



**ESSM School of Sexual Medicine 2018**  
**Hotel Hungaria City Center, Budapest - Hungary**

**WELCOME ADDRESS**

Dear Colleagues, Friends,

We would like to welcome you to the 12th edition of the ESSM School of Sexual Medicine! The ESSM School of Sexual Medicine was established in 2007 and after the previous successful courses in Oxford, the ESSM has decided to propose this formula for the sixth time in Budapest, after the great success achieved in 2013, 2014, 2015, 2016 and 2017.

The scientific program of the course is based upon the curriculum of the UEMS Joint Committee of Sexual Medicine and the syllabus of Clinical Sexology (developed by the EFS and ESSM). The program is intended for clinicians seeking to acquire the knowledge and skills for specialist practice in Sexual Medicine and it is very diverse pointing out the essentials of sexuality in both men and women that are necessary for effective clinical practice, even for those whose usual practice is exclusively with one gender. We did our outmost to build an international highly respected faculty with members of the ESSM speakers' pool, the **EFS** (European Federation of Sexology) and the support of the **ISSM** (International Society for Sexual Medicine).

The ESSM School has prepared a highly interactive and useful program, which is a great chance not only to learn, but also to meet new colleagues. It is our aim to give you a good working knowledge to use in your everyday practice and a support network, so that you can gain advice and share experiences with other colleagues. That's why this is intended as a friendly course and we hope that you will make new friends and have an opportunity to meet and talk informally with faculty members.

Budapest is the largest and most exciting metropolis in central-eastern Europe. It's the city of cultural diversity, festivals, thermal waters, and well known for the fantastic Danube panorama. We will try to have some joyful moments in the city and we hope that the School will be successful and you all learn something new in sexual medicine, in attitudes and culture as well.

On behalf of the ESSM President, Yacov Reisman, and the ESSM Educational Committee we wish you a successful course and a pleasant stay in Budapest.

*Mikkel Fode*



*Francesca Tripodi*





**ESSM EXECUTIVE COMMITTEE**

- |   |   |
|---|---|
| President   | Yacov Reisman (The Netherlands)   |
| Past President  | François Giuliano (France)  |
| Secretary General   | Juan Ignacio Martinez Salamanca (Spain),  |
| Treasurer   | Lior Lowenstein (Israel)  |
| Chairman of the Scientific Committee                                      | Giovanni Corona (Italy)   |
| Chairman of the Educational Committee                                     | Mikkel Fode (Denmark)   |
| Members   | Maarten Albersen (Belgium)<br>Marieke Dewitte (The Netherlands),<br>Antoine Faix (France),<br>Augusto José Pepe Cardoso (Portugal)<br>Salvatore Sansalone (Italy)<br>Arik Shechter (Israel) |
| Advisory Board Representatives  | Emre Akkus (Turkey)<br>Paolo Verze (Italy)  |
| Ex Officio Members  |   |
| Ferdinando Fusco (Italy)- ESSM Newsletter Editor                          |   |
| Arik Shechter (Israel), Ege Can Serefoglu (Turkey) - ESSM Website Editors |   |

**ESSM Secretariat**



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**Organizing Secretariat**



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## ESSM School Directors

**Francesca Tripodi (Italy)**

**Mikkel Fode (Denmark)**

### Faculty

Johannes Bitzer (Switzerland)  
Giovanni Corona (Italy)  
John Dean (UK)  
Mikkel Fode (Denmark)  
Annamaria Giraldi (Denmark)  
François Giuliano (France)  
Tillman Krüger (Germany)  
Evie Kyrana (Greece)  
Pedro Nobre (Portugal)  
Hartmut Porst (Germany)  
Yacov Reisman (The Netherlands)  
Francesca Tripodi (Italy)  
Alfons Vansteenwegen (Belgium)  
Kevan Wylie (UK)



### UEMS ACCREDITATION

*“The ESSM School of Sexual Medicine, Budapest, Hungary, 16/11/2018-25/11/2018” has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 64 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.” “Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRACategory 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be found at [www.ama-assn.org/education/earn-credit-participation-international-activities](http://www.ama-assn.org/education/earn-credit-participation-international-activities). “Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.”*



