

Programme

Friday 15 May 2009

- 18.30 - 19.00 Conference Registration
- 19.00 - 19.15 Welcome and Notices - UKCP Officer to Introduce & Chair sessions
- 19.15 - 20.15 Mental Health Issues for LGBT people and Research into Therapists Attitudes
Professor Michael King Keynote Lecture
- 20.15-20.45 Discussion
- 20.45 - 21.00 Briefing on Social Dreaming Matrix workshop - Laurie Slade
- 21.00 Close

Saturday 16 May 2009

- 8.30 - 9.30 Social Dreaming Matrix - Laurie Slade
- 8.45 - 9.45 Conference Registration
- 9.45 - 10.00 Conference Welcome and Notices - UKCP Officer to Introduce & Chair sessions
- 10.00 - 10.20 The Right to Be/Change - Dominic Davies
- 10.20 - 10.40 "If my religion is wrong about my sexuality then where does it leave my faith?" - Bernard Ratigan
- 10.40 - 11.00 Discussion
- 11.00 - 11.30 Coffee Break
- 11.30 - 11.50 Developments in Relational Psychoanalysis - Judy Yellin
- 11.50 - 12.10 Queer Reflections - Angie Fee
- 12.10 - 12.30 Discussion
- 12.30 - 13.30 Lunch
- 13.30 - 14.45 Workshops:
 - Children's Voices - Francie Van Hout & Jo Beecham
 - Working with the Erotic Transference - Deirdre Haslam & Keith Silvester
 - Working with Internalised Oppression in the Consulting Room - Charles Neal
 - Supervision of Sexual Minority Therapy: What's different? - Damian Mc Cann
- 14.45 - 15.15 Tea Break
- 15.15 - 16.30 Workshops
 - Working with Hypervigilance in Gender Variant Clients - Tina Livingstone
 - Ageing Growth, Time and Change: Therapy with Older LGBT People - David Richards
 - A Psychosocial Approach to Counselling Bisexual Clients - Lyndsey Moon
 - LGBT Parenting Issues - Howard Delmonte
- 16.30 - 1700 Closing Plenary

Keynote Presentation Abstracts

Psychological problems in LGB people and the therapy they receive - Professor Michael King

There is growing concern about the mental health and well being of lesbian, gay and bisexual (LGB) people and whether what mental health services offer is appropriate to their needs. In this presentation I shall review evidence from key research across the world into the levels of mental health problems in LGB people, their experiences of therapy services and the attitudes of psychotherapists and psychiatrists whom they consult. This evidence suggests that LGB people suffer depression, anxiety, and alcohol and drug misuse, and attempt suicide between 2 and 4 times more often than heterosexual people. It also suggests that therapy services are not always sensitive to their needs and in a minority of cases still regard sexual orientation itself as a problem that requires treatment.

The Right to Be/Change - Dominic Davies

So called 'Reparative Therapy' approaches are on the increase in the UK and clients often present for help with changing their sexual or gender identity. This presentation will explore some clinical and ethical dilemmas inherent in working with a client who wants the therapist to help them change their sexual orientation from homosexual to heterosexual and working with a client who wants to change their gender presentation.

This raises many questions: What is the effectiveness of such conversions? How is a therapist to respond to genuine requests for change? Why is that most ethical therapists nowadays would not feel comfortable agreeing to a contract help a client with a homosexual orientation change their sexuality to heterosexual, but may feel more comfortable helping a client change their gender presentation?

"If my religion is wrong about my sexuality then where does it leave my faith?" Psychodynamic perspectives on when belief and experience do not fit - Bernard Ratigan

Judaism, Christianity and Islam all have sacred texts that can be read homonegatively. The world-view that shaped these statements has been challenged by developments in understandings about human sexuality, by the growth of socio-cultural movements and by legislation giving protection to sexual minorities in some western societies.

The paper will explore, from a psychodynamic perspective, ideas about how sexual minority and trans young people, especially those from strongly homonegative monotheistic faith communities, develop psychic structures to protect themselves from internal conflicts between desire and faith. It will utilise the idea of container/contained to suggest a way of understanding the use made of homonegative sacred scriptural texts as a defence against self-acceptance – 'text as container'.

Using material drawn from clinical work with Muslim teenagers and young adults in short term psychoanalytic psychotherapy the paper will discuss issues of transference, counter-transference, the need for care in challenging deeply held but ego-dystonic beliefs and the pitfalls into which secular liberal therapist can fall in working with sexual minority clients/ patients with very different religious and cultural assumptions to their own.

Developments in Relational Psychoanalysis - Judy Yellin

Since its beginnings, psychoanalysis has struggled with the tension between its revolutionary potential to rethink sexual and gender categories and its conservative tendency to 'normalise' conventional gender identities and expressions of sexuality whilst pathologising diversity as 'deviance' from a 'healthy' norm. Social movements for the human rights of women, lesbians and gay men and now transgendered people are changing attitudes to sexual minorities in our wider society, and are also having a transformative influence on the practice of psychotherapy. The thinking of clinicians working within what has come to be known as the 'relational turn' in psychoanalysis has been particularly enriched by contributions from feminism and the gay movement, raising challenging questions about the role of psychotherapy and psychotherapists in offering healing relationships to clients from sexual minority communities. I will briefly explore some of the developments in contemporary relational psychoanalysis which may be helpful to the practice of psychoanalytic psychotherapy.

Queer Reflections - Angie Fee

The purpose of my paper is threefold; First to draw attention to the regulatory character of heterosexuality in mainstream counselling and psychotherapy training's and how it has become the 'unspoken' in psychological theories and as such, has become an organising principle which remains unexamined.

