

性生活障礙， 通常是指什麼問題呢？

What are the sex problems do couples usually have?

- 1. 性知識不足**
Lack of sex knowledge
- 2. 性生活協調困難**
Difficulties in planning sex life
- 3. 性生活引起的情緒困擾**
Emotional distress because of sex life dissatisfaction
- 4. 性交困難**
Difficulties in sexual intercourse
- 5. 性慾不足**
Lack of sexual desire
- 6. 高潮障礙**
Trouble to reach orgasm
- 7. 過早射精**
Early ejaculation
- 8. 勃起功能障礙**
Erectile dysfunction
- 9. 射精困難**
Difficulties in ejaculation
- 10. 性交疼痛**
Painful during sexual intercourse

如果你遇上以上問題，不要遲疑，及早和配偶前來，為婚姻和家庭尋求解決方法。

If you have above difficulties, do not hesitate to call us. Take a step forward to seek help for your marriage and family.



香港公教婚姻輔導會 總部暨輔導及培訓中心

香港皇后大道中181號新紀元廣場低座1樓101室
電話：2810 1104
傳真：2526 3376
電郵：os@cmac.org.hk

Headquarters cum Counselling and Training Centre The Hong Kong Catholic Marriage Advisory Council

Room 101, 1/F, Low Block, Grand Millennium Plaza,
181 Queen's Road Central, Hong Kong
Tel.: 2810 1104
Fax: 2526 3376
Email: os@cmac.org.hk



website: www.cmac.org.hk



Facebook: [hkcmac](https://www.facebook.com/hkcmac)

性治療
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性·愛·緊扣

Sex, Love, Connected!

性愛及親密感是人類與生俱來的需要，婚姻中的「性愛生活」也是婚姻關係中不可或缺的元素。夫婦健康的性生活，不但滿足個人身心需要，更可促進夫妻之間的親密感。

Sex and intimacy are normal and basic human needs, it also plays a crucial role in a marriage. A healthy sex life for married couples is beneficial for both the husband and wife's physical and psychological health, it is also one of the keys to strengthening their marriage.

性治療是什麼？ What is sex therapy?

有性愛及生育困擾的夫婦，可透過與性治療師的輔導及治療過程，了解夫婦性生活的困難，安排適切的策略和方法，從而協調性生活，增加親密感及為養兒育女作出準備。治療過程中一切資料絕對保密。

Couples having sexual difficulties can collaborate with our sex therapist through a therapeutic process to identify their sexual concerns, to set up therapeutic goals and to design behavioral strategies to improve sexual intimacy and prepare for parenthood. All information disclosed within sessions are confidential.



面談時間： Consultation Hours:

星期一至五	上午9時至下午9時
Monday – Friday	9 a.m. - 9 p.m.
星期六	上午9時至下午5時
Saturday	9 a.m. - 5 p.m.

敬請預約 (by appointment only)

請致電 2810 1104 或
電郵 sextherapy@cmac.org.hk 查詢。

For enquiry, please call 2810 1104 or
by email sextherapy@cmac.org.hk.



性治療 Sex Therapy

1. 克服性愛時所面對的各種障礙
Facilitates couples to deal with sexual dysfunction experienced in lovemaking
2. 幫助夫婦建立一個既健康又滿足的性生活模式
Helps couples to build up a healthy and satisfying sex-life.



性愛輔導 Sex Counselling

1. 誘發夫婦間的親密交流、性溝通和分享
Facilitates couple's emotional intimacy and sexual communication
2. 協助夫婦處理性愛生活中的差異和衝突
Helps couples to deal with sexual differences and conflicts
3. 增加夫婦間對性愛的創意經驗
Increases couples' sexual creativity



生育輔導 Fertility Counselling

1. 處理夫妻的不育困擾
Tackles couples' struggles about infertility
2. 協助夫婦議訂一個合適他們的養兒育女安排
Facilitates couples to make a realistic plan for parenthood

性治療 Sex Therapy

性愛輔導 Sex Counselling 生育輔導 Fertility Counselling