



Cygnet Health Care

# Is 'Sex' A Dirty Word? – The Challenge of Managing Sexuality in Mental Health

Date: Thursday 23rd April 2009

Venue: The Bristol Hotel, Bristol



## KEY NOTE SPEAKER

Dr Phil Hammond,  
doctor, writer  
and broadcaster

**CPD**  
CERTIFIED  
The CPD Certification  
Service

Delegates attending this conference will gain an understanding of:

- The complexity of the issues around sexual relationships between patients
- The relevant legal issues
- The barriers to discussing a difficult subject with colleagues and service users
- The current research and state of policy development in the UK
- Their own views and attitudes to an emotive issue

[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)

# Is 'Sex' A Dirty Word? – The Challenge of Managing Sexuality in Mental Health

DATE: Thursday 23rd April 2009

VENUE: The Bristol Hotel, Prince Street,  
Bristol BS1 4QF

Including key note speaker  
**Dr Phil Hammond,**  
doctor, writer  
and broadcaster

## ABOUT THE CONFERENCE

This conference is aimed at all clinicians and policy makers and will explore the subject of sexual relationships between people with serious mental health problems. There will be an emphasis on how best to balance patient needs with risk in the context of changing legislation and developing local policy. These issues will be discussed with a view to developing a service responsive to patient needs in longer term inpatient settings such as rehabilitation and secure units. Speakers will address issues of human rights versus protection and vulnerability and how to develop local policy and protocol.

Our key speaker, Dr Phil Hammond, will lead the conference in exploring the difficulties of addressing sexual issues in an open and professional manner.

## AIMS OF THE CONFERENCE

Delegates attending the conference should gain an understanding of:

- The complexity of the issues around sexual relationships between patients
  - The relevant legal issues
  - The barriers to discussing a difficult subject with colleagues and service users
  - The current research and state of policy development in the UK
  - Their own views and attitudes to an emotive issue
- Through debate it is hoped that delegates will have an opportunity to challenge their own beliefs and hear a variety of views from the conference speakers and other delegates.

## WHO SHOULD ATTEND?

- Nurses
- Doctors
- Psychologists
- Social Workers
- Therapists
- Managers
- Commissioners
- Users
- Carers

**09:00**  
REGISTRATION AND REFRESHMENT

**09:30-09:40**  
INTRODUCTION BY CONFERENCE CHAIR  
*Malcolm Rae OBE – Joint National Lead CSIP / NIMHE Acute Care Programme*

## SESSION 1 The Facts of Life

### KEYNOTE SPEAKER

**09:40-10:40**  
**IS SEX GOOD FOR YOUR MENTAL HEALTH?  
IF SO WHY IS IT SO HARD TO TALK ABOUT?**  
*Dr Phil Hammond – doctor, writer and broadcaster.  
A GP now practicing in sexual health.*

- Benefits of good sexual relationships
- Examples of how to discuss difficult intimate issues

**10:40-11:15**  
**ATTITUDES OF MENTAL HEALTH PROFESSIONALS  
TO SEXUAL RELATIONSHIPS IN SECURE SETTINGS**  
*Dr Kalpana Dein Consultant in Forensic Psychiatry  
South Essex Partnership NHS Foundation Trust*

- Overview of policy
- Staff attitudes
- Conjugal visits

**11:15-11:45** – Coffee Break

**11:45-12:30**  
**THE LEGAL FRAMEWORK**  
*Susan Thompson – Partner, Beachcroft Law Firm,  
Bristol Office*

- What laws are relevant to sexual relationships between inpatients
- Mental Health Act and Mental Capacity Act
- Human Rights
- Confidentiality

**12:30-13:00** – Questions and Answers to the Panel

**13:00-14:00** – Lunch Break (1 hour)

## SESSION 2 To support or stop sexual relationships?

**14.00-14.15**  
**WHY ARE WE DISCUSSING THIS NOW?**  
*Ruth Halsey – Clinical Manager,  
Cygnets Hospital Kewstoke*

- Sense and sexuality-poles apart?
- The challenges in developing protocol

**14.15-14.45**  
**SEXUAL RELATIONSHIPS –  
AN UNNECESSARY DISTRACTION TO TREATMENT**  
*Dr Humphrey Needham Bennett – Consultant Forensic  
Psychiatrist, Cygnets Health Care, Beckton and  
Blackheath Hospitals, London*

- Vulnerability and choice
- Consent and capacity
- Managing sex offenders

**14.45-15.15**  
**SEXUAL RELATIONSHIPS –  
A BASIC HUMAN RIGHT FOR ALL**  
*Dr Martin Horler - Lead Clinical Psychologist,  
Cygnets Hospital Kewstoke*

- An aid to recovery
- Self esteem
- Choice

**15:15** – Debate with the panel with questions and opinions from the floor

**15:45** – Summary and closing remarks from the Chair

**16:00** – Conference Closes





## Booking Form

### Is 'Sex' A Dirty Word? – The Challenge of Managing Sexuality in Mental Health

**DATE:**  
Thursday 23rd April 2009

**VENUE:**  
The Bristol Hotel, Prince Street,  
Bristol BS1 4QF

#### How to Book

Fax: 020 8991 0440  
Tel: 020 8810 2597  
email: karensharp@cygnethealth.co.uk

Post this form to : **Karen Sharp**, Cygnets Health Care,  
22 Corfton Road, Ealing, London W5 2HT

#### YOUR DETAILS

*(Please complete this section for each delegate. Photocopies are acceptable)*

Dr Mr Mrs Ms (please circle) Other: .....

First Name: .....

Surname: .....

Job Title: .....

Department: .....

Organisation: .....

Address: .....

.....

.....

.....

Postcode.....

.....

Tel: .....

Fax: .....

Email: .....

Please state dietary requirements

.....

I agree to the terms and conditions as stated at the bottom of the page

Name: .....

Signed: .....

Date: .....

#### VENUE

The Bristol Hotel, Prince Street,  
Bristol BS1 4QF

*A map of the venue will be sent with confirmation of your booking.*

#### DATE

Thursday 23rd April 2009

#### DELEGATE RATES

*(For group rates please contact the organiser on 020 8810 2597)*

Public Sector/educational/ charity/NHS  
Local gov/ voluntary organisations ..... £150  
.....quantity

Central gov/private or independent orgs ..... £180  
.....quantity

Conference Papers ..... £30

#### PAYMENT

##### By Cheque

A cheque for £ .....is enclosed  
Please make cheques payable to: **Cygnets Health Care**

##### By Invoice Please send invoice to

Name (In Block Capitals): .....

Position: .....

Organisation: .....

Address: .....

.....

.....

.....

Postcode: .....

A £10 booking fee will be added to all invoiced bookings

Purchase number .....

Name of Organisation/PCT/Trust making Conference

Payment:.....

##### By BACS

Acc. Name: Cygnets Health Care Bank: Nat West  
Acc. No: 40444597 Sort Code: 56-00-60 Quote: CDEV MSX  
with your Name, Company and booking reference.

Please also send a copy of this form to the address above

#### Conference fees

The fee includes lunch, refreshments and conference materials.  
*Please note accommodation is not included*

#### Conference papers

Conference papers will be sent out a week after the conference  
Please fill in the your details section

#### Group Discounts

Group discounts are available, please call **020 8810 2597** for more information

#### Confirmation of booking

When booking please wait for written confirmation before travel

If you do not wish to receive further information from Cygnets Health Care, please tick here

Cygnets Health Care reserves the right to make changes to the programme, speakers or venue should this become necessary.

#### Terms and conditions

All cancellations will be subject to a £40 administration fee, if received in writing by the 09/04/2009. We regret that any cancellations after this date cannot be refunded, but substitute delegates are welcome at any time.

#### Payment

30 days either from date of invoice or before the conference (whichever is sooner). Payment must be received prior to the conference.