



DEEP DIVE INTO DYSPAREUNIA:

A multidisciplinary workshop on sexual pain

Sexual pain is one of the most common sexual difficulties for cis women or people with vaginas, although it can impact on people of any gender. This interactive one day online workshop will gather a multidisciplinary team of experts to discuss in detail the assessment and management of dyspareunia, through presentations as well as case-based discussions.

WHO SHOULD PARTICIPATE?

General practitioners, obstetricians and gynaecologists, sexual health and sexual medicine practitioners, pain specialists, physiotherapists, nurse practitioners, psychologists, psychotherapists, sexologists, sex or relationship therapists, and any interested health practitioners, trainees or students.

TOPICS

- A biopsychosocial approach to assessing and managing sexual pain
- Delve deeper: Gynaecological management of dyspareunia
- Skin deep: What to do about vulval pathology leading to painful sex
- Connection matters: Mind/body connection and impact of interpersonal factors
- The physiotherapist's role: So much more than muscles
- A pain specialist's approach to sexual pain
- Trauma as the root cause: Psychological treatment and trauma informed care

SPEAKERS

- Dr Sarah Ashton BA Psych (Hons), PhD (Preventive Medicine). MAPS - Director & Principal Psychologist, Sexual Health and Intimacy Psychological Services.
- Dr Tanya Bohl MBBS FACD Gynaecological Dermatologist. Vulval Clinic, Jean Hailes Foundation, private practice in Warragul.
- Dr Felicity Dent MBBS, FRACGP, CSCT, Cert Sexual & Reproductive Health. Specialist Women's Health General Practitioner, Inner Western Melbourne.
- Dr Megan Eddy MBBS B Physio(Hons) FRACGP FFPMANZCA. Specialist Pain Medicine Physician, private practice - Western Pain Group.
- Dr Anita Elias MBBS FECSM FASPM. Head, Sexual Medicine & Therapy Clinic Monash Health, Monash University, Malvern Psychotherapy Centre.
- Shan Morrison BAppSc(Phty), PostGradCert(Pelvic Floor), FACP. Director, Women's & Men's Health Physiotherapy.
- Dr Desiree Yap AM MBBS FRANZCOG FRCOG MPHTM. Gynaecologist, Monash Health, The Royal Women's Hospital, Empower Women's Health.

DATE/TIME (AEST)

22 July 2023 | 8.30am to 5.15pm

DELIVERY

Live Online - Recordings will be made available for three months.

CPD/CME

More information available on our website.

COURSE WEBSITE

[View course information](#)

REGISTRATION*

Early bird (ends on 3 July 2023)
Health professionals: \$360
Monash Health/University staff: \$320
Students: \$220

Standard

Health professionals: \$460
Monash Health/University staff: \$420
Students: \$270
**Prices in AUD (incl. GST).*

Contact us

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Saturday 22 July 2023

TIMES	TOPICS	SPEAKERS
0800 – 0830	Optional Session - Technical assistance with Zoom and/or Moodle (if required)	
0830 – 0845	Introduction to the Course	Dr Anita Elias MBBS FECSM FASPM Sexual Medicine Specialist, Relationship and Sex Therapist. Sexual Medicine & Therapy Clinic Monash Health; Monash University; Malvern Psychotherapy Centre
0845 – 0920	General Practice, the First Port of Call: A Biopsychosocial Approach to Assessing & Managing Sexual Pain	Dr Felicity Dent MBBS FRACGP CSCT Cert Sexual & Reproductive Health Specialist, Women's Health General Practitioner, Inner Western Melbourne
0920 – 0955	Delve Deeper: Gynaecological Management of Superficial & Deep Dyspareunia	Dr Desiree Yap AM MBBS FRANZCOG FRCOG MPHTM Gynaecologist, Monash Health; The Royal Women's Hospital Parkville; Empower Women's Health
0955 – 1030	Skin Deep: What to do about Vulval Pathology Leading to Painful Sex	Dr Tanja Bohl MBBS FACD Gynaecological Dermatologist. Vulval Clinic, Jean Hailes Foundation; Private practice in Warragul
1030 – 1045	MORNING TEA	
1045 – 1120	The Physiotherapist's Role: So Much More than Muscles	Ms Shan Morrison BAppSc(Phty), PostGradCert(Pelvic Floor) FACP Specialist Women's, Men's & Pelvic Health Physiotherapist. Director, Women's & Men's Health Physiotherapy
1120 – 1155	Connection Matters: The Mind/Body Connection & Impact of Interpersonal Factors	Dr Anita Elias MBBS FECSM FASPM Sexual Medicine Specialist, Relationship and Sex Therapist. Sexual Medicine & Therapy Clinic, Monash Health; Monash University; Malvern Psychotherapy Centre
1155 – 1230	A Pain Specialist's Approach to Sexual Pain	Dr Megan Eddy MBBS B Physio(Hons) FRACGP FFPANZCA Specialist Pain Medicine Physician, Private Practice -Western Pain Group
1230 – 1305	Trauma (big T & little t) as the Root Cause: Psychological Treatment & Trauma Informed Care	Dr Sarah Ashton BA Psych (Hons) PhD (Preventive Medicine) MAPS Director & Principal Psychologist, Sexual Health & Intimacy Psychological Services (SHIPS)
1305 – 1315	Q&A	
1315 – 1400	LUNCH BREAK	
1400 – 1430	Breakout rooms for case discussions	
1430 – 1530	Whole group case discussions and feedback	
1530 – 1545	AFTERNOON TEA	
1545 – 1645	Whole group case discussion continue	
1645 – 1715	Q&A / Closing remarks	