



ABC of Sexual Function & Wellbeing

Thursday 10th October 2024

Royal College of Nursing, 20 Cavendish Square, London, W1G 0RN

This popular educational meeting offers an introduction to the latest information on the assessment and management of common sexual problems but is also useful to update and refresh current practice. Educational content is relevant to doctors, nurses, health advisers, psychologists, physiotherapists, sex and relationship therapists and other professionals with an interest in this dynamic field.

PROGRAMME

Time	Detail	Room
09:00	Registration opens; arrival tea and coffee served.	Council Room
09:30	Session Chairs: Penny Goold, Shalini Andrews Young people & sexuality today Sex, sexuality & mental health in young people - Prof. Kirstin Mitchell – <i>University of Glasgow</i> Harmful behaviour on and off-line for young people - Dr. Emily Setty - <i>University of Surrey</i>	Cowdray Hall
10:30	Everyone can take a trauma informed approach - Dr. Mike Yates - <i>Chelsea & Westminster NHS Foundation Trust</i>	Cowdray Hall
11:00	Refreshment Break	Council Room
11:20	Menopause undressed; sex and the menopause - Dr. Jessica Gaddie - <i>Barts Health</i>	Cowdray Hall
11:50	Embracing anti-oppressive practices in sexual wellbeing management - Mrs Natasha Anderson-Foster - <i>Umbrella Sexual Health Birmingham</i>	Cowdray Hall
12:15	A whistle-stop tour of ejaculatory dysregulation - Dr. Stuart Gibson - <i>Barts Health NHS Trust</i>	Cowdray Hall
12:45	Lunch Break	Council Room
13:30	Case-based workshop 1 <i>Delegates will be advised prior to attending the workshop they have been allocated.</i>	See below

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14:20	Case-based workshop 2 <i>Delegates will be advised prior to attending the workshop they have been allocated.</i>	See below
15:05	Refreshment Break	Council Room
15:25	Case-based workshop 3 <i>Delegates will be advised prior to attending the workshop they have been allocated.</i>	See below
16:15	Further Training in Sexual Problems - Dr. Kiersten Simmons - <i>University Hospitals Sussex NHS Foundation Trust</i>	Cowdray Hall
16:45	Closing remarks	Cowdray Hall

Workshops

Delegates will be advised prior to attending the workshops they have been allocated. Upon registering attendees will be asked to select your preferred 3 workshops. Please note that your preferred 3 workshops are not guaranteed.

Workshop	Facilitators	Room
Erectile dysfunction	Dr. Karl Hollows - <i>Midlands Partnership NHS Foundation Trust</i> Ms Agnes Mosobela - <i>London North West University Healthcare NHS Trust</i>	TBC
Queering our approach to sexual dysfunction in marginalised groups	Dr. Christopher McCormack - <i>Chelsea & Westminster Hospital NHS Foundation Trust</i> Dr. Phil Kelly - <i>TransPlus, Chelsea and Westminster NHS Trust & All East Sexual Wellbeing Psychology Service, Barts Health NHS Trust</i>	TBC
A medical and physiotherapy approach to assessing and managing superficial dyspareunia	Miss Sarah Wolujewicz - <i>Cardiff & Vale University Health Board</i> Dr. Ali Mears - <i>ICHT</i>	TBC
Let's talk about sex – dispelling myths, sexual scripts & recognising bias	Dr. Naomi Sutton - <i>Rotherham Sexual Health Services</i>	TBC

