



Mercy Hospice Auckland  
Presents

# SEXUALITY IN PALLIATIVE CARE

## A Professional Training Workshop

Presenter

**Naada Bracey**

Thursday 20th and Friday 21st August 2009  
at

Mercy Hospice Auckland  
61 College Hill  
Ponsonby, Auckland

Do you:

- Work in Palliative Care?
- Notice how important intimacy is to your patients?
- Know how to address issues of sexuality for the terminally ill?
- Know where to refer patients for specialised help?
- Want to fill this gap in your training?



This flyer is also available on our website - [www.mercyhospice.org.nz](http://www.mercyhospice.org.nz)

## Day One - Foundations in Sexuality:

- What is Sexuality?
- Sex Education - what implicit and explicit learning do we all hold? What shapes us? Exploration of personal experience and development models of sexuality.
- Myths of sexuality - exploring the myths and assumptions which unless we challenge can hold us all prisoner!
- Sexual Desire - what is it? What factors can detract from desire and what can enhance it?
- General ways to categorise and conceptualise sexual problems.
- Themes and issues arising particular to the hospice setting around sexuality and intimacy. What can go wrong? Includes medications side effects, impacts of medical intervention, dying, grief, loss, power dynamics of being cared for etc. Includes a look at research on sexuality with palliative care.
- Permission to be sexual and to talk about sex - how as clinicians/staff you can raise the issue of sex and what to do with it once it's raised.

## Day Two - Reclaiming and Maintaining Sexuality:

- Purpose and benefits of reclaiming healthy sexuality and intimacy.
- Exploring blocks of reclaiming and maintaining sexuality in the wake (or midst!) of grief, loss, physical pain, shame etc.
- The HOWS - how to do it? Exploring new ways sex can be pleasurable when bodies are struggling to live....Changing the focus from intercourse orientated phallogocentric models of sex to a broader experience of sexuality and sensuality. Including tips on the practicalities of sex.
- Sex from the clients perspective and sex from the partner's perspective - issues if intimacy and desire. A rational look at sex and dynamics of relationship.
- Chance for case discussion, supervision and role play as an integral part of the course as is personal interaction with the material. A balance between educational and experimental material will assist participants to gain a working knowledge, rather than taking a distanced perspective on sexuality.

### REGISTRATION

Early bird registration is \$195.00 - close-off date is Friday 14th August 2009.

Registrations received after that date are \$245.00, and cannot be guaranteed if received within 5 working days of the workshop.

To register your attendance, complete this registration box in full and send to:

Angie Poi, Mercy Hospice Auckland, PO Box 47693, Ponsonby, or fax to (09) 3615977, attention Angie.

Title..... Name .....

Occupation ..... Organisation.....

Address.....

Email..... Ph ..... Fax .....

Requirements:      Dietary                       No                       Yes

                                 Invoice                               No                       Yes

                                 Attendance Certificate       No                       Yes

Payment Options:     Cheque enclosed      \$..... (made out to Mercy Hospice Auckland)

Credit Card                      \$..... Type: Visa / Mastercard only (please circle)

                                 No.: .....                              Expiry Date: .....

                                 Name on card: .....

A receipt will be issued once payment is received.

# INFORMATION SHEET

We are here



## Travelling to the Hospice

### By car:

The hospice is centrally located and easy to access, just a few minutes drive off all the major motorway exits. Parking is limited on site, and we encourage visitors to park in adjacent streets.

### By bus:

A number of bus routes travel past the hospice, including the Link Bus, stopping right outside on College Hill. For information about bus routes and timetables from your area, please visit [www.maxx.co.nz](http://www.maxx.co.nz).

## Workshop Times (approx)

Start : 8.30 am

Finish : 5.00 pm

Morning tea, lunch and afternoon tea are provided.

## Refunds Policy

If you wish to cancel from the workshop after payment has been received, a refund will be given, subject to a \$50 administration fee, and providing notification is received by Friday 14th August 2009. As workshop fees include catering and workshop materials, no refund will be available through non-attendance.

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