

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development

DR JANET HALL

CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST



Dr Janet Hall's newsletter



Thank you for your consideration in reading and perhaps sharing this news. It deals with a very sensitive issue - vaginismus. Many women have suffered in silence because they feel 'different', like a failure and think that they are the only one with this problem. The more this information is shared, the more chance that women with vaginismus, and their concerned partners, are helped to experience sex as their birthright - a pleasure and not a pain.

Sandy's Painful Struggle With Misdiagnosis of Painful Sex

Sandy and Carl could not have intercourse successfully on their wedding night due to her anxiety. Then she got Thrush during their tropical island honeymoon - probably due to heat and wearing a lycra swimsuit. The thrush was cured but the pain continued. Her doctor referred her to a specialist who suggested that her vaginal opening was too small for sex and he could fix this with surgery. The scarring left after the surgery only made her more sore. The specialist prescribed a numbing ointment and told Carl "That would numb her and if that does not work, get her drunk!"

Carl was angry. He said:

"Sandy doesn't drink. It makes her feel really sick rather than relaxed! The really stupid thing is that we saw four doctors in all, and they all told me the same thing - the pain was all in her head. Yet none of them even suggested for her to see a therapist, to see what's going on up-stairs!"

When we saw Dr Jan for sex therapy, she told us that it was likely that Sandy's pain with sex was due to Vaginismus, in which case she did not need to undergo those operations.

We could have avoided a lot of expense and pain and mental distress over this whole issue if maybe we'd been referred to a therapist FIRST!"

See the end of the news to find out what happened to Sandy...

What is Vaginismus?

Vaginismus is when the vaginal muscles involuntarily contract and clamp down as a self-protective way of avoiding the anticipated pain. Vaginismus is caused by intense fear of sexual penetration. It has been described as 'a panic attack of the vagina'.

What causes Vaginismus?

Primary Causes: Vaginismus can be primary - that is the woman has never been vaginally penetrated by anything at all. In this case it is probably caused by psychological problems.

Secondary Causes: The woman has experienced penetration but after a physical trauma such as suffering from vulvodynia (chronic vulvar pain of uncertain origin) or an acutely painful childbirth delivery requiring stitches and leaving scarring, she develops vaginismus. In this case it is caused by a physical problem and then develops into a psychological problem.

Psychological factors are often associated with previous sexual trauma (rape or abuse), feelings of guilt, or negative attitudes toward sex.

Psychological upset may also develop as a reaction to pain or to negative self-assessment or fear of future pain.

What is the Solution for Sufferers of Vaginismus?

Psychological Treatment is often also necessary because the pain has

caused fear due to anticipating future pain. For psychological treatment the woman may need to follow Dr Jan's Essential Sexual Strategies: Positive Self Talk and Gradual Practice of Fear-free Solo Sex and Fear-free Partner Sex. Hypnosis can also be a great help to prevent anxiety and visualize success.

Joanna's Vaginismus

The Problem: Joanna was always anxious about having to have sex. She scared herself with her own 'silly ideas' - one idea was that she thought that something that entered her may become permanently 'lost' in there. She had also been 'scared silly' by her ethnic relatives - the old aunties who spoke about childbirth as if it was more painful than death by the sword! She allowed her boyfriend, Matt, to touch her genitals and give her oral sex, but she would not let him put his fingers in or penis inside her. She could masturbate herself and have a clitoral orgasm but could not insert her own finger, let alone a tampon.

The Cause: Joanna was a worrier. She 'thought' herself into vaginismus with her worry and negative thoughts.

Joanna's Solution:

A combination of -

Psychological assistance which included hypnosis for the emotional upset and anticipation anxiety.

Three stages of Gradual Practice:

Solo-sex with gradual insertion of graduated sizes of inserters (provided by her gynaecologist), her own finger and then tampons.

Partner sex with penetration using the same stages as the solo-sex.

Partner sex with penis.

Joanna achieved successful penetration with intercourse after a long struggle.

The keys to her success were her own determination to practice and confront her fear, and her partner's loyal and loving support and patience.

Three Special Offers for Readers of this Newsletter:

1. Free information to help with painful sex from Dr Jan's website.

[VISIT SITE](#)

2. Buy the Hypnosis CD : Pain-free Pleasurable Sex (\$47.55) and get any other Dr Jan CD FREE. (Save \$47.55)

(Please specify the free CD you would like to receive when you go through the checkout process.)

[ORDER NOW](#)

3. Book for Dr Jan's Hyp-NO-Painful Sex Program NOW.

No line space Special Price - \$175 per session

NB. If you have extras benefits with your health fund you may get a rebate of approximately \$50 per session! Please consult your fund.

Telephone: 03 9429 1677 for an appointment.

Or to avoid embarrassment, email to info@drjanethall.com.au for confidential advice

And What Happened to Sandy?

Sandy told Dr Jan about sexual abuse she suffered with a neighbourhood boy when she was eight years old. Over several sessions of counselling, which included talking about the abuse, forgiving herself as a child for being a victim and hypnosis for positive programming of pleasure and relaxation during sex, Sandy was able to have intercourse with her husband for the

first time and enjoy it.

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Phone: +61 3 9429 1677 • Fax: +61 3 9429 7822 • drjan@drjanethall.com.au

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