



香港理工大學護理學院

結合保健診所

本診所是護理研究、教育培訓及結合治理中心。我們的臨床服務循證實踐，結合中西醫護和不同治理方法，為市民提供一站式、多專業的結合治理及保健服務。



性治療服務

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提供青少年性教育，社區講座，性愛輔導及治療。性是與生俱來的，圓滿的性生活對維繫美滿的親密關係十分重要。性治療服務由資深註冊護士及專業治療師提供輔導及啟導，協助夫婦或伴侶克服性障礙，享受性愛的親密和歡愉，並建立快樂、健康、和諧的美滿生活。

服務對象是經醫療專業人員轉介的夫婦或伴侶。治療項目包括：缺乏基本的性知識，性慾不足，性興奮不足，高潮障礙，性交疼痛。專業性治療師會與個別夫婦或伴侶約見談，針對性生活上的疑難或需要，協助釐清性困擾或性障礙，給予知識和技巧上的指導及適當建議，確立治療的目標及策略，逐步協助服務對象克服性障礙及改善性生活，增進親密關係。在治療過程中，除了定期約見外，亦要求個別夫婦或伴侶在家中練習性愛技巧。若有需要，治療師會轉介服務對象至其他專業或醫療人員接受治療。

聯絡我們（服務預約及查詢）

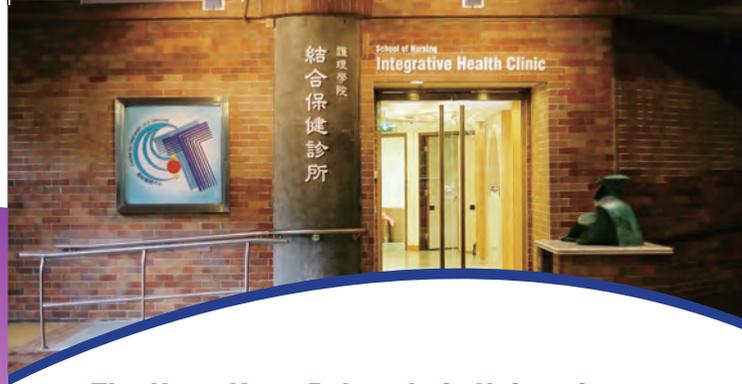
香港九龍紅磡香港理工大學 AG057 室（噴泉廣場旁）

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- <http://sn.polyu.edu.hk/ihc>

辦公時間

星期一至五：上午九時至下午七時
星期六、日及公眾假期：休息





The Hong Kong Polytechnic University

Integrative Health Clinic, School of Nursing

The Integrative Health Clinic (IHC) is a centre for nursing research, education and health services. We apply conventional nursing concepts, adhere to evidence-based practice, adopt an interdisciplinary approach, and integrate Western and Eastern health care modalities to offer integrative health management and health protection services in one convenient clinic.



Sex Therapy Clinic

Sex Therapy Clinic

The Sex Therapy Clinic provides sex education to schools, sex life talks to the community, and sex counseling and therapy to couples. The services are conducted by experienced registered nurses and certified sex therapist. In order to optimize our sex therapy services, we accept clients referred to us by medical or health care professionals.

The sex therapist works with the couples to help them to identify the difficulties in their love life and embrace techniques on sexuality in order to improve their physical intimacy and couple relationship. Clients are encouraged to go as couples to meet the sex therapist throughout the treatment.

The service is conducted by a certified sex therapist specializing in the assessment and management of sexual desire disorders, sexual arousal disorders, and pain disorders in sex. At the initial session, the couple will meet with the sex therapist, who will listen to their description of the problem and gather further information before making a comprehensive plan of treatment. After identifying the couple's attitudes towards sex and the sexual problem, the therapist will recommend sex coaching and follow-up sessions on a weekly to fortnightly basis, depending on the situation. The couple will receive specific exercises to be practised at home to refocus their attention and expectations of sexuality. For instance, if referrals are needed, we will liaise with other health care professionals to ensure that the clients receive appropriate management and care.

Contact Us (Enquiry and appointment)

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(located next to Fountain Square), Hung Hom, Kowloon, Hong Kong

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Office hours

Monday to Friday: 9:00 am - 7:00 pm

Saturday, Sunday & Public Holidays: Closed

