

# The Psychosexual Impact of Vulval Disease – A Case Study

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# Introduction

- Case Study
- Goals for treatment
- Formulation
- Interactive Systems Model
- Sensate Focus
- Questions?

# Case study

\*Anna is a 31 year old white heterosexual female.

She has been with her husband \*Jay (32) since she was 18.

Referral from Dermatology (previously seen at Claude Nicol) with Provoked Vestibulodynia , possible vulval eczema and intimacy issues. History of deep dyspareunia. Eczema treated and under control . History of candida.

Seen for a total of 18 sessions (7 of which Jay attended).

Initial Assessment: Presenting problem: dyspareunia began when she started Depo-provera at age 19. Stressful working and family life. For several years was not open with Jay about pain.

No pain at sexual debut (18) and partners prior to Jay .Able to use tampons.

Breast reduction (19) and labiaplasty (24).

Felt like a sibling relationship.

No penetrative sex . Little intimacy with each other. (mutual masturbation/ oral sex). Jay had recently been treated for Lichen sclerosis of the penis so had also found sex painful.

\* Names have been changed

# Goals for Treatment

- Pain free penetrative sex.
- To feel good about sex again.
- To feel I'm not letting Jay down.

## **Hypotheses:**

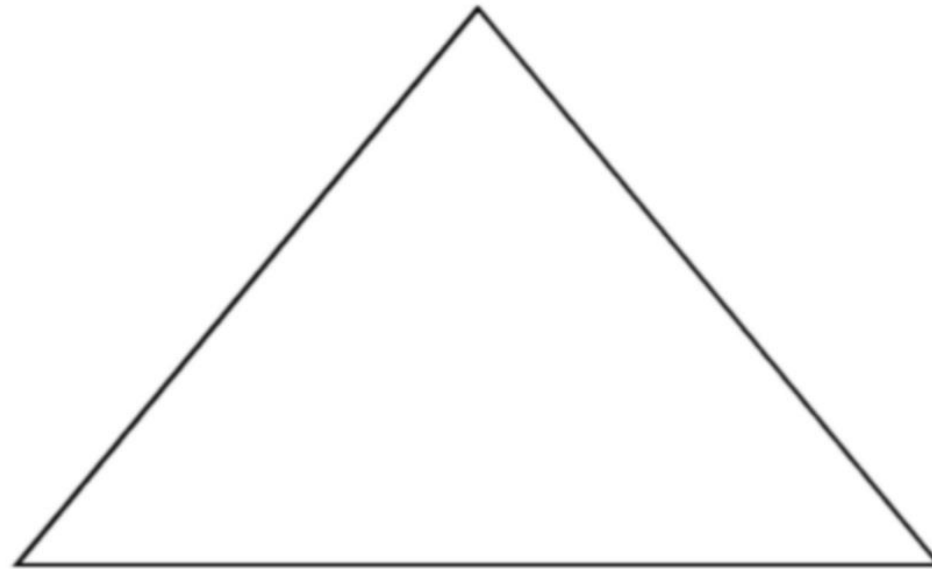
- VPS secondary and situational
- Negative Emotional state
- FSi/AD
- VCVP

# Maintaining

Negative emotional state- Shame of body (not like other women), Guilt : "I'm letting Jay down". "I cant let him know sex not painful with other men." Frustration: Why can't I make this better? Anger : Why me? Anxiety: Sex will hurt .Feels helpless/ isolated. Mating in Captivity. No honesty in sexual communication with partner .Vicious cycle of vulval pain. Spectatoring ? Are Negative Automatic Thoughts leading to FSi/AD? Does Anna need to be in charge, would sexual abandonment feel like loss of power/ self? Hypervigilance ? Hypoactive Sexual desire disorder for Jay exacerbated by past dyspareunia, and fear of hurting Anna.

