



THE INSTITUTE OF  
PSYCHOSEXUAL  
MEDICINE

## Annual Scientific Meeting

20<sup>th</sup> – 21<sup>st</sup> March 2026

Graduate Hilton Hotel, Cambridge

**Day 1: Subfertility + Psychosexual Medicine**

**Day 2: Medically Unexplained Symptoms (MUS)**

**+ Psychosexual Medicine**

### **Welcome**

*We are delighted to welcome you to Cambridge for an engaging two-day Annual Scientific Meeting focused on person-centred, reflective clinical practice. On the first day we will explore subfertility alongside psychosexual medicine, offering space to reflect on the emotional and interpersonal aspects that shape patients' experiences. The second day of the conference focuses on medically unexplained symptoms, supporting clinicians to work thoughtfully with complexity and uncertainty using psychologically informed, compassionate approaches.*

*Our Seminar Groups provide a valuable opportunity for collaborative learning and professional development through case-based discussions. Sharing experiences in psychosexual medicine offers profound insights and enhances understanding. This is a core part of our conference and can also count as face-to-face hours for those with exam requirements.*

*For those attending the dinner and networking event on Friday evening, we invite you to join us for pre-dinner drinks in The Granta Suite on the ground floor.*

*We are excited to announce the winners of our abstract competition will give an oral presentation during the conference on their project.*

Enjoy!



*Rhianna Davies  
IPM Programme Secretary*

## Delegate and General Information

**Venue address and directions:** The Graduate Hilton Cambridge, Granta Place, Mill Lane, Cambridge CB2 1RT. Check in 15:00, check out 11:00. On arrival/departure luggage can be stored in the Granta Suite (main conference room). Location and directions can be found at - [Graduate by Hilton Hotel Location in Cambridge, UK](#). Taxis can be picked up at Cambridge train station, although because of the one-way system, it can be quicker to walk (approx. 15 mins).

**Car parking** – situated at the rear of the hotel. A discounted delegate rate is available - **IMPORTANT** to qualify you must log your car registration with the hotel reception.

**Registration, Conference and Seminar room locations: Speaker presentations, Seminar Groups, lunch and refreshment breaks are all located on the GROUND floor.** Registration and speaker presentations will take place in the Granta Suite. Breakout rooms will take place in Granta, Bourn and Cam Suites (check Seminar Group Schedule for locations). Lunch will be served in the Garden House Restaurant (ground floor). Friday night drinks reception and dinner will take place in the Granta Suite. Toilets are located throughout the hotel.

**Lanyards:** Delegate lanyards can be identified as below. IPM Council and IPM Leaders will be happy to answer any training or IPM queries and will be wearing white IPM branded lanyards. At the end of the conference, please leave your lanyards with the IPM Admin team or your Seminar Group Leader.

Council/Leaders: white IPM branded

Trainees: blue

Members/Diplomates: purple

Guests and external delegates: yellow

**Seminar Groups:** These smaller breakout groups will be led by one or more IPM Leaders. Delegates are offered the opportunity to bring a clinical case or patient interaction of their own, to present to the group uninterrupted for around 10 minutes after which the rest of the group will contribute their thoughts and observations. Our aim is to provide a safe and supportive space for you to learn experientially. We encourage you to think about the case in a slightly different way from the classical clinical presentation: detailed observation of the patient, non-verbal clues, body language and subtle shifts in demeanour, the interaction between you and the patient, and the feelings that may arise in the room. **Please note - for IPM delegates currently attending IPM training there will be three face-to-face hours recorded for attending Friday Seminar Groups and three hours for Saturday Seminar Groups. These hours count towards the face-to-face requirement to sit IPM Examinations.**

**Posters and Abstracts:** We are delighted to announce the winners of our abstract submission competition will give an oral presentation of their projects: Dr Orestis Tsonis (Friday) and Dr Jessica Gaddie (Saturday). The Posters can be viewed online at [ASM Posters | IPM](#).

**CPD:** Attendance accounts for 6hrs on Friday and 5.5hrs on Saturday. Certificates will be issued automatically to your subscriber portal on the IPM website after the event and following completion of an event survey. Attendance at an IPM approved meeting, which will include all IPM arranged meetings and others by related organisations such as COSRT, can be used as evidence in recertification submissions.

**IPM Prize Raffle** – We are delighted to announce a special raffle and prize draw. Tickets will be on sale throughout the day and during the Gala dinner (card payments only) - see page 7 for more details.

**Dietary requirements:** We have passed on to the hotel all dietary requests and have catered for the needs of those who have informed us in advance. Please also double check ingredients as some meals will be self-serve. If in any doubt ask a member of staff.

**Social Media:** The IPM Media & Comms team is very active across key social media platforms. Keep up to date with industry news, events and partner activity by joining us on social media – see page 6 for links.