## LOGISTICS

### Meeting Venue and hotel accommodation

**Hotel Hungaria City Center \*\*\*\***

**Rákóczi út 90.**

1074 Budapest (Hungary)

<http://www.danubiushotels.com/our-hotels-budapest/hotel-hungaria-city-center>

### On-Site Secretariat Opening Hours

Friday 16 November	12.00 – 19.00	Wednesday 21 November	08.00 – 12.00
Saturday 17 November	08.00 – 13.00	Thursday 22 November	08.00 – 12.00
Sunday 18 November	08.00 – 12.00	Friday 23 November	08.00 – 12.00
Monday 19 November	08.00 – 12.00	Saturday 24 November	08.00 – 14.00
Tuesday 20 November	08.00 – 12.00	Sunday 25 November	08.00 – 12.00

### Public Transportation

Budapest's public transportation systems are operated by the company BKV.

The service includes buses, trolleybuses, trams, underground trains and above-ground suburban trains (HÉV). Buses, trams and trolleybuses run daily from 4.30 a.m. until 11.0 p.m. Three of the four Metro lines interconnect at Deák tér Station, and service frequencies range from 15 minutes late in the evening to every two minutes at peak times.

Tickets or passes must be bought before boarding; you cannot buy them from the driver (except on the night bus network). The single tickets are valid for one single journey of any length (without changing) on all routes (including the Cogwheel Railway, but excluding those parts of the HÉV that lie outside the metropolitan boundary of Budapest).

The single ticket costs 350 HUF.

### Distance and directions to HOTEL HUNGARIA CITY CENTER

#### From Budapest Ferihegy Airport (BUD)

By public transport: take the public bus N 200 at the airport and get off on last station; then take Metro three to the Deak ter station where you change for Metro two and get off on the Keleti Pu station. Coming up you will see the main view of Hotel Hungaria City Center. This will take about 60 minutes.

**Special public bus N 100E** – it is going direct to the Deak tér, city center, has only 2 intermediate stops at Calvin tér and Astoria, Travel time ca. 35 minute with the bus + 10 minutes with one of the metro line.

Possibility 1: Liszt Ferenc Airport terminal 2 – Calvin tér with 100E bus. here take Metro line 4 to Keleti Pu. Station ( 3 Station)

Possibility 2. Liszt Ferenc Airport terminal 2 – Deák tér with 100E bus. here take Metro line 2 to Keleti Pu. Station ( 3 Station)

**By taxi: a taxi** from / to the airport costs about 26 euro (about 6800 – 7500 HUF)

#### From Central railway Station/ Keleti pályaudvar

Leaving the building of Keleti Station through the main entrance, the Hotel Hungaria City Center is in front of you (big orange modern building)



## **SCIENTIFIC PROGRAM**

### **Friday 16/11 INTRODUCTION DAY**

- 14.00 – 15.00 Introduction and pre-test  
Y. Reisman (The Netherlands), F. Tripodi (Italy)
- 15.00 – 16.30 Norm and Attitude - Learn to talk and look to your own norms  
Y. Reisman (The Netherlands), F. Tripodi (Italy)
- 16.30 – 17.00 **Break**
- 17.00 – 19.00 Introduce yourself  
Frontal intro of all participants
- 19.30 Meeting point in the hotel lobby for dinner

### **Saturday 17/11 SEXUAL DEVELOPMENT AND IDENTITY**

- 08.30 – 10.30 Sexual development: biological aspects through clinical cases  
G. Corona (Italy)
- 10.30 – 11.00 **Break**
- 11.00 – 13.00 Sexual development: childhood and adolescence  
F. Tripodi (Italy)
- 13.00 – 14.00 **Lunch**
- 14.00 – 15.30 Sexuality in older population  
G. Corona (Italy)
- 15.30 – 17.00 Sexual orientation  
J. Dean (UK)
- 17.00 – 17.30 **Break**
- 17:30 – 19:00 Gender dysphoria (+ clinical case)  
J. Dean (UK)
- 19.30 Meeting point in the hotel lobby for dinner



