

## WORKSHOP FOR MEN WHO EXPERIENCE DIFFICULTIES WITH ERECTIONS

### What the workshop is...

- A place to learn **new information** and **strategies** to overcome difficulties with maintaining an erection
- An opportunity to learn ways to improve your **sex life** and increase your **sexual confidence**
- The only **out of hours** service we currently offer
- An **evidence-based** intervention

### What the workshop is NOT...

- Group Therapy
- A place where you have to share personal experiences

### What we will cover...

- **Practical strategies** to overcome difficulties getting or maintaining erections
- Learning ways to **reduce the impact of anxiety around sex** and low sexual confidence
- Developing ways to help **manage unhelpful thoughts** relating to sex
- **Examining ideas** around sex, masculinity and sexual preferences
- Increasing your **confidence using condoms**, if you want to use these
- Exploring ways of **communicating with partners** (new or current) to improve your sex life
- You will have a **1:1 session** half way through to discuss any individual needs, and ensure the rest of the workshops are tailored to your needs

### What previous attendees have said...

*“I’ve actually enjoyed coming, it’s been nice in a way that other people are there...it normalises stuff”*

*“Before the sessions I was apprehensive, but afterwards I have been so pleased with the results and how relaxed I felt in each session”*

*“I am really enjoying hearing from others, and I think the information and exercises have allowed me to do a lot of thinking myself outside of sessions.”*

### If you are interested...

- Please contact us on **0203 317 5122** or email [psychosexualteamadmin@nhs.net](mailto:psychosexualteamadmin@nhs.net)