## Pre- Disposing

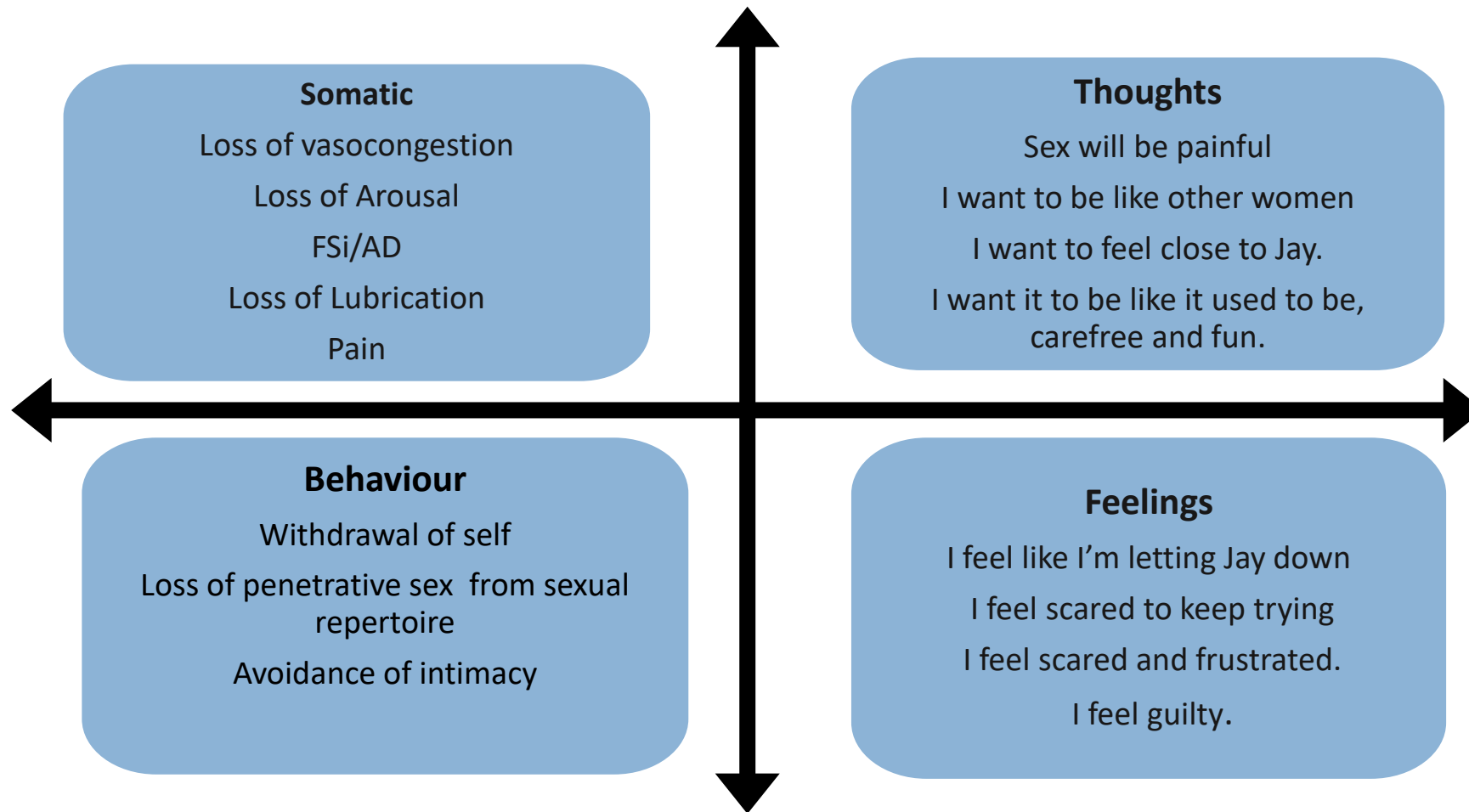
Strong and loving mother and m. grandparents. Estranged from father. Protective of mother with brothers. Strong sense of self esteem but undermined by early puberty and issues with body image leading to labiaplasty and breast reduction. Dominant in relationship with Jay



## Precipitating

Felt start of VPS from hormone contraception. Felt out of control (iatrogenic and link with loss of control in childhood) Candida and eczema (Body letting her down). Jays lichen sclerosis. Secondary and situational.

# Formulation



# Interactive Systems Model

- Sensate Focus 1
- Sensate Focus additions
- Sensate Focus genitals and breast non-arousal
- Sensate Focus arousal
- Sensate Focus containment

## Sensate Focus

Questions ?