't attend?

Please let us know as soon as possible if you cannot attend by phoning the secretary on:

0116 295 7031

It is helpful to know why you cannot attend and whether or not you want a further appointment.

If you do not attend and do not let us know we may telephone you to discuss further appointments. However, we are not always able to make contact and, therefore, you may be discharged from the service back into the care of your GP. Your GP will be sent a discharge letter if applicable.

If you cancel two consecutive appointments or several non-consecutive appointments we will assume that attendance is difficult for you at this time and you will usually be discharged back into the care of your GP. Your GP will be sent a discharge letter if applicable.

Checking on your well-being

We may ask you to complete questionnaires during the process of therapy so that we can assess your well-being and monitor progress.

Who should I speak to if I have any concerns or comments?

We aim to provide an excellent service for all our patients. If you have any comments you want to make about the service you have received we would be pleased to hear them.

Commitment to Therapy

I have read and understood the above information:

Signature(s):

Patient: Date:

Patient: Date:

Therapist: Date: