

# basrt

British Association for Sexual and Relationship Therapy  
Registered Charity No: 1101961

## Training Day

COST OF TRAINING DAY: Member - £115 / Non-Member - £125

BASRT approval for five hours CPD

The training day will include lunch and will run from 09.45am to 4.00pm.  
Registration from 9.30am.

## VULVAL PAIN, A MULTIDISCIPLINARY APPROACH

Presented by

Dr Jillian Pritchard, Consultant, GUM Clinic, Blanche Heriot Unit, St Peter's Hospital, Chertsey  
Paula Chaplin, Nurse Specialist, GUM Clinic, Blanche Heriot Unit, St Peter's Hospital, Chertsey  
Jo Brown, Nurse Specialist, GUM Clinic, Basingstoke

Wednesday 6th October 2010

The Library, The Royal Foundation of St Katharine's, 2 Butcher Row, London, E14 8DS

### TERMS AND CONDITIONS

**Fees:** The full fee for each workshop is £115 for BASRT members and £125 for non-members. Cheques should be made payable to BASRT in GB sterling. Payment must be received by BASRT before the course.

**Receipts:** A receipt will be sent along with your booking confirmation and details of the venue.

**Cancellations:** Cancellations must be made in writing. There is an administrative charge of £20 per person for cancellations received up to six weeks prior to the training day. Thereafter no refund is possible. To substitute a delegate, please call (0208 543 2707) at least seven days prior to the event.

**Indemnity:** BASRT reserves the right to change the venue or speakers due to unforeseen circumstances. In the unlikely event of a training day being cancelled, a full refund will be made, but BASRT disclaims any further liability.

BOOKING FORM, please return to:

Tricia Evans, Flat 4, Astwood Place, 6 Whitepost Hill, Redhill, RH1 6AN (Tel: 07930 657510)

Please enrol me on 'VULVAL PAIN, A MULTIDISCIPLINARY APPROACH' (6th October 2010)

I enclose a cheque payable to BASRT for £..... (member / non-member)

### PLEASE PRINT

Name: ..... Occupation: .....

Address: .....

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Telephone No: ..... Email: .....

BASRT No: ..... Dietary requirements: .....

Any other special needs requirements: .....

## **BASRT TRAINING DAY**

### **'VULVAL PAIN, A MULTIDISCIPLINARY APPROACH'**

**Wednesday 6th October 2010**

The Royal Foundation of St Katharine's, 2 Butcher Row, London, E14 8DS

**Presented by**

**Dr Jillian Pritchard, Paula Chaplin and Jo Brown**

Registration: from 9.30am

The day will start with a talk to introduce the topic of vestibulodynia with some pictures of the condition and also some pictures of vulval conditions which may be associated or mistaken. There will be discussion about setting realistic objectives, assessing progress and referral pathways. The group work will give the opportunity to discuss individual cases and to consider how counselling and physical treatment may complement each other. This can be a challenging area in which to work and we will explore how to identify and manage the more difficult cases.

### **AIMS**

To help all participants understand ways in which vulval pain may present.  
Identify the questions needed to help classify and grade the pain.  
Identify strategies to develop a plan of action for the patient/client to follow.  
Consider how counselling and physical treatment may complement each other.

### **OUTCOMES**

Feel more confident about assessing and working with clients who present with vulval pain.  
Have ways to review the ongoing work with patients/clients.  
Become more aware of the physiological and psychological elements of the condition.  
Identify available resources and referral pathways.  
Understand feelings of despondency that can occur when working with some of the more difficult cases and how we may address this and assist each other in the work.

### **PROGRAMME**

Delegates are invited to bring relevant case material for the panel case discussion in the afternoon

09.30	Registration and Coffee
09.45	The medical perspective on vulval pain and vulval disease Dr Jillian Pritchard
11.00	Break
11.15	Group One: Jo Brown will present her proforma for diagnosing and assessing the patient's vulval pain. It will include social, sexual, and medical history. Drug history – prescribed, alternative, over the counter and recreational. She will also introduce her scoring for pain and how it can be used in clinical practice. Group Two: Paula Chaplin will look at treatment modalities for vulval pain. Beginning with basic treatment to the more complex. The use of topical and oral drugs and techniques to assess their effectiveness. She will also look at physiotherapy acupuncture and other physical therapies and the interrelationship with counselling and other agencies.
12.30	Begin to share case material
13.00	Lunch
13.30	Group One and Group Two repeated
14.35	Sharing of case material with the team
15.55	Plenary
16.00	Close