

# LET'S TALK ABOUT SEX: SEXUALITY AND SEXUAL DIFFICULTIES

## AN INTRODUCTORY COURSE IN SEXUAL MEDICINE AND THERAPY

The course will discuss the need to talk about sex, the obstacles in talking about sex and empowering registrants to raise and discuss topics of sexuality and sexual difficulties with their patients or clients. It will cover the assessment and management of common sexual difficulties, from a biopsychosociocultural perspective, provide educational resources and an overview of therapeutic options.

### Who should participate?

This multidisciplinary and fully online interactive two-day course is targeted at general practitioners, obstetricians and gynaecologists, sexual health practitioners, psychiatrists, urologists, psychologists, psychotherapists, sexologists, physiotherapists, nurse practitioners, and any interested health practitioners and trainees.



### Main facilitator

The course will be facilitated by **Dr Anita Elias** MBBS, FASPM, FECSM, a medical practitioner and psychotherapist, specialising and working in Sexual Medicine and Sexual and Relationship Therapy for over 25 years. Dr Anita is the Head of the Sexual Medicine and Therapy Clinic at Monash Health, and a Senior Lecturer at Monash University. She will be joined by a multidisciplinary team of experts in Sexual Medicine and Sex Therapy (see next page).

### Dates and Time (AEDT)

**Date:** Friday 15 March and Saturday 23 March 2024

**Time:** 8.30am – 5.30pm

### Venue

Online - live presentations.

Presentations will be recorded and made available to registrants for three months along with additional resources.

### Registration

**Early bird rate\*:** \$660 (including GST)

**Normal rate:** \$770 (including GST)

\*Early bird ends on 26 February 2024

**Discounted registration prices:** Registrants from Monash University, Monash Health, Monash shared maternity care staff and low-resource countries are eligible for discounts on the above registration rates.

Visit our [website](#) for more information.

### CPD/CME points

For more information related to course accreditation and CPD points/hours, please visit our [website](#).

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- Talking about sex – overcoming the obstacles
- Taking a sexual history in an inclusive and respectful way, with a biopsychosociocultural approach
- Communication skills, including talking with a couple
- Models of Sexuality
- Relationships and sexuality
- Gender identity and gender dysphoria
- Sexual identity, orientation and behaviour (including LGBTIQIA+ sexuality)
- Cultural and religious impacts on sexuality (including the impact of pornography)
- Sexual pain
- Erectile dysfunction
- Ejaculatory problems (premature ejaculation and delayed ejaculation)
- Libido
- Arousal and orgasm
- The impact of significant life stages/changes on sexuality
- Pregnancy and postpartum sexuality
- Menopause, ageing, illness and cancer

## Speakers

**Dr Sarah Ashton** BA Psych (Hons), PhD (Preventive Medicine), MAPS  
Director & Principal Psychologist  
Sexual Health and Intimacy Psychological Services (SHIPS)

**Melissa Hadley Barrett** (MNurs, PGrad Dip Sexology, PGrad Dip Mid, Grad Cert DiabEd, BSc)  
Nurse practitioner / Sexologist  
Restorative sexual health clinic

**Dr Gideon Blecher** MBBS, FRACS (Urol Hons)  
Consultant Uro-Andrologist. Monash Health, Alfred Health, Private Practice

**Lynda Carlyle** MHSc (Sexual Health), RN  
Clinical Psychosexual Therapist (SAS), Relationship Therapist,  
Private Practice

**Dr Anita Elias** MBBS FECSM FASPM  
Sexual Medicine & Therapy Clinic Monash Health, Monash University, Private practice

**Dr Gurvinder Kalra** MBBS, DPM, MD, FRANZCP  
Consultant Psychiatrist, Monash Health Gender Clinic, Latrobe Regional Hospital Mental Health Services, Sale Community Mental Health Clinic

**Dr Michael Lowy** MBBS MPM FECSM FACHSHM  
Men's Health Physician at Sydney Men's Health Lecturer UNSW and University of Sydney

**Shan Morrison** BAppSc(Phty), PostGradCert(Pelvic Floor), FACP  
Specialist Women's, Men's & Pelvic Health Physiotherapist  
Director, Women's & Men's Health Physiotherapy

**Juniper Muller** BA(Hon), MPpsych(Couns)  
LGBTQIA+ Psychologist, Melbourne Queer Psychologist

**Dr Natalie Rosen**, PhD, Registered Clinical Psychologist  
Professor, Departments of Psychology and Obstetrics & Gynaecology  
Director, Couples and Sexual Health Research, Dalhousie University (Canada)  
Private Practice

**Professor Beverley Vollenhoven** PhD, FRANZCOG, CREI  
Reproductive Endocrinologist and Infertility Specialist  
Head, Gynaecology, Monash Health  
Head, Dept of O&G, Monash University

*Additional resources:* Q&A, panel sessions and case study discussions with speakers.



### Contact Us

Monash University, Obstetrics and Gynaecology  
Short Courses Organising Committee

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**Or visit:**

[bit.ly/og-courses](https://bit.ly/og-courses)