

## Do you have concerns about any of these issues?

- Addictions (love, sex, porn)
- Anxiety
- Arguments/conflict
- Arousal disorders
- Co-dependency
- Commitment issues
- Communication difficulties
- Confusion (identity, gender, sexuality)
- Divorce and separation
- Dyspareunia
- Ejaculation problems
- Erectile difficulties
- Inability to achieve penetrative sex
- Infidelity/affairs
- Inhibitions
- Insecurity
- Lack of sex education
- Loss of interest or desire
- Menopause
- Orgasm difficulties
- Painful sex
- Poor body image
- Sex avoidance/fear of sex
- Sexually unfulfilled
- Trauma
- Vaginal dryness
- Vaginismus



**North Hampshire Clinic**

Contact me if you would like to discuss any of the issues in this leaflet, or ask any questions...

**It's good to talk!**

**Carol Graham**

Psychosexual & Relationship Therapist MBACP  
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**North Hampshire Clinic**

**Sex Therapy  
& Relationship  
Counselling**

## Psychosexual Therapy

Many people find talking about their sex lives quite difficult, especially when it's not working well for them. Individuals, who may have been living with sexual problems for some time, may find it too difficult, and feel embarrassed or ashamed to discuss it with anyone, including their partners.

We offer a comfortable, non-judgemental environment, where you can talk about any issues you may be having with your sex life, whether you are an individual or a couple. You will be able to talk openly, and confidentially.

Psychosexual therapy sessions do not involve any examinations, or tests. You will not be required to undress, and any intimate exercises that may be included in the treatment would be carried out privately, in your own home.

Psychosexual therapy is a talking therapy and allows individuals and couples to explore and assess their sexual problems and the thoughts, behaviours and other factors that may be contributing to them.

Sex therapy is open to all adults of all ages whether you are currently in a relationship or not.

Whatever your sexual orientation, gender identity and sexual preferences, you will receive a warm welcome at the North Hampshire Clinic.

## Couples Therapy

Whatever sort of relationship you are in, whatever difficulties you may be experiencing; couples therapy helps you to verbalise, explore and resolve those difficulties in a safe, non-judgemental environment.

If you want your partner to listen to you, understand what you're saying and see you with fresh eyes. If you can't communicate effectively and need to be heard, then couples therapy will be sure to help you.

Couples come to therapy for a variety of reasons. To name a few; inability to communicate, money problems, addictions, affairs, lack of sexual desire, sexual dysfunctions, conflict, differences of opinion, jealousy, insecurity.

Couples therapy begins with a thorough assessment process which you will attend together, and occasionally, individually. We will discuss all aspects of your relationship and decide what is working for you, and what isn't. Once the assessment is complete, a plan will be formulated and presented to you both. We can then discuss how and when your sessions will progress and any areas of concern you have. For those with sexual issues, please be assured that you will not be expected to carry out any intimate exercises in the sessions. Neither would you be expected to undress or to be examined or tested.

Our role is not to take sides; to remain neutral and act in the best interests of your relationship. It is not our responsibility to save your relationship, but to facilitate your process, help you to explore your relationship and communicate with each other. Our aim is to hold you in a safe, non judgemental space while you journey to a place and time where you can re-connect. Some couples however, reach the conclusion that their relationship has come to the end of the road.



I believe psychotherapy/ counselling should be available to everyone. You do not need a referral from your GP to seek therapy sessions at the North Hampshire Clinic, you can self-refer.

If affordability is an issue for you, please talk to us. We offer a limited number of sessions at a lower cost for students and people in low income households.

Contact me if you would like to discuss any of the above, or ask any questions.

It's good to talk!