

CASTAWAY THERAPY

Counselling

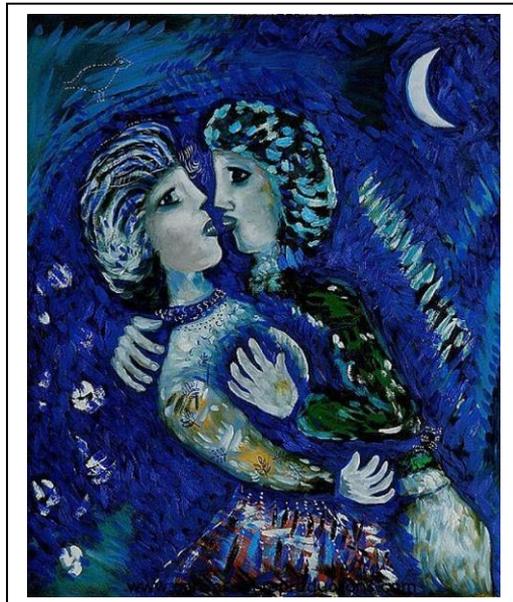
Addiction &

Sex

Therapy

<https://www.castawaytherapy.com>

Sometimes problems we face feel too big for us to solve alone or as part of a couple. Sexual problems in particular can feel difficult to talk about, not only with a



partner but also with a Therapist. A Therapist is just another person who has chosen to work in this field. For me, I am led by an interest in helping people in a lot of emotional pain caused by sexual & relationship difficulties. My experience e.g. has shown me

that people can feel extreme emotional pain when a partner rejects them sexually. It strikes at the heart of who a person is, or who they think they are, i.e. their identity. Because of taboos or embarrassment, sexual problems can be left unaddressed for years, to fester and rot in a pool of resentment and hatred. This then impacts on the general relationship and soon it feels like there is nothing 'right' about the relationship with someone you still love. There is an acute sense of loss e.g. of a loving partner, of the opportunity for a shared intimate & special experience exclusive to both of you, of your self-image, self-confidence & self-esteem and that's a lot of emotional pain! People present with these 'symptoms' and in 2020 the ever increasing availability of porn/chat/webcam sites can create a real threat to not only a sexual relationship but also the general relationship. Sensitive, expert help is available.

What will happen if I contact you for help?

- * I shall reply & ask if you want to set up an appointment.
- * The appointment can be face to face or online (depending on where you live). If you are part of a couple, then meeting both of you at an initial appointment is recommended.
- * I will be using all my skills to help you to relax and to be able to talk openly.
- * We will start assessing the problem as you present it & look at contributing factors. This is a thorough piece of work taking 2-3 sessions
- * If you have a partner, I will then assess him/her.
- * We shall all meet up again & I shall feedback to you – what I feel is important re the current problem. & you can expand on these points or disagree with my understanding.
- * I shall set you both specific 'homework' to carry out, (sex is banned).
- * I shall receive feedback from your homework in our next session. I shall e.g. think carefully about your information & try to understand it in the context of things that are helping you to stay stuck. We shall make adjustments & continue in this way until you feel happy with what you have achieved in our work together.
- * I suggest you return in 3 months for a 'check up' & if further adjustments needed we do that.