

WHO WE ARE

The center for sexual health is dedicated to advancing sexual health through treatment, community education, training and research. The center, part of the University of Michigan Department of Social Work, is staffed by Certified Sex Therapists who are mental health professionals specializing in the treatment of sexual difficulties. Therapists work in close consultation with U-M nurses and physicians to offer integrated clinical care. The center also collaborates with other medical staff to develop research and to provide education to students and medical residents, as well as community organizations.

WHAT WE OFFER

- Evaluation and treatment recommendations for sexual difficulties
- Sexual health counseling for individuals and couples
- Short term or ongoing sex therapy
- Referral for medical evaluation if needed
- Specialized evaluation and treatment for adults over 60
- Specialized program for patients and partners with prostate cancer
- Individual or Couples counseling about fertility concerns
- Collaboration with physicians and nurses
- Linking patients with medical and psychosocial resources
- Community education
- Training for medical and mental health professionals

COMMON SEXUAL CONCERNS

- Absent or low sexual desire
- Painful sex
- Difficulties with erection or ejaculation
- Inability to have orgasm
- Sexual problems associated with an illness, accident or medical treatment

POSSIBLE CAUSES OF SEXUAL DIFFICULTIES AND CHANGES

- Relationship difficulties
- Medical illness or treatments
- Major life stressors
- Hormonal changes
- Health problems
- Anxiety or depression



HOW SEX THERAPY CAN HELP

Sexual difficulties may be lifelong or begin in response to a life event like an illness, medical treatment, or change in relationship. Sometimes things like job stress, moving, or retiring can cause changes in sexual functioning.

Sex therapy is a form of outpatient counseling. The sex therapist is trained to evaluate and treat many kinds of sexual problems and relationship problems that often develop at the same time as a sexual problem.

Visits are confidential and will address your concerns by:

- Evaluating the problem and making recommendations for how to solve it
- Educating and counseling about sexual functioning
- Providing short term counseling or ongoing psychotherapy for individuals and couples



University of Michigan
Health System

CENTER FOR SEXUAL HEALTH

CONTACTING THE CENTER FOR AN APPOINTMENT

- By self-referral.
Call 734-763-4963
- By provider referral.
Call 734-763-4963
Fax 734-647-6499
- All contacts are confidential

Sexual problems, like medical problems, require an evaluation. When you contact the center for sexual health, brief initial information will be taken over the telephone and an appointment for an evaluation will be scheduled. At the appointment, you and your counselor will discuss your concerns. In some cases, additional information may also be requested from your physician.



Sexual health is part
of your general health
and well being.



center for Sexual Health

734-763-4963 phone
734-647-6499 fax

www.med.umich.edu/sexualhealth

Executive Officers of the University of Michigan Health System: Robert P. Kelch, Executive Vice President for Medical Affairs; James O. Woolliscroft, Dean, U-M Medical School; Douglas Strong, Chief Executive Officer, U-M Hospitals and Health Centers.

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