**What's On Nearby:** The Graduate Hotel is perfectly situated in central Cambridge with the City's river and prime locations on its doorstep. For a great overview visit [Things to See & Do - Visit Cambridge](#)

## Programme - Friday 20<sup>th</sup> March 2026

### Subfertility + Psychosexual Medicine

- 09:00 – 09:20 Registration, tea/coffee.  
*Location: Granta Suite, ground floor*
- 09:20 – 09:30 Introduction and Welcome: **Rhianna Davies**, IPM Programme Secretary
- 09:30 – 10:15 **Presentation: Psychosexual presentations in subfertility: assessment, formulation and first steps**  
**Dr Catherine Hood**, Psychosexual Doctor  
*Location: Granta Suite, ground floor*
- 10:15 – 11:00 **Presentation: The emotional landscape of fertility treatment: shame, loss, trauma and desire**  
**Katie Bottle**, Fertility Counsellor  
*Location: Granta Suite, ground floor*
- 11:00 – 11:30 Refreshments, IPM archive material, raffle tickets  
*Location: Granta Suite, ground floor*
- 11:30 – 12:30 Seminar Groups - experiential learning through case discussion.  
*Locations - see Seminar Group Schedule*
- 12:30 – 13:20 Lunch  
*Location: Garden House Restaurant, ground floor*
- 13:20 – 13:30 **Abstract winner:** Oral presentation  
**Orestis Tsonis**, Fertility specialist doctor  
*Location: Granta Suite, ground floor*
- 13:30 – 14:15 **Presentation: What about men?**  
**Dr Nora Sahly**, Specialist in Reproductive Medicine  
*Location: Granta Suite, ground floor*
- 14:15 – 15:15 **Seminar Groups** - experiential learning through case discussion.  
*Locations - see Seminar Group Schedule*
- 15:15 – 15:30 Refreshments, IPM archive material, raffle tickets  
*Location: Granta Suite, ground floor*
- 15:30 – 16:30 Networking and leisure time. Close of Friday day delegate conference.

*Please respect the confidentiality of all cases, presentations and discussions at this meeting.*

### Friday evening drinks, Gala dinner, and Prize Draw

*Location: Granta Suite, ground floor*

**18:30 – 19:00: Pre-dinner drinks reception**

**19:00 Welcome** Dr Caroline Hunter, IPM Chair, followed by Gala Dinner

Prize Draw



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## Programme – Saturday 21<sup>st</sup> March 2026

### Medically Unexplained Symptoms + Psychosexual Medicine

08:45 – 09:05	Registration, tea/coffee, IPM archive material <i>Location: Granta Suite, ground floor</i>
09:05 – 09:15	Introduction and Welcome: <b>Rhianna Davies</b> , IPM Programme Secretary
09:15 – 10:00	<b>Presentation: MUS, the nervous system and sexual symptoms</b> <b>Dr Saadia Arshad</b> , Consultant Psychiatrist <i>Location: Granta Suite, ground floor</i>
10:00 – 10:45	<b>Presentation: The mind-body connection</b> <b>Dr Sophie Butler</b> , Consultant Psychiatrist <i>Location: Granta Suite, ground floor</i>
10:45 – 11:15	Refreshments, IPM archive material <i>Location: Granta Suite, ground floor</i>
11:15 – 12:15	<b>Seminar Groups</b> - experiential learning through case discussion. <i>Locations - see Seminar Group Schedule</i>
12:15 – 13:05	Lunch <i>Location: Garden House Restaurant, ground floor</i>
13:05 – 13:15	<b>Abstract winner:</b> Oral presentation <b>Jessica Gaddie</b> , Consultant in HIV and GUM <i>Location: Granta Suite, ground floor</i>
13:15 – 14:00	<b>Presentation: Persistent physical symptoms - the NHS pathway</b> <b>Dr Leila Frodsham</b> , Gynaecologist and Psychosexual Doctor <i>Location: Granta Suite, ground floor</i>
14:00 – 15:00	<b>Seminar Groups</b> - experiential learning through case discussion. <i>Locations - see Seminar Group Schedule</i>
15:00 – 15:15	Refreshments, IPM archive material <i>Location: Granta Suite, ground floor</i>
15:15 – 16:15	<b>Seminar Groups</b> - experiential learning through case discussion. <i>Locations - see Seminar Group Schedule</i>
16:15	Close of day – <i>please hand lanyards back to IPM Admin team or Seminar Group Leader</i>

*Please respect the confidentiality of all cases, presentations and discussions at this meeting*

## Speaker Biographies



**Dr Catherine Hood** Catherine has been working in the field of psychosexual medicine for 17 years and is a Speciality Doctor at the Sexual Problems Clinic, St Pancras Hospital, London, part of North London NHS Foundation Trust. She is a Member of the Institute of Psychosexual Medicine and a fellow of the European Committee of Sexual Medicine. She is a practitioner in Eye Movement Desensitization and Reprocessing (EMDR) therapy. Catherine is an experienced international moderator and facilitator and has had a career in broadcasting and writing.



