Therapeutically speaking:
What has pleasure got do with it?

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Incorporating: Relate: Sexuality & Intimacy Counselling
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LOVE
PLEASURE
COUPLE
EMOTION
SEX
ATTRACTION
PASSION
ROMANCE
SENSUAL
RELATIONSHIP

Intimacy based counselling

Intimacy: loving closeness… mutual **vulnerability,** openness, and sharing.. Women with oncologic issues have the Right:

- Positive/Respectful approach to sexuality & sexual relationships
- To have pleasurable / safe sexual experiences

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Defining it….

" Sex & sensuality encompass a kaleidoscope of feelings & activities: From the deepest longings for mutual affection to the simple enjoyment of the company of a loved one...Sexuality also covers a gamut of behaviours- Touching, Kissing, Caressing and Cuddling, Genital intercourse with mutual orgasm and ***feelings of closeness & of being wanted and valued as a human being***"

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What is Libido / Sex Drive / Desire to be sexual?

- Sexual drive is the motivation & inclination to be sexual
- A subjective awareness of desire for sexual satisfaction, irrespective of sexual activity
- Desire for sexual intimacy
- Sexual desire can be aroused through imagination and sexual fantasy's or perceiving an individual who one finds attractive.

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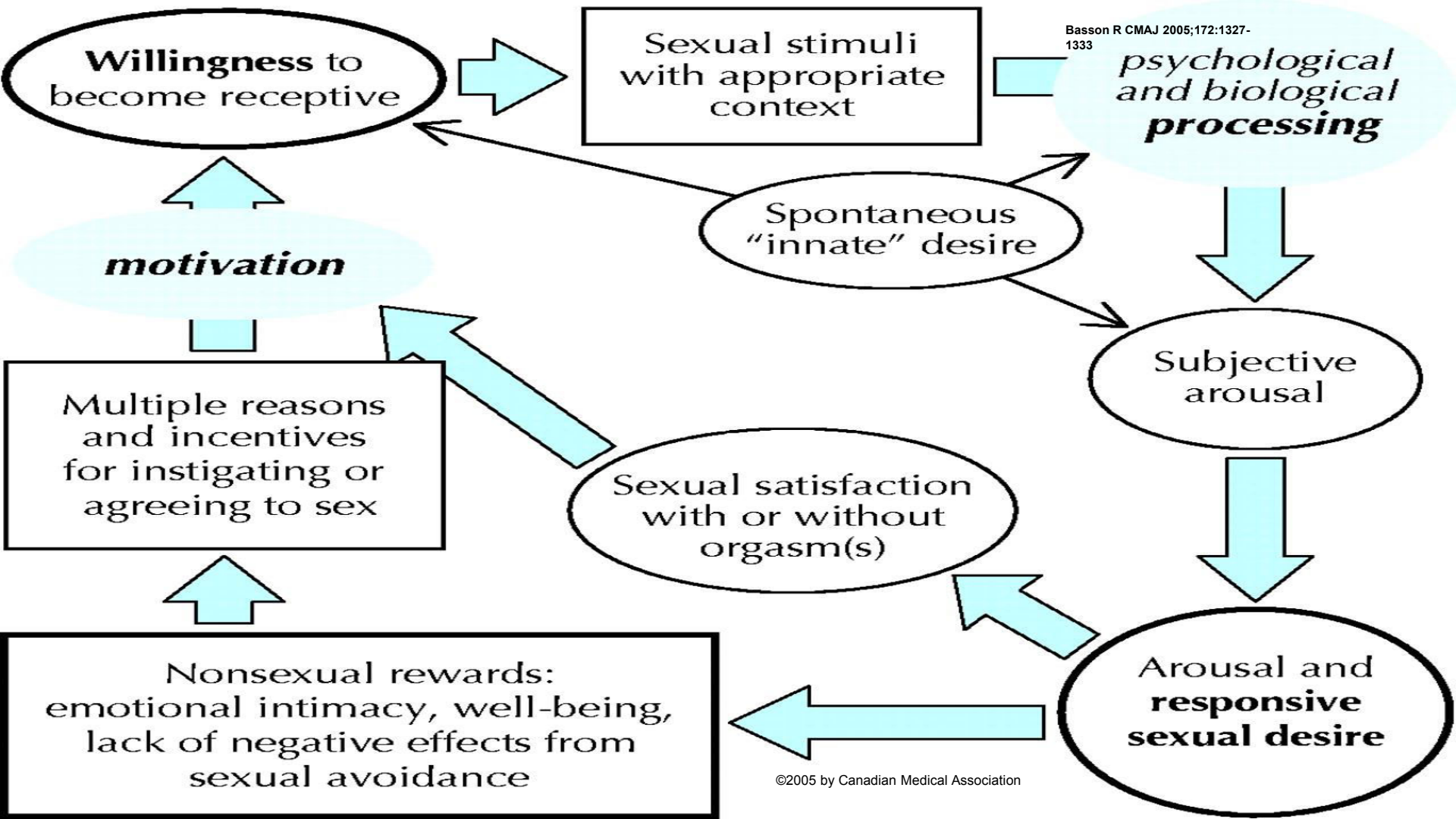
Basson R CMAJ 2005;172:1327-1333
Willingness to become receptive
Sexual stimuli with appropriate context
psychological and biological processing
Spontaneous "innate" desire
motivation
Subjective arousal
Multiple reasons and incentives for instigating or agreeing to sex
Sexual satisfaction with or without orgasm(s)
Arousal and responsive sexual desire
Nonsexual rewards: emotional intimacy, well-being, lack of negative effects from sexual avoidance
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Decline in sexuality and sexual activity

