



Thinking About Sex Day 2016 – February 14

Bristol Sex Therapists Offer Free Consultations

Thinking About Sex Day - who would have thought there would be a day when we would actively be encouraged to think about sex? This awareness day does just that.

An initiative of the Sexual Advice Association (<http://www.sda.uk.net/>), Thinking About Sex Day is designed to encourage everyone to think about the physical and psychological issues surrounding sexual activity. Encouraging people to think about sex is the first step towards ensuring the public's sexual health, pleasure and wellbeing.

To promote Thinking About Sex Day in Bristol this year, three Bristol sex therapists are waiving their regular initial consultation fees for one week for members of the public who contact them and book consultations. The aim is to encourage individuals and couples to talk more openly about sexual issues and in particular to seek help for sexual problems that are reducing their sexual pleasure or proving challenging for their relationships.

“In the UK we are notorious for our need for privacy and our reserved attitude to sex,” says Graham Prince, who runs www.sextherapybristol.net, a private sex therapy practice based in Bristol. “Many people experience problems in their sex lives or their relationships are reluctant to seek help, whether from their GP, specialist NHS clinics or from professional sex therapists. Thinking About Sex Day is an annual opportunity to encourage everyone to talk more openly about sex and in particular to address any problems they are experiencing.”

Graham Prince and two colleagues, Karen Jones and Marie Wallace, have agreed that for the week following Thinking About Sex Day, anyone who contacts them to book an appointment will be waived the usual first session fee. The waiver applies for seven days from Sunday February 14 to Saturday February 20.

“We will be happy to talk to anyone, whatever their sexuality, who has a sexual issue they want to talk about,” says Graham Prince. “There will be no obligation to continue working with any of us if the person does not want to, and where appropriate we will refer people to other sources of professional help. If anyone has a sexual issue that has been interfering with their sex lives or their relationship, this is a chance to get free professional advice and take a first step to getting help and support.”

Further details of Thinking About Sex Day can be found at www.sextherapybristol.net.

Anyone interested in making an appointment with either Graham, Karen or Marie should email info@sextherapybristol.net or contact Graham directly on 07921 866286.

About Us

Karen Jones is a qualified psychosexual and relationship therapist with a private practice in Bristol. She is a member of the British Association for Counselling and Psychotherapy (BACP) and the College of Sexual and Relationship Therapists (COSRT). Karen works with individuals and couples experiencing a broad range of sexual difficulties, from specific functional problems to issues of compatibility and desire. For some, a few sessions of therapy are enough to resolve the problem, while others need a longer period of treatment, incorporating activities and exercises to be undertaken at home. In all cases, Karen's approach is tailored to the needs of each individual or couple and agreed through a process of assessment and consultation.

Graham Prince is a qualified psychosexual and relationship therapist and owner of www.sextherapybristol.net, a private therapy practice based in Bristol. He specialises in working with men of all sexualities on issues including erectile problems, premature ejaculation, low desire and sex addiction, and also supports couples experiencing sex and relationship issues. He has experience of working with a range of alternative sexualities and is Kink Aware. Graham is also a qualified psychotherapist and a Registered Member of the BACP. He writes a regular sex therapy and psychotherapy blog and teaches on UK sex and relationship therapy courses.

Marie Wallace is a qualified integrative therapist in private practice in Bristol. She provides person centred talking therapy for individuals from all client groups and especially supports all aspects of Gender and Sexual Diversity. She is LGBTQQIP2SAA Affirmative and Kink Aware. She volunteers at a local substance abuse charity providing long term low cost counselling. Marie is also a Professional Dominatrix with 15 years professional and personal experience in the BDSM community. This gives her a unique understanding and knowledge base when helping clients and their partners with any kink related issues.

About Thinking About Sex Day

Thinking About Sex Day is an initiative of the **Sexual Advice Association** (<http://www.sda.uk.net/>), which provides information and support on all things related to male and female sexual health, including a confidential helpline to respond to queries. The Sexual Advice Association aims to change that and open up dialogue about sex in order to identify and help with some of the commonly occurring issues.