



# LET'S TALK ABOUT SEX:

## SEXUALITY AND SEXUAL DIFFICULTIES

AN INTRODUCTORY COURSE IN SEXUAL MEDICINE AND THERAPY

### Who should participate?

This Multidisciplinary 2-day course is targeted at General Practitioners, Obstetricians and Gynaecologists, Sexual Health Practitioners, Psychiatrists, Urologists, Psychologists, Psychotherapists, Sexologists, Physiotherapists, Nurse Practitioners, and any interested health practitioners and trainees.

### Course content

The course will discuss the need to talk about sex, the obstacles to talking about sex and will empower the registrants to raise and discuss topics of sexuality and sexual difficulties with their patients / clients. It will cover the assessment and management of common sexual difficulties, from a biopsychosociocultural perspective, provide educational resources and an overview of therapeutic options.

### More information

<http://www.monash.edu/medicine/scs/ob-gyn/short-courses-for-professional-development/lets-talk-about-sex>

### Dates

Friday and Saturday, 5<sup>th</sup> and 6<sup>th</sup> April 2019

### Location

Monash Medical Centre, Clayton, VIC, Australia

### CPD points

Application pending RANZCOG & RACGP ALM (Cat 1) and Cat 2

### Registration

Early Bird (till 5/3/19): \$500

Normal rate: \$600

Monash University or Monash Health staff:

Early bird \$450 | Normal rate \$550

• Fully catered



## Facilitators



The course will be facilitated by Dr Anita Elias MBBS, FASPM, FECSM, a medical practitioner and psychotherapist, specialising and working in Sexual Medicine

and Sexual and Relationship Therapy for over 20 years. Anita is the Head of the Sexual Medicine and Therapy Clinic at Monash Health, a consultant at the Psychosexual service at The Women's Hospital and a Senior Lecturer at Monash University. She will be joined by a multidisciplinary team of experts in Sexual Medicine and Sex Therapy, including:

Lynda Carlyle MHS (Sexual Health), RN  
Sex and Relationship Therapist, Private Practice

Dr Jaco Erasmus MBChB, MRCPsych, FRANZCP  
Psychiatrist, Head of the Gender Clinic, Monash Health

Dr Alice Hucker BA(Psych, Hons), DPSYCH(Clinical)  
Clinical Psychologist, Gender Clinic, Monash Health

Assoc Prof Doug Lording MBBS, BMedSci, FRACP  
Endocrinologist / Andrologist, Cabrini Medical Centre

Dr Michael Lowy MBBS MPM FECSM FACHSHM  
Sexual Health Physician, The Male Clinic

Shan Morrison BAppSc(Phty), PostGradCert(Pelvic Floor) FACP  
Specialist Women's, Men's & Pelvic Health Physiotherapist  
Director, Women's & Men's Health Physiotherapy

Josh Muller BA(Hon), MPsych(Couns)  
LGBTQIA+ Psychologist, Mind Equality Centre

Dr Debbie Owies MBBS BMedSc(Hons)  
Psychosexual Medicine specialist, Monash health & RWH

Dr Giselle Solinski MBBS MPM MPS  
Medical Psychotherapist, Malvern Psychotherapy Centre

Professor Beverley Vollenhoven Ph.D, FRANZCOG, CREI  
Reproductive Endocrinologist and Infertility Specialist  
Head of Gynaecology, Monash Health  
Deputy Head O & G, Monash University

Dr Vicki Windholz MBBS(HONS) FRACGP FECSM  
Psychosexual Medicine specialist, Monash Health & RWH

## Course Content

### Day 1 (8.30am – 5pm)

- Talking about sex – overcoming the obstacles
- Taking a Sexual History in an inclusive and respectful way, with a biopsychosociocultural approach
- Communication skills, including talking with a couple
- Models of Sexuality
- Relationships and sexuality
- Gender identity and gender dysphoria
- Sexual identity, orientation and behaviour (including LGBTIQA sexuality)
- Cultural & Religious impacts on sexuality (including the impact of Pornography).

### Day 2 (8.30am – 5.15pm)

- Sexual pain
- Erectile Dysfunction
- Ejaculatory problems (Premature Ejaculation & Delayed Ejaculation)
- Libido
- Arousal and Orgasm
- The impact of significant life stages / changes on sexuality
  - Pregnancy & Post partum sexuality
  - Menopause, Aging, Illness & Cancer