

# SEXUAL HEALTH MASTER-CLASSES 2016 with Gilead



- Clinical Methods in Sexual Health -Female Sexual Health
- Male Sexual Health -Sexual Violence
- Clinical Use of Testosterone -Contemporary Approaches to STI's
- Pre-exposure Prophylaxis -Sexual Addiction

SATURDAY 5 NOVEMBER 2016  
*Vineyard Hotel*

*CPD Accredited*

For further information

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Southern African Sexual Health Association (SASHA)

## Sexual Health Master Classes

Cape Town – Vineyard Hotel

Saturday November 5th 2016

SASHA Western Cape will be organising a day of Master Classes on the 5th November 2016 with the aim of providing a comprehensive and intensive educational experience in the clinical aspects of Sexual Health.

Sexual Medicine is the discipline that embraces physical, psychological and socio-cultural wellbeing as related to sexuality. In contemporary clinical practice, practitioners are all too often not equipped or educated sufficiently to take care of the sexual health needs of their patients or clients. We are aiming to address this need and invite all registered professionals, specialists, general practitioners, psychologists, social workers and members of civil society dealing with sexual health issues to join us.

We aim to provide not only indispensable tools but also to stimulate debate, sensitise practitioners to important issues and act as a forum for dialogue and networking amongst those interested in the field.

We take pleasure in inviting you to join us for this exciting event.

Jillian Butterworth (SASHA WC Chairperson)

Dr Anthony Smith (SASHA WC Deputy-Chair)

SASHA

Southern African Sexual Health Association

Western Cape



## The Programme

### 1. Sexual Health in Context

(Placing the problems of sexual health in a South African context)

*Dr Elmari Mulder Craig*

### 2. Sexual History taking and Clinical Methods

(The core skills in addressing Sexual Problems)

*Dr Elna Rudolph*

### 3. Female Sexual Health

(Addressing the challenges of Low Desire and Orgasmic difficulty)

*Dr Ros Boa and Dr Marelize Swart*

### 4. Male Sexual Health

(Confronting the problems of Erectile Dysfunction and Premature Ejaculation)

*Dr Anthony Smith*

### 5. Sexual Violence

(Furthering understanding of Sexual Abuse)

*Jillian Butterworth*

### 6. Clinical Uses of Testosterone

(Responsible use of Testosterone in Clinical Practice)

*Dr Zane Stevens*

### 7. Sexually transmitted Illnesses - A Clinical Update

(An up to date review of the management of sexually transmitted illnesses)

*Dr Helen Van Der Plas*

### 8. PREP: From Evidence to Action

(Using anti-retrovirals in the prevention of HIV transmission)

*Dr Kevin Rebe*

### 9. Sexual Addiction

(When the sexual pleasure response becomes destructive)

*Dr Corrie Davidson*



## List of Speakers



### Dr Ros Boa

Dr Ros Boa is a Sexual Medicine Practitioner based in Cape Town. She has worked in the field of HPV and cervical cancer research at Groote Schuur Hospital and in Khayelitsha clinics. She trained in Sexual Medicine in Europe and was accredited as a Fellow of the European Committee of Sexual Medicine. She has been a member of the South African Sexual Health Association (SASHA) for 7 years and Chairman of the Western Cape branch from 2012–2014. Ros is a member of the European Society of Sexual Medicine (ESSM) and the International Society of Sexual Medicine (ISSM).



### Jillian Butterworth

Jillian Butterworth is a clinical psychologist who works primarily with survivors and perpetrators of sexual violence, with a focus on childhood sexual abuse. Her time is shared between private practice and consulting to a number of NGOs and government sectors. Her work includes individual therapy, group therapy, workshops, and training. She also conducts forensic assessments. She completed her Masters in Clinical Psychology at the University of

Western Cape and her dissertation was titled The Cognitive Distortions of Child Sex Offenders. Her research interests include adolescent sexual perpetrators, and the assessment and rehabilitation of perpetrators of sexual violence. Jillian is Chairman of the Western Cape branch of the Southern African Sexual Health Association and an executive member of SASHA national. She is a research affiliate of the Gender, Health and Justice Research Unit at UCT.



### Dr Corrie Davidson

Corrie Davidson is a Cape Town based therapist and has been working in the field of addiction, co-dependency and trauma on both an in-patient and out-patient basis since 1982. She obtained a Master's degree in Clinical Social Work at the University of Cape Town and thereafter became the first Certified Sex Addictions Therapist (CSAT) registered with the International Institute for Trauma and Addiction Professionals (IITAP) in South Africa. She trained under Dr Patrick Carnes and Dr Ken Adams in the United States and is involved with supervision and consultation at various treatment-centres.