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Speakers & Facilitators

Speaker	Biography
Dr. Jessica Gaddie	Jess Gaddie is a SpR in GUM/ HIV living and working in East London. She has had a Female Sexual Wellbeing Clinic for the last 6 years and has also worked in Menopause Clinics within the Tower Hamlets Women's Health Hub. She has obtained the Menopause Care Professional Certificate, and is a diplomate with the Institute of Psychosexual Medicine. Jess is currently leading a mixed methods research project in the area of Vaginismus, and is author of a popular online open-source workbook for the management of Vaginismus. She is one of the group currently updating the sexual wellbeing section of the BHIVA Sexual and Reproductive Health guidelines.
Dr. Karl Hollows	<p>Dr Karl Hollows is both a medical sexual health specialist and senior accredited COSRT psychosexual therapist. He passed the FECSM (Fellow of the European Committee of Sexual Medicine) examination in 2016 and became an EFS & ESSM Certified Psycho-Sexologist (ECPS) in 2020, becoming the first person in the UK to achieve both qualifications. He now works across two NHS Trusts leading their Psychosexual Medicine and Therapy Services. He has no private practice.</p> <p>Karl has woven education throughout his career with regard sexual and psychosexual health and speaks both locally and nationally. He holds honorary contracts with two UK universities and has taught on psychosexual therapy postgraduate courses for several years.</p> <p>In addition to the psychosexual work, Karl is clinical lead for the level 3 integrated sexual health service covering North Staffordshire and Stoke on Trent.</p>
Dr. Ali Mears	<p>Dr Ali Mears has been working as a Consultant in Sexual health in the Jefferiss Wing, St Mary's hospital, Imperial College Healthcare NHS Trust (ICHT) since 2007. She has a sub speciality interest in Sexual Function and is the lead clinician in the Jane Wadsworth Clinic. This is a multidisciplinary, dedicated service for all genders of adult patients with sexual difficulties. Anyone can be referred to this service, via their GP.</p> <p>She is a member of two BASHH (British Association of Sexual Health and HIV) special interest groups; Sexual Function & Wellbeing and Sexual Violence. She has a particular interest in Domestic Abuse (DA)</p>

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	<p>and is currently the Clinical lead for the IRIS ADVISE pilot project managing DA/ SV disclosures in Sexual health. She sits on the Trust Harmful Practices steering group.</p> <p>She is a qualified Transformative Mediator and works in the ICHT Contact Mediation team. She is also a Schwartz round facilitator at ICHT.</p>
Professor. Kirstin Mitchell	<p>Based at the University of Glasgow, Kirstin Mitchell leads a programme of research on intimate relationships and health. Kirstin's current research focuses on sexual function and wellbeing. She is Co-Investigator on the Wellcome funded British National Survey of Sexual Attitudes and Lifestyles Survey (Natsal-4) and leads an NIHR-funded trial to evaluate Equally Safe at School, a whole-school approach to sexual harassment for secondary students in Scotland. She co-leads work to define and build consensus on sexual wellbeing as a policy ambition for Scotland, and she co-chairs a task-force to monitor progress against the Scottish National Sexual Health strategy. She has designed several widely-used and translated brief measures for clinical and public health use, and is currently working on a novel measure of sexual wellbeing for adolescents. She is Editor of the Annual Review of Sex Research.</p>
Dr. Emily Setty	<p>Dr Emily Setty is a Senior Lecturer in Criminology at the University of Surrey. She conducts research directly with young people to explore and understand their perspectives on and experiences of sex and relationships. She addresses topics relating to consent and online sexual behaviours, with the aim of identifying the risks and challenges that young people face and how to intervene effectively to reduce harm and to enable them to have and experience healthy and positive relationships. She works with schools, police, local authorities, statutory and non-statutory children's services, as well as national and local policy makers, to translate research findings and evidence into best practice. Currently, Dr Setty is working with Surrey Police, the Department for Education and a variety of commercial and third-sector organisations to devise, implement and evaluate preventative and remedial interventions to tackle harmful sexual behaviour in schools.</p>

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Dr. Kierstin Simmons	<p>Kiersten is a mixed methods women's health inequities researcher and a HIV/ sexual health physician. Her research interests are healthcare inequity, women's health, HIV/ sexual health, coastal community health, and implementation science. Working together with a very strong Patient Participant Involvement group, she is currently completing a PhD exploring access to Sexual Health and Sexual Wellbeing services for women aged 40-65 years in the most under-served areas of East Sussex.</p>
Dr. Naomi Sutton	<p>Dr Naomi Sutton qualified in 2003 from Sheffield Medical School, completing her Membership of the Royal College of Physicians in 2006. She went on to train in Genito-Urinary Medicine gaining further accreditations in this speciality before taking up her consultant post at Rotherham Integrated Sexual Health Services in 2016.</p> <p>Always inquisitive about people and wanting to better understand the complexities of sexual problems, she developed a passion for psychosexual medicine, attending the ESSM School of Medicine in Budapest and going on to pass the FECSM exam (Fellow of the European Society of Sexual Medicine). Naomi is passionate about education and raising awareness of her speciality, both to other health care professionals and the public, appearing as the Doctor on the TV series 'The Sex Clinic' and 'Steph's Packed Lunch'. Naomi lectures locally and nationally with the primary aim of reducing stigma and enhancing patient experience by improving knowledge around all aspects of Sexual Health.</p>