**Sunday 18/11**  
**CHRONIC CONDITIONS AND SEXUALITY**

- 08.30 – 10.30 Sexual response models: differences and applications in clinical practice  
F. Tripodi (Italy)
- 10.30 – 11.00 **Break**
- 11.00 – 12.00 Sexual history: tips and tricks  
Y. Reisman (The Netherlands)
- 12.00 – 13.00 Male chronic pelvic pain  
Y. Reisman (The Netherlands)
- 13.00 – 14.00 **Lunch**
- 14:00 – 15:30 Sex and culture, rights, ethics and religion  
Y. Reisman (The Netherlands)
- 15:30 – 17:00 The impact of chronic disease on sexuality  
Y. Reisman (The Netherlands)
- 17.00 – 19.00 Role play: the “important questions”  
Y. Reisman (The Netherlands), F. Tripodi (Italy)
- 19.30 Meeting point in the hotel lobby for dinner

**Monday 19/11**  
**BRAIN, SEXUAL BEHAVIOUR AND RESPONSE**

- 08.30 – 09.30 Sexual needs of people with physical disability: how we can help them  
Y. Reisman (The Netherlands)
- 09.30 – 11.00 Cancer and sexuality in male and female  
Y. Reisman (The Netherlands)
- 11.00 – 11.30 **Break**
- 11.30 – 13.00 Hormones, Brain & Sexual Behavior  
T. Krüger (Germany)
- 13.00 – 14.00 **Lunch**
- 14.00 – 15.30 The Neurobiology of Sexual Drive and Function  
T. Krüger (Germany)
- 15.30 – 17.00 Special topics (Neurobiology of Psychotherapy, Pedophilia, Sex Addiction)  
T. Krüger (Germany)





17.00 – 17.30 **Break**

17.30 – 19.00 Hypoactive sexual disorder in men  
Y. Reisman (The Netherlands)

19.30 Meeting point in the hotel lobby for dinner

**Tuesday 20/10**  
**SEXUAL THERAPY IN DIFFERENT CONTEXTS**

8.30 - 10.30 Psychosexual treatment methods  
P. Nobre (Portugal)

10.30 – 11.00 **Break**

11.00 – 12.30 Clinical cases and psychosexual treatment methods  
P. Nobre (Portugal)

12.30 – 13.30 Hypersexuality  
Kevan Wylie (UK)

13.30 – 14.30 **Lunch**

14.30 – 16.30 Paraphilic disorders  
Kevan Wylie (UK)

16.30 – 17.00 **Break**

17:00 – 19.00 Role play: individual session  
Y. Reisman (The Netherlands), F. Tripodi (Italy)

19.30 Meeting point in the hotel lobby for dinner

**Wednesday 21/11**  
**COUPLE THERAPY**

08.30 – 10.00 Couple therapy  
A. Vansteenwegen (Belgium)

10.00 – 10.30 **Break**

10.30 – 12.00 Couple therapy  
A. Vansteenwegen (Belgium)

12.00 – 13.00 Couple therapy practice  
A. Vansteenwegen (Belgium)



13.00 – 14.00 **Lunch**

14.00 – 19.00 **FREE AFTERNOON**

19.00 Meeting point in the hotel lobby for dinner and residential course in sexual medicine supported by **Boston Scientific**

### **Thursday 22/11** **MALE SEXUAL DYSFUNCTIONS**

08.30 – 10.00 Erectile dysfunction  
H. Porst (Germany)

10.00 – 10.30 **Break**

10.30 – 11.30 Erectile dysfunction (+ clinical cases)  
H. Porst (Germany)

11.30 – 12.30 Psychological aspects of ED (+ clinical case)  
E. Kyrana (Greece)

12.30 – 13.30 **Lunch**

13.30 – 15.30 Ejaculation and orgasm disorders  
F. Giuliano (France)

15.30 – 17.00 Ejaculation and orgasm disorders (+ clinical questions from the participants)  
F. Giuliano (France)

