



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Wellbeing for Women - How to manage sexual pain

Wellbeing for Women is a one-off workshop which aims to provide you with information regarding the experience of painful sex, including why you might be experiencing pain, how to manage it and what to do next.

While the idea of addressing intimate concerns in a group may sound as if it would be embarrassing, our clinical experience and a wider body of formal research suggests addressing these difficulties in a group context can be the most effective way of managing them.

Although the session is run as a group, it is not a therapy group. This means we will not discuss difficult histories and if you choose not to say anything at all we will respect and protect that. There will be some opportunities to discuss your current experience, but only in the event that you should want to, and as facilitators we will make every effort to make this feels as safe and contained as possible.

In the first instance we would encourage you to come along to this session, but we recognise in the longer term you may need additional support and will contact you in the weeks afterwards to establish any further psychological needs and how they might best be met.

The session will be held within the hospital.

If you wish to attend then please contact the Clinical Psychology department on 01722 425105.

Clinical Psychology Department
 **01722 425105**