90% cancer patients will experience sexual changes at some stage during their illness

80% of women after treatment for cervical cancer report sexual dysfunction

80% of women who have colostomy formation after surgery reduce or stop sexual activity

Impact varies but in most cases worsens with time

- **Partners** experience a 'ripple' and this in turn, decreases their own libido
- Fear of rejection or of hurting their partner
- The complexity of regaining a sense of 'normality' within their sexual relationship
- Sense of being 'unwanted'/ 'undesirable'

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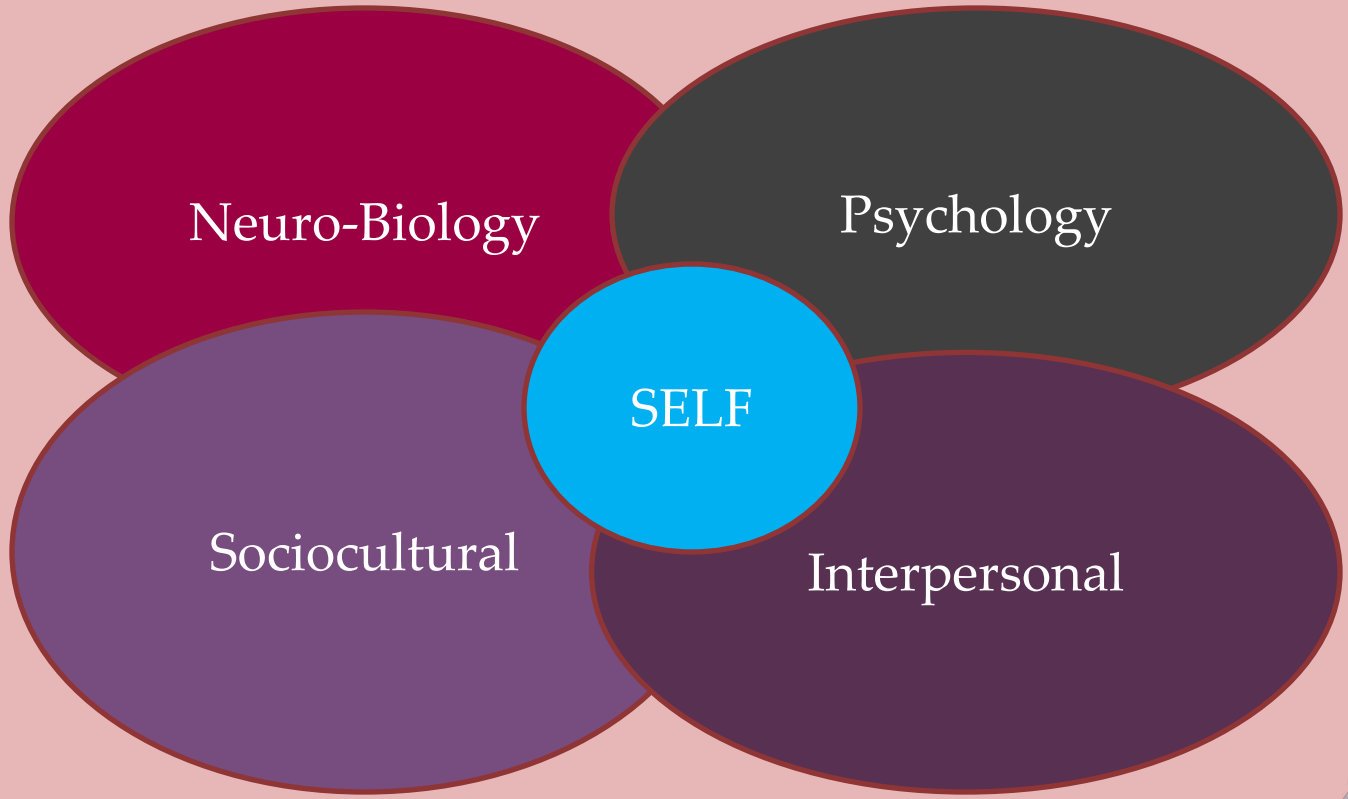
Wanting >>>Willingness>>>Commitment>>>Doing

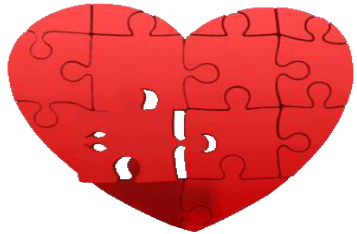


Influencing factors to our motivation!

