

Porterbrook Clinic

Sheffield Care Trust

General Information

Assessment and Treatment Centre
for all forms of Sexual Dysfunction

Information about our service

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The Porterbrook Clinic is part of Sheffield Care Trust.

Formerly the Marital and Sexual Difficulties Clinic, it was established in 1974. It has become a Regional Centre of Excellence, both for the treatment of patients and for the specialist training it offers staff and clinical students. We run an M.Sc. and postgraduate diploma (P.G. Dip.) in Sexual and Relationship Psychotherapy. Peer-reviewed research activity is undertaken at the clinic.

Staff

The Clinic operates as a multi-disciplinary team with staff from a range of professions, all with additional training and expertise in the field of sexual dysfunction and relationship therapy. It combines a strong medical input with skilled psychotherapy and counselling.

Who can we help?

The Clinic offers assessment and treatment of all forms of sexual dysfunction, working with both physical and psychological factors.

Conditions might include:

- Erectile dysfunction
- Premature or inhibited ejaculation
- Orgasmic difficulties in women and men
- Vaginismus, dyspareunia and sexual pain conditions
- Problems of arousal in women
- Loss of interest or pleasure in sex in men and women
- Specific sexual phobias
- Assessment and therapy with relationship difficulties is also offered, whether or not there is a co-existing sexual difficulty
- The assessment of gender dysphoria, transsexualism and paraphilia
- Concerns over penis size in men

Patients with complex needs

We have excellent results with patients with complex needs such as underlying physical and psychiatric problems. Where there is an underlying physical or psychiatric condition which may be a major factor in a sexual or relationship difficulty, (e.g. diabetes, cardiovascular disease, neurological diseases, depression, post traumatic stress disorder), the condition should be assessed and treated whilst awaiting assessment of the sexual and relationship issues at Porterbrook.

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- The Clinic specialises in working with people where chronic illness or disability may be contributing to a reduced quality of life through sexual or relationship difficulties.
 - Facilities and access are available for people in wheelchairs and for those with limited mobility.
 - We are happy to receive referrals of people with any disability.
 - The service is available to heterosexual, gay, lesbian and bisexual patients, individuals or couples. Couples may be married, living together or living quite separately.
 - We work with clients of all ages.

Assessment

The Clinic provides a thorough assessment service which will review both physical and psychological factors. For example, we offer a detailed medical screening for men or women with erectile dysfunction (see our separate leaflet).

Following assessment, the Clinic has a range of treatment packages which will be tailored to the needs of the individual or couple concerned.

We hold clinics at several sites in the city. Interventions may be medical, behavioural or psychotherapeutic.

Treatment

A typical treatment programme for sexual dysfunction may last for 4 to 10 appointments, with the option of extended interventions for the most complex cases.

Keeping Referrers Informed

We will keep you informed with letters sent at the end of the initial assessment and at the end of an intervention.

Any changes in the treatment plan, such as a proposal to extend treatment, will be notified. If a medical or psychiatric condition requiring specialist treatment is identified by the Clinic Team, advice on appropriate referral to other specialists will be given.

A Confidential Service

Discretion is an important aspect of our service. We understand the particularly sensitive nature of problems which bring people to us. The only person we would communicate the assessment and treatment to is the GP or the health professional who had made the initial referral unless we have permission to do otherwise.

Confidentiality is offered to all patients and clients attending the clinic. However, in line with all National Health Services, our legal duty, as defined in The Children Act (1989), is to report to Social Services any evidence we receive of a child or vulnerable adult at risk of abuse. Please feel free to discuss this issue with a therapist if you have any concerns about it.

How to Refer

Referrals should be made in writing to the Clinical Lead/Consultant at the Porterbrook Clinic, Dr Kevan Wylie.

The Clinic holds a shared waiting list.

The referral should describe the problem for which help is sought and include relevant information about the patient's personal circumstances. Any relevant physical or psychological difficulties should also be included.

Please note; shared care guidelines exist specifically for patients with erectile dysfunction.