

Sexual Medicine and Psychosexual Therapy

Cobridge Sexual Health, Stoke-on Trent

Information for Patients

What happens to the information I share with you?

What happens in the 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 a specific 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 (usually your GP) when you first attend and also after your final visit. There may be the need to write letters more frequently, such as a recommendation for a prescription, an onward referral or as an update if your sessions persist for several months.

To maintain appropriate standards of care, we have regular supervision with a qualified supervisor, where we may discuss aspects of your care. We may also discuss your situation at a 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 the sessions?

You will have an initial appointment 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 sessions.

How many sessions will I have?

You will be offered up to 10 sessions of therapy and occasionally, in exceptional cases, this may be extended.

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:

0300 7900 165 extension 6220

Please leave a voicemail message if there is no answer. 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:

Patient name (print): _____

Patient signature: _____

Date: _____

Patient name (print): _____

Patient signature: _____

Date: _____

Therapist name (print): _____

Therapist signature: _____

Date: _____