Inhibitors to sexual Confidence & Desire

- Fatigue
- Relationship stress
- Vaginal Dryness/ painful sex / pelvic pain
- Loss of sexual self-esteem related:
  - to body image changes (weight gain/loss)
  - Menopausal Symptoms
  - Infertility
  - Changes to one's sexual response

(reduced Desire & Arousal difficult to orgasm)



No Magic Pill!!!!

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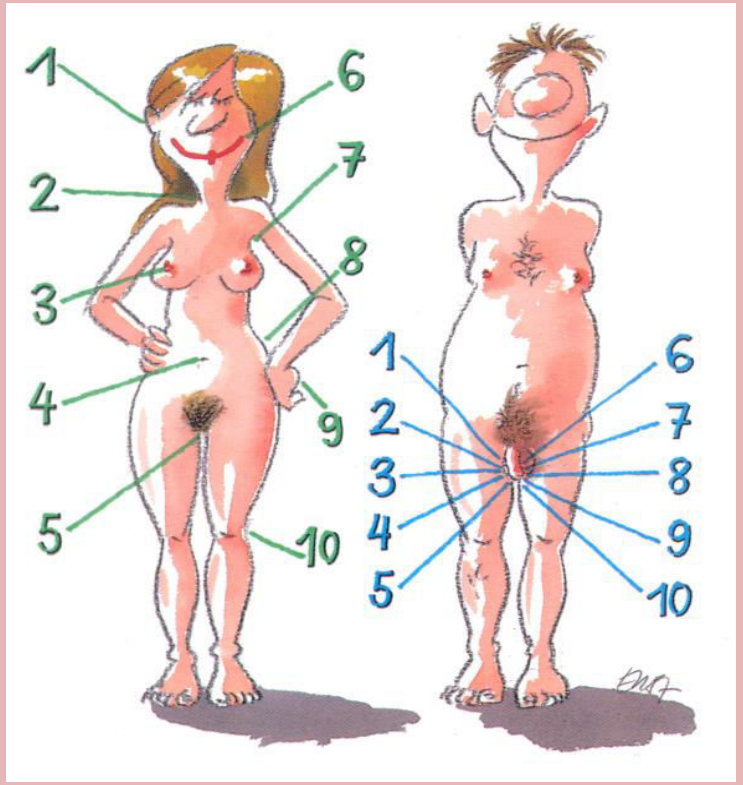
Creating Intimacy

Celebrate the good in life
Words & actions
of love & appreciation

Create opportunities for intimacy : Take time out to be together as a couple

Explore new ways of being together and deepening your level of intimacy



Why Viagra doesn't work in women!

Male & Female Erogenous Zones

Enhancers to sexual confidence & Desire

✓Use of lighting/candles/scents –setting the scene & feeling comfortable with physical scars

✓Self-nurturing/pleasuring & Timing of sexual intimacy

✓Sexual/intimate foreplay – agree not to go onto intercourse even if all seems to be going well

✓Remember the lube...!

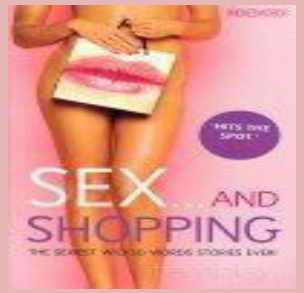
✓Pain management

Sex at 82!!!

I just took a leaflet out of my mailbox, informing me that I can have sex at 82! I'm sooooo happy, because I live at 73 ... So it's not far to walk home afterwards!

Vaginal moisturisers / Lubricants

- Replens - 3 X week for 3 months
- Vaginal tissue regains moisture & elasticity
- Can use Replens before intercourse
- Multi-gyn vaginal moisturiser (as above)
- **Vit E capsules (puncture capsule/use panty liners)**
- Use of Vaginal Oestrogen(as appropriate)
- Personal lubes (sexual intimacy/activities)
    - Pjur (not Ky jelly)
    - Astroglyde



Our attitude towards sex

Ref: Pjur :website: google images

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Essential to know services to refer:

- ❑ Sexologist
- ❑ Psychology Services / Social Worker
- ❑ Menopause & MSAC Clinic (KEMH)
- ❑ Women's Health Clinics
- ❑ Women's health Physiotherapy
- ❑ General Practitioner
- ❑ KEOH Institute (Private cost associated)
- ❑ Sex Therapy: SASWA
- ❑ SECCA: Sexuality & Disability Counselling
- ❑ Continence Specialist
- ❑ Look within your own organisation

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Personal / Professional Self-Reflection & continuing education

- **Feel comfort/confident to facilitate discussions**
- **Have a basic up-to-date knowledge**
- **Have a self awareness**

http://erikatakacs.wordpress.com/2008/11/29/the-thinker/

If sex is such a natural phenomenon, how come there are so many books on it? *Bette Midler*

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