



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 Megan Eddy MBBS B Physio(Hons) FRACGP FFPMANZCA Specialist Pain Medicine Physician, private practice - Mind Body Pain Specialists.
- Dr Anita Elias MBBS FECSM FASPM. Head, Sexual Medicine & Therapy Clinic Monash Health, Monash University, Malvern Psychotherapy Centre.
- Dr Karen Freilich MBBS BMedSc MScRSHR FRACGP General Practitioner, Airlie Women's Clinic; Sexual Medicine & Therapy Clinic, Monash Health.
- Dr Shami Kathurusinghe MBBS FRANZCOG BBiomedSci (ATTP) AGES Gynaecologist, Royal Women's Hospital; Eastern Health; Clynden Avenue.
- Shan Morrison BAppSc(Phy), PostGradCert(Pelvic Floor), FACP. Director, Women's & Men's Health Physiotherapy.

DATE/TIME (AEST)

20 July 2024 | 8.30am - 5.15pm

DELIVERY

Online, live session (presentations and case study discussions).

CPD/CME

Visit our [website](#) for more information.

COURSE WEBSITE

[View course information](#)

REGISTRATION*

Early bird (ends on 7 July 2024)
Health professionals: \$380 (incl. GST)

Standard

Health professionals: \$480 (incl. GST)

Discounts: Registrants from Monash University or Monash Partner organisations (including shared maternity care affiliates from Monash Partner Organisations) and low-resource countries may be eligible for discounts on the above registration rates.

Visit our [website](#) for more information.

Contact us

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SATURDAY 20 JULY 2024



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 & 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 Karen Freilich MBBS BMedSc MScRSHR FRACGP General Practitioner, Airlie Women's Clinic; Sexual Medicine & Therapy Clinic, Monash Health
0920 – 0955	Delve Deeper: Gynaecological Management of Superficial & Deep Dyspareunia	Dr Shami Kathurusinghe MBBS FRANZCOG BBiomedSci (ATTP) AGES Gynaecologist, Royal Women's Hospital; Eastern Health; Clyden Avenue
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	Connection Matters: The Mind/Body Connection & Impact of Interpersonal Factors	Dr Anita Elias MBBS FECSM FASPM Sexual Medicine Specialist, Relationship & Sex Therapist, Sexual Medicine & Therapy Clinic, Monash Health; Monash University; Malvern Psychotherapy Centre
1120 – 1155	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
1155 – 1230	A Pain Specialist's Approach to Sexual Pain	Dr Megan Eddy MBBS B Physio(Hons) FRACGP FFPMANZCA. Specialist Pain Medicine Physician, private practice - Mind Body Pain Specialists.
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 & feedback	
1530 – 1545	AFTERNOON TEA	
1545 – 1645	Whole group case discussion continue	
1645 – 1715	Q&A / Closing remarks	