## Dr El mari Mulder Craig

Dr El mari Mulder Craig is head of psycho-sexual and relationship services at MySexualHealth a multidisciplinary Sexual Health Clinic in Pretoria and Cape Town. She is Director and President of The Southern African Sexual Health Association (SASHA) and co-founder of Sex[D]uality+ a company focussing on training and sensitization of health care professionals, adults and teenagers in the area of sexuality.

Dr Mulder Craig has been in private practice for more than twenty years. She received a PhD in Sexology from Bircham International University. She is a fellow of the European Federation of Sexology (EFS) and European Society for Sexual Medicine (ESSM): and she also studied under Prof Domeena Renshaw at Loyola University. She is registered as an Advanced Clinical Hypnotherapist with The Wellness Institute in Washington, USA and is also registered as a TIR Facilitator with The Traumatic Incident Reduction Association in Michigan, (USA). She is also registered as an Emotionally Focused Therapist level (E) with The International Center for Excellence in Emotionally Focused Therapy (ICEEFT) in the USA and SA.



## Dr Elna Rudolph

Dr Elna Rudolph, is a Sexologist, qualified Medical Doctor and the Clinical Head of My Sexual Health, a multidisciplinary Sexual Health clinic in Pretoria and Cape Town. She has a Masters Degree in Sexual Health from the University of Sydney and is also a Fellow of the European Committee for Sexual Medicine - the

highest attainable qualification in Sexual Medicine. She is a Director and Executive Board Member of SASHA (Southern African Sexual Health Association) and an Advisory Committee Member for WAS (World Association for Sexual Health).



## Dr Kevin Rebe

Dr Kevin Rebe is an infectious diseases physician working for Health4Men in Cape Town, a project of the Anova Health Institute. The Anova Health Institute is an independent non-profit health research and technical assistance program, which partners with the South African Department of Health. Dr Rebe obtained his undergraduate medical degree at the University of Cape Town and then specialised in Internal Medicine and sub-specialised in Infectious Diseases. He has obtained diplomas in Tropical Medicine and Hygiene and HIV Management. Dr Rebe is an honorary senior lecturer in the Department of Medicine, University of Cape Town and has a particular interest in sexual health and wellbeing, especially among populations of men who have sex with men. Aside from his clinical role, Dr Rebe undertakes MSM-related research particularly in the fields of HIV prevention in key populations and has published widely on diverse aspects of HIV.



## Dr Anthony Smith

Dr Anthony Smith is a general practitioner in private practice in Cape Town. Dr Smith obtained his undergraduate degree and completed his MFamMed (Masters degree in Family Medicine) at the University of Cape Town. He holds a Masters degree in Medical Anthropology from University College London (UCL), was trained in Sexual Health by the European Society of Sexual Medicine (ESSM) and is a Fellow of the European Committee of Sexual Medicine (FECMSM). Other commitments include teaching in the Department of Family medicine. (UCT) He has been involved with developing and teaching courses on Culture and Medicine at both undergraduate and post-graduate levels. He is on the executive board of the Southern African Sexual Health Association and deputy chair of SASHA Western Cape.



## Dr Zane Stevens

Dr Zane Stevens is a Specialist Endocrinologist in private practice at the Cape Institute for Endocrinology at Christiaan Barnard hospital. He completed his Internal Medicine and Fellowship training at Stellenbosch University, and is currently an associate consultant/lecturer in the Division of Endocrinology at Stellenbosch University doing weekly general endocrine clinics with involvement in undergraduate and postgraduate training. He has specific interests in Diabetes, Thyroid disease and Osteoporosis. He is also a member of the task force for creating and publishing South African Hypothyroidism guidelines in 2015.



## Dr Marelize Swart

Dr Marelize Swart is a Registered Psychologist and Board Certified Sex Therapist. She earned her Masters Degree in Counselling Psychology at the University of Stellenbosch and her Doctoral Degree in Applied Psychology at the University of Calgary, Canada. Marelize has advanced training in sex therapy obtained in Canada the USA. As the only AASECT Board Certified Sex Therapist in South Africa, she has also achieved Diplomate status in Sex Therapy from AASECT (The American Association of Sexuality Educators, Counselors and Therapists)



## Dr Helen Van Der Plas

Dr Helen van der Plas is an Infectious Disease Physician in private practice based at Life Vincent Pallotti hospital for the past four years. After receiving her medical degree from the University of Stellenbosch she specialised in Internal Medicine at the University of Cape Town and subsequently sub-specialised in Infectious Diseases. She obtained a diploma in Tropical Medicine and Hygiene from the University of Witwatersrand. Prior to full time private practice, she worked as an Infectious Diseases consultant for the Division of Infectious Diseases and HIV medicine at Groote Schuur Hospital and was a senior lecturer at the University of Cape Town. Dr van der Plas has a broad interest in Infectious Diseases and Antimicrobial Stewardship