



The EPICentre
Counselling for everyone

The EPICentre

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Visit us online:

www.theepicentre.net.au



The EPICentre
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Sexual Counselling
Services for Women

A guide to professional services
for women dealing with personal
and relationship sexual difficulties

www.theepicentre.net.au

6228 5535

*“Reconnect with your
intimate self”*



How can The EPICentre assist?

The EPICentre offers sex therapy from fully qualified and accredited sex therapist and relationship counsellor Darren Radley. Darren has extensive experience and in-depth knowledge of sexual difficulties and concerns and provides a **caring, confidential, and non-judgemental** environment to explore these issues.

Darren is trained to assess and treat a wide range of sexual complaints and concerns, and only uses **evidence-based therapies and approaches**. He holds a Masters degree in Health Science from The University of Sydney specialising in Sexual Health, and is a professional member of the Australian Society of Sex Educators, Researchers, and Therapists (ASSERT NSW). Darren has been in private practice since 2006. The EPICentre is a LGBTI-friendly counselling centre.

*To book an appointment, please call: **6228 5535** or **0400 135 353** or email: admin@theepicentre.net.au*

What is sex therapy?

Whether your sexual complaint or concern is occasional or ongoing, and concerns you a little or a great deal, sex therapy can help.

The primary focus of sex therapy is on the psychological aspect of your sexual concern and/or difficulty. Communication with your GP and a Gynaecologist to assess for any medical or biological causes may also be considered. Early intervention with occasional sexual difficulties can prevent the problem from becoming an ongoing source of sexual frustration. However, for those situations when a sexual complaint has turned into sexual disappointment and frustration over many months or years, then more regular and intensive sexual counselling is required.

Fees

- **\$70** for a 50 – 60 minute individual counselling session
- **\$80** for a 50 – 60 minute couple counselling appointment

Concession card holders can negotiate a fee reduction.



Common sexual difficulties and concerns for women:

- Low or no sexual desire
- Fear of sexual interaction
- Female sexual arousal disorder
- Female orgasmic disorder
- Sexual addiction
- Dyspareunia may occur before, during, or after sexual behaviour and may involve only slight pain, which does not interfere much with sexual activity. However, when it is extreme, it may make sexual behaviour difficult, if not impossible.
- Vaginismus. The pubococcygeus muscle surrounds the entrance to the vagina and controls the vaginal opening. Vaginismus involves involuntary contractions of this muscle, which can make penetration during sexual intercourse virtually impossible and very painful
- Presence of sexual difficulty that is due to the physiological effects of a general medical condition or disability.