



www.ComeTogetherUK.org

TALKING TO CLIENTS ABOUT SEXUALITY IN PREGNANCY AND BEYOND

Building professional comfort and confidence

27th November 2010: 10am - 1pm. Cedar Lodge, 2 Cedar Way, Berkhamsted, HP4 2LD.

Pregnant clients and their partners often have concerns about whether and how they should be sexually active. Given that maintaining sexual contact is so vital to the survival of a couple relationship, particularly after the birth of a child, the more that health professionals can advise and support, the better. But discussing sexual issues is often uncomfortable and professionals may lack the confidence.

This 3 hour interactive workshop for all maternity health professionals, midwives, student midwives, doulas, physiotherapists, antenatal/postnatal teachers, trainees, breast feeding counsellors, GP's, health visitors, to help develop comfort and confidence in discussing sensitive topics with clients.

The Seminar Aims To

- Raise awareness of the sexual concerns that clients may have during pregnancy and beyond
- Identify the blocks that clients and physiotherapists may have in communicating about these concerns
- Emphasise the need for emotional facilitation in reducing these blocks
- Provide practical, skill-based solutions to blocks
- Give practice using these skills
- Develop the ability to self-evaluate the use of these skills
- Help change attitudes to the discussion of sexual concerns during and beyond pregnancy

So That The Participant Will Be Able To

- Raise and introduce sexual concerns with the client and be open to the client doing so
- Discuss sexual issues in a way that puts the client at ease
- Maintain a personally comfortable and confident emotional state while discussing such issues
- Identify where emotional facilitation, advice or information-giving is most appropriate in any discussion
- Appropriately refer clients on for further support where necessary

About the workshop leaders

Rachel Foux is a maternity sex educator, psychosexual therapist and author. She is a regular contributor to the media and lecture circuit on sexual health during pregnancy, childbirth and postpartum. Her many pioneering projects in the community represent her commitment to the normalisation of sexuality through the birthing years. Rachel is a founding member of the British Association of Sexual Educators.

About the workshop sponsor:

ComeTogetherUK.org is a UK-based charity, formed in 2010 for the support of families, couples and young people, from pregnancy and beyond, through positive sex and relationship education.

Registration from 9.30 am. Cost: £15 - Students. £20 - Practitioners

To book or for more information contact Rachel@HouseholdCompanion.com