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Miss Sarah Wolujewicz	<p>Sarah began her physiotherapy career in 2005 and currently leads the pelvic health physiotherapy team at Cardiff & Vale University Health Board. She previously worked in London where she led a large NHS team and worked at The Havelock Clinic, a multidisciplinary clinic for people with sex problems. Sarah treats patients with pelvic floor dysfunction including urinary and faecal incontinence, pelvic organ prolapse and chronic pelvic pain.</p> <p>She has completed a postgraduate certificate in physiotherapy in women's health at the University of Bradford and she is currently working towards completing a MSc in Advanced Clinical Practice (Pelvic Health). She is the physiotherapist representative on the BASHH SIG in Sexual Dysfunction and she is also a full member of the Pelvic, Obstetric and Gynaecological Physiotherapy specialist interest group. Sarah has presented at events for the public and healthcare professionals, and she has contributed to blogs and podcasts discussing the relationship between the pelvic floor muscles and 'good' sex.</p>
Dr. Mike Yates	<p>Michael is a Clinical Psychologist and Sexual and Relationships Therapist. He is currently the Psychology Service Lead at 56 Dean Street and TransPlus, a leading sexual health, psychosexual and gender affirming care service. He is also one of the founding members of the Havelock Clinic, a specialist private provider of treatments for sexual difficulties. He is currently a member of the BASHH Special Interest Group for Sexual Function and Wellbeing, who support training, consultation and policy development in psychosexual health nationally. He is also currently part of the first national Expert Reference Group for Chemsex and Compulsive Sexual Behaviours led by the Royal College of Psychiatrists. His clinical and research interests include the development of group programmes for psychosexual difficulties, as well as the adaptation of psychosexual therapies for LGBT+ populations.</p>
Dr. Philip Kelly	<p>Phil (he/him) is a senior clinical psychologist working within sexual health, HIV and gender services. At TransPlus at 56 Dean Street, he works as a senior psychologist in the wellbeing arm of the service supporting Trans and Gender Expansive people who are experiencing mood and psychological difficulties that interact with, or impact on, gender identity. At Barts Health he holds dual roles within the HIV and psychosexual pathways, including specialist roles as HIV psychology pathway lead, running of a joint psychological and medical consultation clinic for sexual difficulties, and development of a new high risk sexual behaviours pathway. Phil privileges a systemic and compassion-focused approach in his direct psychological work, and has special interests in research and service development within sexual health and gender services.</p>

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Dr. Christopher McCormack	<p>Christopher is a HCPC registered clinical psychologist and COSRT registered psychosexual therapist and supervisor. In the NHS, he leads the Psychosexual Service at 56 Dean Street. He also works in academia and is a Lecturer and Clinical Tutor on the Doctorate in Clinical Psychology programme at the University of Oxford. He has a specialist interest in working with compulsive sexual behaviours, anxiety disorders in gay and bisexual men, and applying cognitive and behavioural approaches in psychosexual therapy.</p>
Mrs Natasha Anderson-Foster	<p>Natasha Anderson-Foster is a senior COSRT-accredited psychosexual psychotherapist, a UKCP Registered Clinical Psychotherapist, an EMDR therapist, and a clinical supervisor. She works in the NHS in the West Midlands as a psychosexual therapist and also maintains a private practice. Natasha sees individuals and couples presenting with a wide range of sex and relationship issues. She is an executive committee member of the CSRPA and a member of the Black and Asian Therapist Network. Natasha is the Anti-Oppressive Consultant for the Contemporary Institute of Clinical Sexology (CICS) and is a member of ACERS UK, a voluntary collective of FGM/C experts dedicated to advocating for research into reconstruction surgery and psychosexual support.</p> <p>With over 17 years of experience, Natasha specialises in working with clients dealing with FGM/C, sexual violence, HIV, and compulsive sexual behaviours. She has a particular interest in psychosexual issues affecting the global majority and is committed to anti-discriminatory practice.</p>
Dr. Stuart Gibson	<p>Dr Stuart Gibson has worked in sexual health and HIV for nearly 30 years. He currently leads the ALL EAST Sexual Wellbeing & Psychology Service at Barts Health in East London. His most recent clinical and academic interests involve the adaptation and application of Compassion-Focussed Therapy to psychosexual problems.</p>
Ms Agnes Mosobela	<p>RGN, BA (cur); PGDip Psychosexual Therapy, Msc Relationship Therapy A Clinical Nurse Specialist in Sexual Health and Contraception; and a Psychosexual and Relationship Therapist. A member of COSRT and a nurse representative for BASHH Sexual Function and Wellbeing Special Interest Group.</p>

