



# Sexuality Workshop

Thursday 11th May

## Agenda



8.30am	<b>Registration and coffee</b>	
8.55am	<b>Welcome</b> A little light exercise	Lee Francis (Chair) Michelle Donald
9.15am	<b>Pathophysiology– What Changes After SCI?</b>	Mr Soni
9.45am	<b>What Is Sexuality?</b> Thinking about your own values. <b>Where Are We Now?</b> Body image and focus exercises.	Michelle Donald Suzanne Clarke Barbara Smith
10.45am	<b>Coffee</b> (Mitchell Teppers short video)	
11am	<b>What inhibits us from asking/talking about sex?</b> Working with difference Lets touch upon male/female issues Research about the Vagal nerve and neuroerotic	Michelle Donald
	<b>What about the partner?</b> <b>What about being single?</b>	Michelle Donald
12.30pm	<b>Lunch</b>	
1.15pm	<b>Thinking about different abilities and positioning</b> A fun session with adaptive equipment	Vicky Thomas
1.45pm	<b>Knowing your boundaries</b> What is in place to keep you safe?	Michelle Donald
	<b>PLISSIT—a working model for staff</b> What role does the sex therapist play in the rehab environment?	Michelle Donald Suzanne Clarke
2.40pm	<b>Coffee</b>	
3pm	<b>Management of male sexual dysfunction, health and fertility</b>	Kim Lucy / iMedicare
3.45pm	<b>Resources to follow up with your own training</b>	Michelle Donald
4pm	<b>The SCI Woman</b> Contraception, menstruation, fertility and pregnancy	Mr Sharma
4.45pm	<b>Feedback forms</b>	
5pm	<b>Close</b>	