**Katie Bottle** is an experienced Fertility Counsellor and Psychosexual and Relationship Therapist and has been working in the field helping both couples and individuals since 2010. She provides counselling support with all aspects of assisted conception, and also offers therapy to couples and individuals experiencing relationship and sexual issues. Katie has worked in many different settings, including NHS, Private Sector and Charity Sector. Katie has extensive training and qualifications in both Fertility Counselling and Psychosexual and Relationship Therapy and is dedicated to continuing her professional development throughout her career. Katie is a Senior Accredited Counsellor with BACP, and a member of COSRT.



**Ms. Nora Sahly** is a Speciality Doctor in Fertility, Sexual and Reproductive Health working at the Assisted Conception Unit at Guy's & St Thomas' Hospital, London. Providing evidence-based fertility care across all areas of reproductive medicine and inclusive family building. Her work covers fertility preservation including teen and young adults, pre-implantation genetic testing (PGT), Donation and Surrogacy services. In addition to her practice, she has a special interest in Sexual Wellness. Ms Nora is a Fellow of the European Committee of Sexual Medicine (FECSM), and a PhD candidate in clinical sexology at the Sex Therapy Training Institute (STTI). She is also a certified Kink conscious, Consensual non-monogamy, and Transgender care provider. She is dedicated to ensure that every patient, individual or couple, regardless of gender or background receives compassionate, personalised, and ethical care in a safe, inclusive, and non-judgmental environment.



**Dr Saadia Arshad** is a Consultant in Intellectual Disabilities and Neurodevelopmental Disorders with over 22 years of UK experience, a Fellow of The Royal College of Psychiatrists and strategic leader in the NHS. She works as Associate Medical Director and Consultant Psychiatrist at South London and Maudsley NHS Foundation Trust. She is an associate of the Academy of Medical Educators UK, member of International League Against Epilepsy and associate of Chartered Institute of Management. She is recognized trainer, educator and mentor for doctors in training. She completed her training as a Coach in Quality Improvement via Institute of Health Improvement, US. Dr Arshad's areas of special clinical interest include presentation and management of Attention Deficit Hyperactivity Disorder and Autism in women and individuals of ethnic minority. She is interested in behavioural phenotyping and genetic disorders associated with Neurodevelopmental Disorders.



**Dr Sophie Butler, Consultant Psychiatrist** is a liaison psychiatrist working specifically in the field of respiratory and cardiology. Through her undergraduate medical education roles she promotes an integrative approach towards mind and body health care. She has an interest in systemic and psychodynamic approaches. Undergoing a doctorate in this field she uses this lens to think deeply about what may be happening under the surface of our everyday interactions, group dynamics and organisational structures.



**Leila Frodsham** is a Consultant Gynaecologist (since 2009) and Leads the Psychosexual Service at Guy's and St Thomas' NHS Foundation Trust (2013). She became a member of the RCOG in 2000, and the IPM in 2006 but started to train in Psychosexual Medicine in 1998. She has been Programme Secretary, Chair and Media and Comms Secretary, Examiner and is currently a Seminar Leader. She holds multiple medical education roles in postgraduate and undergraduate medicine at GSST and KCL and founded Doctor's Menopause Cafe (she is a BMS Menopause Specialist) on Facebook which has >7000 female doctors as members. Her special interests are sexual pain disorders, sex and fertility, sex and cancer and sex in menopause.

**IPM EVENTS – SAVE THE DATES:**

**IPM Annual General Meeting – Tuesday 14 April 2026, 7pm – 8pm - (online via Zoom)** - Join the Trustees at this virtual meeting to hear more about the IPM's continued successful growth and our objectives and plans for 2026 and beyond. This year we will be voting on changes to the Constitution, our governing document, to enable us to update our membership categories and to increase the number and skills of trustees. An invitation to attend this meeting will be sent to Members, Diplomates and trainees in advance of the meeting. Contact [admin@ipm.org.uk](mailto:admin@ipm.org.uk) for more details.

**IPM Autumn Clinical Meeting - Saturday 14 November 2026 - (online via Zoom)** - details to follow.

The full 2026 IPM calendar of events, training days and workshops are listed at [Events in 2026 | IPM](#)

**IPM Council 2026:** The IPM is governed by a board of Trustees, members of the IPM who have been elected onto Council, some as postholders. Council is made up of MIPM and DIPM members of all professional backgrounds. If you would like to learn more about the role of a Trustee or postholder, please speak to a member of Council (lanyards with logos) or the IPM Admin team. IPM subscribers are able to view the current IPM Council members via their subscriber login at [IPM Council | IPM](#)

**IPM Prize Draw:** This is a fantastic opportunity to support the Institute, and we are delighted to announce a special raffle taking place during our evening dinner. A heartfelt thank you to the generous individuals and companies who have donated prizes. Raffle tickets will be available for purchase at the event and throughout the day, card payments only - please come prepared! We appreciate your support and look forward to an enjoyable evening.

**IPM Journal – contributions always welcome:** IPM Editors are always happy to receive articles and news items for publication in the IPM Journal – please contact [ipmjeditor@ipm.org.uk](mailto:ipmjeditor@ipm.org.uk)

## JOIN THE IPM ON SOCIAL MEDIA: -

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We wish you a safe journey home and look forward to seeing you at our next IPM event.