**Vaginismus & Dyspareunia: a Multi-disciplinary Approach**

*(Understanding & working with Genito-Pelvic Pain/Penetration Disorder)*

**Biographies**

**Dr Raj Mathur**

**Vaginismus and dyspareunia - implications for fertility treatments**

Raj is the clinical Lead for Reproductive Medicine in Manchester Foundation Trust. He leads one of the largest NHS Fertility services in the UK. He is especially interested in the complications of fertility treatments and in ensuring fairness of access to NHS-funded treatment.

**Mr Ash Alam**

**Sex after the menopause - treatment of symptoms leading to dyspareunia in menopausal women**

Ash graduated from the Medical College of St Bartholomew's Hospital in London in 1994 and was awarded the Matthews Duncan Prize in Obstetrics and Gynaecology. He trained in Obstetrics and Gynaecology mainly in north and east London and also spent some time working in New Zealand. He has been a consultant at Arrowe Park Hospital, Wirral, since 2006 and has a particular interest in the ambulatory treatment options for gynaecological problems including sexual health and vaginal atrophy. He is also trained in gynaecological ultrasound, colposcopy and gynaecological surgical procedures, and keen to promote new technologies such as endometrial ablation and vaginal laser therapy. He has presented at conferences in the UK, Europe and the USA.

**Malcolm Firth / Gill Brisk**

**Overview of vaginismus and dyspareunia, and working with vaginismus and dyspareunia from a psychological perspective**

Malcolm Firth is an experienced mental health professional and psychosexual therapist with a background in social work, university teaching and service development in primary and secondary care mental health settings. He has been working as a psychosexual therapist in a mainstream NHS service in Manchester for nine years and has published articles on childhood sexual abuse and its consequences, psychosexual therapy, and transgender issues. His interests include sexual problems in younger people and in adults with severe mental disorders. He has lectured and taught on psychosexual problems and practice at undergraduate and postgraduate level.

Gill currently has worked as a psychosexual therapist at Manchester Royal Infirmary for 5 years. Since 1999, she has also worked for Relate as a psychosexual therapist, relationship counsellor and supervisor. In 2008, Gill was part of the team which started Relate Manchester’s (now ‘TLC, Talk Listen Change’) community domestic abuse programme for perpetrators of abuse, ‘Bridging to Change’. She facilitated individual and group work on the programme for 8 years and still supervises the work. Gill started professional life as a nurse and midwife, and trained as a therapist after taking a break to have children. Gill is accredited by COSRT and BACP. Her special interest is in the relational and psychological aspects of psychosexual therapy.

**Emma Mathews**

**Vaginismus and dyspareunia following (psychological) birth trauma and sexual trauma - recognition, treatment and implications**

Emma currently works as a psychosexual therapist for the NHS in Manchester; she also has 20 years’ experience working as a midwife, most recently in perinatal mental health, she is a relationship therapist, BABCP accredited CBT therapist and EMDR therapist, she also previously worked for Relate for 8 years. She has a special interest in the treatment of birth trauma and has completed research in this area as part of her MSc in psychological trauma. Emma has received four Iolanthe Midwifery Trust Awards in relation to her work surrounding birth trauma and has presented on birth trauma, post- traumatic stress disorder and psychosexual problems at conferences in the UK.

**Dr Hanny Stockman**

**Organic causes of** **pre-menopausal vaginismus and dyspareunia including treatment of vulval pain**

Hanny Graduated in Edinburgh 1992 and did specialty training in Obs & Gynae majority in Edinburgh with final 2 years in Manchester. Sexual Health training with Edinburgh community Sexual Health and IPM training through Sandiford Institute Glasgow in 2000 – 2001. She has used the IPM skills to set up Sexual Problems counselling since a senior trainee and then consultant Obs & Gynae since moving to Manchester. She finds these skills also very useful for The Chronic pelvic pain clinic she set up in 2009. She works as a general Obs & Gynae Consultant, lead in Sexual health and continue regular sessions in community Sexual Health clinics. Over the last 2 years she has included a combined approach to managing vaginismus using physiotherapy alongside a psychodynamic approach and more recently designed an audit proforma to measure outcomes of such a Vaginismus service with a year 4 medical student.

**Michelle Horridge**

**Dyspareunia - Making the Connection**

Michelle is a physiotherapist in Women’s Health and team manager St Mary’s Hospital, Manchester. She qualified from Salford University 25 years ago, with postgraduate training in Women’s health 5 years later. A founder member of the North West region of the Association of Chartered Physiotherapists in Women’s health (ACPWH) now the Pelvic, Obstetric and Gynaecology Physiotherapists (POGP), she co-hosted a national conference, organised study events and was regional chair of the association for 10 years in addition to University guest lectures. She also completed specialised dyspareunia training and Michelle actively promotes the woman’s understanding of her body and its response to pain, the physical treatment of muscle abnormality and individual self-management approaches.