

## **Psychosexual Resources**

### **Websites**

College of Sexual and Relationship Therapists COSRT <https://www.cosrt.org.uk/>

Sex Therapy Herts <https://www.sextherapyherts.co.uk/>

Relate <https://www.relate.org.uk/>

Brooke <https://www.brook.org.uk/>

### **Vaginal Dilators**

Soft coated, skin safe silicone

<https://www.sh-womenstore.com/sh-vibrating-silicone-vaginismus-set.html#239=1615>

<https://www.stressnomore.co.uk/inspire-silicone-dilator-kit-11438.html>

<http://medical-store.co.uk/product/vagiwell-dilators/>

Bullet Vibrator

<https://www.jodivine.com/product/rocks-off-slinky-pinky>

Ohnut

[https://www.stressnomore.co.uk/ohnut-12850.html?gclid=CjwKCAjwxqX4BRBhEiwAYtJX7Y-kehtD-CT\\_f2hVQRjIQbAaiRkeDc2WBtKZ8qB0ygMB44f86QDR4BoC92kQAvD\\_BwE](https://www.stressnomore.co.uk/ohnut-12850.html?gclid=CjwKCAjwxqX4BRBhEiwAYtJX7Y-kehtD-CT_f2hVQRjIQbAaiRkeDc2WBtKZ8qB0ygMB44f86QDR4BoC92kQAvD_BwE)

### **E-learning**

<https://www.theinstituteofsexology.org/e-learning>