17.00 – 17.30 **Break**

17.30 – 19.00 Psychological aspects of Ejaculatory disorders  
E. Kyrana (Greece)

19.30 Meeting point in the hotel lobby for dinner

### **Friday 23/11** **FEMALE SEXUAL DYSFUNCTIONS**

08.30 – 10.00 Sensate Focus: tips and tricks. How to instruct and conduct  
E. Kyrana (Greece)

10.00 – 10.30 **Break**

10.30 – 12.00 Contraception, Infertility, Pregnancy, Postpartum and abortion  
J. Bitzer (Switzerland)

12.00 – 13.00 Female genital disorders  
J. Bitzer (Switzerland)





13.00 – 14.00 **Lunch**

14.00 – 15.30 Genito-pelvic pain/penetration disorders  
J. Bitzer (Switzerland)

15.30 – 16.30 Introduction to Female Sexual Dysfunctions  
A. Giraldi (Denmark)

16.30 – 17.00 **Break**

17.00 – 19.00 Panel discussion with cases from participants  
Moderators: Y. Reisman / F. Tripodi  
Panel: A. Giraldi, M. Fode, J. Bitzer

19.30 Meeting point in the hotel lobby for dinner and residential course in sexual medicine supported by **Viveve**

### **Saturday 24/11** **FEMALE SEXUAL DISORDERS**

08.30 – 10.00 Female arousal and desire disorders  
A. Giraldi (Denmark)

10.00 – 10.30 **Break**

10.30 - 11.30 Female orgasmic disorder  
A. Giraldi (Denmark)

11.30 – 13.30 Role play: couple session  
F. Tripodi (Italy), M. Fode (Denmark)

13.30 – 14.30 **Lunch**

14.30 – 16.00 Psychiatric diseases and sexuality  
A. Giraldi (Denmark)

16.00 – 16.30 **Break**

16.30 – 18.30 Workshops with cases

19.30 Meeting point in the hotel lobby for dinner party



**Sunday 25/11**  
**PENILE DISORDERS AND OTHERS**

- 08.30 – 10.30 Peyronie and penile disorders  
M. Fode (Denmark)
- 10.30 – 11.00 **Break**
- 11.00 – 12.00 Questions and discussion
- 12.00 – 13.00 Post-test and closing  
M. Fode (Denmark), F. Tripodi (Italy)



## GENERAL INFORMATION

### Internet Connection

Hotel Hungaria City Center provides free wireless internet connection in the whole hotel. A dedicated internet access is provided in the school room, to facilitate download of documents

### UEMS Accreditation – FOR MEDICAL DOCTORS ONLY

The ESSM School has been credited for UEMS Credits, which are only for MEDICAL SPECIALISTS; this means that NON-DOCTORS (such as psychologists, nurses, trainers, social workers) cannot apply for UEMS credits.

### Currency

The Hungarian currency is the Forint (Ft, HUF), which has the following denominations: notes - 500Ft, 1,000Ft, 2,000Ft, 5,000Ft, 10,000Ft and 20,000Ft; coins - 5Ft, 10Ft, 20Ft, 50Ft, 100Ft **and 200Ft**. Prices, such as hotel rates, sightseeing tours, etc. are often quoted in Euros. Many shops, including some selected supermarkets accept Euros. Don't forget to check their exchange rates, as you might be better off exchanging your currency first and paying in Forints. You can check the exchange rate at the following website: [www.exchangerate.com](http://www.exchangerate.com)

### Bank and ATM

ATMs are easy to find in Budapest, and there are many options for exchanging cash. Most often, currency exchange kiosks located in tourist areas or shopping malls offer the best exchange rates. Currency exchange is also available at banks at a surcharge. Credit Cards, such as Visa, Master Card and American Express, are widely accepted. You will be able to use them in most of the hotels, shops and restaurants. You may find that most museums, smaller shops, and even some restaurants do not accept credit cards.

The following map is including some banks and ATMs that are easy to be reached from the hotel:

- Budapest Bank: Rákóczi út 42.
- CIB Bank: Erzsébet körút 2.
- Raiffeisen Bank: Rákóczi út 44.
- FHB Bank: Erzsébet körút 18.



