

Introduction to Psychosexual Medicine – Course Curriculum

This course gives an introduction to the management of sexual problems presenting in the participant's day to day practice. There will be a combination of teaching and case discussion, with the emphasis being on case discussion. The course consists of 12 hours, divided into 2,3, 4 or 6 sessions and may be online or face to face.

The course objectives are:

- To be familiar with different approaches to the treatment of sexual dysfunction
- To understand the use of the 'practitioner-patient relationship' in psychosexual medicine
- To have confidence to manage presentations of sexual dysfunction in your normal practice

Subjects to include:

- Approaches to the treatment of psychosexual dysfunction, including Psychodynamic, Cognitive Behavioural Therapy and Physical Treatments
- Psychoanalytic principles and Defence mechanisms. The use of the Patient-Practitioner relationship
- Managing a Psychosexual Consultation, including a psychosomatic genital examination
- Female Sexual Dysfunction to include Vaginismus, Dyspareunia, Loss of libido and orgasmic disorders.
- Male Sexual Dysfunction to include Erectile Dysfunction and Premature ejaculation
- Group learning , IPM Seminar Training and the Diploma Examination

These topics can be adapted according to the needs/ requirements of the participants.

This course is designed to stand alone as a brief introduction to the management of psychosexual problems and a Certificate of Attendance is issued to all participants. Suitable participants may also consider joining a seminar in their local area and working towards the IPM Diploma. Training hours from the Introductory Term will count towards the minimum training hours requirement to sit the IPM Diploma Exam. Attendance at an Introductory Term is a requirement to sit the IPM Diploma. Attendees wishing to continue training and work towards the IPM Diploma, must join a Regular Seminar Group within three years of completing the Introductory Course.