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Sponsors

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	<p>iMEDicare - Pelvic Health Naturally are specialist in Andrological and Sexual Health. Over the last 20 years our pedigree and portfolio has grown so that we offer best in class medical grade device solutions for Erectile Dysfunction / Ejaculatory Dysfunction / Peyronie's Disease / Phimosis and Erectile Rigidity Assessment - learn more on https://www.mypelvichealth.co.uk/en/home/</p>

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	<p>MV.Health is an award-winning world leader in Women's & Men's Health devices. They create medical devices that adapt to the user's body & deliver targeted vibrations to address major issues like genito-pelvic pain, penetration pain, arousal disorder, erectile dysfunction, delayed ejaculation, prostatitis, period pain, mastitis, and more. They have won over 50 international awards including Red Dot, iF Design and Design Week. Their devices are clinically proven, FDA-registered and FSA/HSA eligible. They are recommended by leading doctors in US, UK and Europe and have changed the lives of over 150,000 patients worldwide.</p>
	<p>Pelvic Relief offers a unique range of products that support individuals to successfully self-manage a range of pelvic health conditions.</p> <p>Products include silicone dilators, GRS dilators, vibrators, lubricants, Ohnut, vaginal probiotics and food supplements. We work closely with healthcare professionals. All products are available at pelvicrelief.co.uk and our dilators are also available via NHS SupplyChain.</p>
	<p>YES make certified organic vaginal moisturisers, lubricants, and feminine washes that respect the vaginal microbiome. Made for people who want effective intimate products without the compromise of introducing harsh chemicals.</p>
	<p>ADVANZ PHARMA is a global pharmaceutical company with the purpose to improve patients' lives by providing the specialty, hospital, and rare disease medicines they depend on. Our ambition is to be a partner of choice for the commercialisation of specialty, hospital, and rare disease medicines in Europe, Canada, and Australia. In line with our ambition, we are partnering with innovative biopharma and pharmaceutical development companies to bring medicines to patients</p>



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	<p>At Exeltis UK, we are passionate about making our pipeline of women's health medicines available in the UK. Our approach to all our partners, whether healthcare professionals, associated bodies or pharmaceutical industry contacts, has transparency and integrity at the core of all we do.</p> <p>Established in 2022 Exeltis UK is working to bring a number of new treatment options to UK patients. With products in a range of therapy areas, we are all about meeting unmet needs for women at key stages of their sexual and reproductive lives.</p>
	<p>Hot Octopuss creates innovative, cutting-edge, and inclusive sex tech that caters to everyone and every body. Our award-winning PULSE range is the only device that enables ejaculation from a flaccid state, making it especially beneficial for men with erectile dysfunction, those recovering from prostate surgery, SCI patients, and anyone experiencing sexual frustration. Plus, it can be used hands-free for added convenience. With over 2 million units sold to date, our products highlight the vast potential of vibratory stimulation for those with ED. While current NHS recommendations may include penis pumps, medications, and injections, PULSE presents a highly accepted at-home alternative. Our globally best-selling devices appeal to individuals with and without specific medical needs, showcasing their widespread popularity.</p>

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