

WORKSHOP 5 - FEMALE SEXUAL HEALTH



1. Normal Sexuality...

2. Common Sexual Myths...

3. Female Sexual Dysfunction...

- Vaginismus
- Dyspareunia
- Orgasmic Disorders
- Disorders of Arousal

4. Sometimes it's in the mind...

- Mood and sexual health
- Depression/anxiety and libido

5. Tips for Better Sexual Health...