### Pharmacies

Several numbers of pharmacies can be found at the area of Hotel Hungaria. Here is the list of them:  
Erkel Patika: 1087, Luther u. 4.  
Keleti Aranyhajcs Patika: Baross tér 9.  
Benu Csillag Gyógyszertár: Rákóczi út 39.

### Smoking

Hotel Hungaria City Center is a non-smoking venue. Smoking is prohibited within the meeting venue.

### Climate

Budapest has a temperate, transitional climate - somewhere between the mild, rainy weather of Transdanubia protected by the Alps to the west and the harsh, variable climate of the flat and open Great Plain to the east. In November, the average temperature is around 5°C during the day.

### Insurance

The Organizing Secretariat will not be responsible for any loss, accident and damage that might occur during the course and travel. Participants are recommended to insure against these events.

### Meals

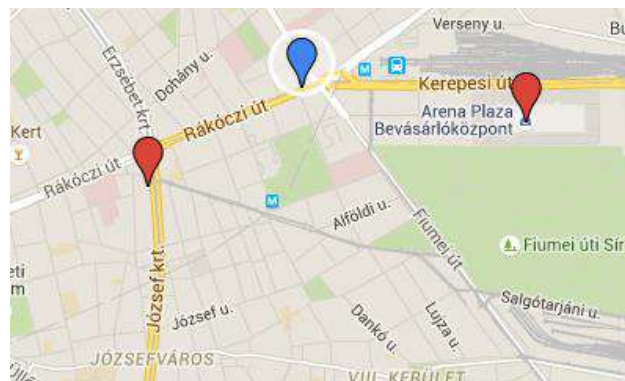
The registration fee includes coffee breaks and lunches during the Scientific Program as indicated. Dinners are included from Friday 16<sup>th</sup> to Saturday 24<sup>th</sup> November in typical restaurants and include 1 soft drink. **Meals are fixed and pre-arranged by the organization, specific needs specified on the registration form have been considered; no guarantees for onsite requests.**

**Any extra should be settled before leaving the restaurant.** No specific dress code is required. Transportation is not included.

## SHOPPING MALLS

### Arena Plaza

Aréna Pláza is one of the city's youngest and largest malls. It was built on a former horse-racing track next to Keleti Railway Station which is close to Hotel Hungária, and even though it takes a little walking to get there from the stops of metro lines M2 and M4, it's worth paying a visit. Beside the popular Spanish brands many other famous ones are available, and there is also a wide selection of cafés and restaurants and you can also find some other services, for example bank, supermarket, pharmacy and hairdresser salons on it.



### Europeum

Located in Blaha Lujza Square, one of the busiest meeting point in Budapest. Europeum is a cozy and comfortable business center for quick and easy shopping, and offer varied stores, cafés, supermarket, pharmacy and additional services like bank and hairdressers.

## THERMAL BATHS

Hungary is a land of thermal spring, and Budapest is the only capital city in the world that is rich in thermal waters with healing qualities.

Széchenyi Bath is the largest medicinal bath in Budapest with an easy accessibility from Keleti Railway Station (5 mins walking distance) by the bus 20E. Gellért Bath, one of the most beautiful and elegant bath, located at the Buda side of the city with also an easy reach from Keleti Railway Station to Szent Gellért tér by the metro line 4 (5 stops). Rudas Bath, with its unique characteristics, is dating back to 16<sup>th</sup> and 17<sup>th</sup> centuries. It can be reached by the bus 7 (5 stops) directly from the hotel.



## **BARS AND RUIN PUBS**

### **Fogasház**

#### **1072 Budapest, Akácfa utca 51.**

One of the largest and richest programme venues and bars in Budapest. There is a theatre play, a new exhibit, a fashion show, a concert, a pageant, or a party every day.

### **Apropó Wine Bar**

#### **1077 Budapest, Király utca 39.**

Apropó Wine Bar is rich in design elements and special wines, and even serves tapas. It can be found on one of the most popular streets of the seventh district Király Street. The shelves in the bar are made out of wooden crates, the floor is made of pallets, and light bulbs are hanging down the ceiling.

