



THE JOURNEY FROM PAIN TO PLEASURE: OVERCOMING FEMALE SEXUAL PAIN

Cognitive-Behavioural Group Therapy for Female Sexual Pain

Pain during sexual activity affects between 6.5 to 45% of women. Women experiencing painful sexual activity and their partners express that the pain interferes with sexual pleasure, emotional connection, and overall well-being. In this 10-week cognitive-behavioural group treatment, you will gain a better understanding of what impacts your pain during sexual activity. In addition, you will learn and practice strategies to reduce pain, increase pleasure, and restore sexual and emotional intimacy.

To learn more or to register for the group, please contact Coastal Psychology at 902-440-9226 or info@coastalpsych.ca.



Learn strategies to reduce pain, increase pleasure, & restore sexual & emotional intimacy

Meet women who understand what you are going through

10 weeks
2-hour sessions
Small group format

Starts April 2020

 Coastal Psychology

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