### **BRKLYN**

#### **1075 Budapest, Kazinczy utca 48. (Gozsdu Udvar)**

BRKLYN was opened in Kazinczy Street in order to bring a bit of New York to Budapest through the ambience, music and food selection. Besides hip hop (and its different kinds) they also play electronic music, and are planning on enriching their repertoire with jazz and funky tunes as well. The cuisine follows street food trends, but instead of commonplace hamburgers and hot dogs they offer duck, barbeque, steak and a sweeter line of sandwiches. BRKLYN uses the space on the top of the building as a roof terrace.

### **Doboz**

#### **1072 Budapest, Klauzál utca 10.**

Situated along Klauzál Street, Doboz is the largest party venue and bar of District VII. It was named after a huge, red, box-shaped creation in the venue's very heart ("doboz" means "box" in Hungarian). With its thematized, vast spaces – Grill Terrace, House Party Room, The Saloon – Doboz is truly a sight to behold.

### **Ellátó**

#### **1075 Budapest, Kazinczy utca 48.**

Ellátó Kert, situated near Kazinczy Street, in the heart of the downtown party district. In the summer, the place attracts urban cyclists and students thirsty for a cold beer thanks to its open courtyard.

### **Füge udvar**

#### **1072 Budapest, Klauzál utca 19.**

Klauzál Street's Füge Udvar ("Fig Garden") is the cheapest ruin pub of the city, surrounded by Doboz. While we are here, we can order a cheap beer or fröccs, which are essential to start up (or continue) a pub crawl or a wild Friday night. The fixed monthly discounts, smoking yard and affordable prices await those who want to relax after or during a long week, until dawn.

### **Gozsdu**

#### **1075 Budapest, Király utca 13.**

Gozsdu Manó Klub (GMK) is a popular venue in the Jewish quarter. Its evening concerts attract underground youth primarily. According to the brains behind GMK, the first and foremost difference between the ambience of this place and the traditional ruin pub vibe is that you can also dance here.



### **La Bodeguita del Medio**

#### **1074 Budapest, Dob utca 57.**

Hemingway might have enjoyed a drink at LaBodeguita del Medio in Havana which now has a franchise partner in Hungary. The restaurant and bar in 57 Dob utca awaits you with salsa dancers, Cuban cigars, exotic Caribbean dishes, Mojitos and of course CubaLibre. La Bodeguita del Medio (Spanish, '*pub* in the middle of the street') is now popular all over the world, thanks the perfect long drinks and the Latin vibes from the live music.

### **Lärm**

#### **1073 Budapest, Akácfa utca 51.**

You'll find Lärm on the first floor of Fogasház. The place doesn't signal the end of Fogas itself, it's just the home to a entirely different genre of entertainment. Lärm is a place where you can enjoy gut-shaking electronic music in surroundings that any DJ would be proud to call their study.

### **Mazel Tov**

#### **1074 Budapest, Akácfa utca 47.**

Mazel Tov now reigns as the most popular newculture club of Budapest's Jewish Quarter, found somewhere around the crossing point of urban gardens, creative openness, and popular Mediterranean cuisine. The place operates in the spirit of diversity and acceptance, and awaits guests with an open kitchen, drinks, and various cultural events.

### **Spíler**

#### **1075 Budapest, Király utca 13.**

Spíler in Gozsdu Udvar distinguishes itself as a ruin pub 2.0 because it is teeming with novelties, adding unique color to the bar palette of Budapest. The music is great and devoid of clichés, the crowd is mixed, the prices are friendly. The gastronomical emphasis is on Hungarian craft beer and kenyérlángos - the latter is prepared on the spot, in a wood-fired oven.

### **Szimpla**

#### **1075 Budapest, Kazinczy utca 14.**

The legendary Szimpla Kert is the most complex and best-known ruin pub in Budapest. The sprawling club located at 14 Kazinczy Street offers a variety of programs every day of the week: concerts, parties, activities for the elderly, exhibitions, a farmers' market, and numerous cultural events are all held in the same spot.