Second, I draw on the idea of 'queering' traditional ideologies as a way forward in unearthing areas of inquiry that can unlock new possibilities for thinking about sex, gender, and sexuality. Queer Theory is a challenging and controversial development emerging from gay and lesbian politics and feminist politics. It is concerned with destabilising hegemonic cultural ideals of normality (Smith 2003) and offers a cultural resource for rethinking the notions of sexual and gender identity, subverting traditional identity categories. To queer these frameworks and discourses would simply mean to critically examine their assumptions and encourage resistance to the process of normalisation that reify and perpetuate the hugely influential mind/body dualism of western thought.

Third, I consider my own theoretical model of transpersonal psychology as a way of creating a space outside, across or beyond sex and gender binaries- 'trans'-prefix. 1. across; beyond (Oxford Dictionary.)

Could it be that the concept of trans may lead the way to a place that 'queers' the borders of what is culturally acceptable?

Workshops

Social Dreaming with Laurie Slade Saturday 8.30-9.30am

Social Dreaming is a way of working with dreams in a communal setting, developed by Gordon Lawrence and others at the Tavistock Institute in the 1980's.

We meet with a specific task, which is *to share dreams and our associations to them, making connections where possible*. We don't try to interpret the dreams for the dreamer. We share the images, memories, feelings and sensations which they evoke. There is no right or wrong response. There can be as many associations to each dream as there are people in the room.

The process is safe and non-confrontational. No special technique is required. Participants choose the level at which they can comfortably engage. A free-flowing, associative dialogue results, making possible a generous and intimate exchange.

The social dreaming matrix is followed by a period of reflection. This enables us to make further connections, between the experience of the matrix, the subject-matter of the conference, and the wider world.

Childrens' Voices with Francie Van Hout and Jo Beecham

This workshop will provide an opportunity to explore issues relating to LGBT children and children of LGBT parents. Looking at research conducted at PACE during the last two years and using a multimedia workshop, including paintings, quotations, video and audio recordings, we will look at these issues from the perspective of the child.

Working with the Erotic Transference with Deirdre Haslam and Keith Silvester

The transference between client and therapist is a source of rich information and can be a profound instrument for healing relationships of all kinds. The erotic transference - that is, one where there is attraction of various kinds - need not be something to be feared or avoided. Worked with sensitively and with awareness it can be life-affirming, playful and nourishing. It is possible that many counsellors and therapists specifically avoid working directly with the erotic transference for the misplaced fear of being seen as transgressing boundaries. More likely to be the case is that, during training, there was no safe space in which to explore the complex feelings associated with sexuality in the consulting room. We intend this workshop to be a safe space for practitioners to explore both the concept of erotic transference in working with LGBT identified clients and its applications to therapeutic work in an experiential way.

Working with Internalised Oppression in the Consulting Room with Charles Neal

It is neither ethical nor adequate to work on sexual minority issues in therapy without developing both the client's, and the practitioner's, awareness of 'Internalised oppression'* at work and co-creating strategies for working through these. This workshop will introduce some of the ways we can do so.

*'Internalised oppression' (sometimes called internalised homophobia) refers to many ways in which we take into our psyches and forms of thinking and being, oppressive ideas, attitudes, behaviours and feelings, in this case from systems of prejudice towards sexual minorities with which we have all grown. These can result in a range of clinical manifestations, from anxiety to self hatred, including rationalisation, erotophobia, homophobia, denial, projection, rigidity, compulsions and self harm.

Supervision of Sexual Minority Therapy: What's so different? with Damian McCann

This workshop will identify key elements relating to sexual minority therapy and supervision and consider the impact of these in practice. Participants will be encouraged to explore particular supervisory dilemmas alongside developments in thinking about sexual minority issues within the supervisory relationship.

Working with Hypervigilance with Gender Variant Clients with Tina Livingstone

Hypervigilance is one of the many normal responses to feelings of difference and consequent oppression. Socially stigmatised gender and sexual minority people are hypervigilant to being perceived as 'mad, bad and dangerous to know'; indeed this hypervigilance permeates the very self-structure of many such individuals.

It has been suggested that:

"If a therapist can work constructively and creatively with this issue and form sufficient psychological contact, they will probably be able to work with whatever other issues follow." (Davies 2007)

Moreover research with lesbian and gay clients shows that certain therapists' practices relate to a higher risk of that therapy being found unhelpful (Liddle 1996).

Current investigations into therapists' practices with trans-identified and trans-historied clients show similar risks, with analysis indicating increased hypervigilance in some areas.

Utilising the facilitator's counselling and research experience, this session will highlight the hypervigilances associated with trans-identified and trans-historied clients as well as present what has been found particularly positive in therapists' practices. Participants will thus gain better understanding of which therapists' practices gender variant people find helpful and unhelpful in therapy so as to inform and enrich their own understanding and practice.

Ageing Growth, Time and Change: Therapy with Older LGBT People with David Richards

This workshop explores the experience and psychic worlds of the older LGBT person, and will think about the specific interests and needs this client group might bring to therapy. The likelihood of working with a significant age difference in the therapy room can stimulate feelings and associations for both client and therapist, and we will explore the meanings of this. The approach will be informed by ideas from psychodynamic theory and by social constructs of ageing. We will consider the essentially ageist nature of western society, and how LGBT people may be both similar and different to heterosexuals in their developmental needs and experiences as they grow older, and how these might be explored within the therapeutic relationship.

We will touch on relational life and needs and how these might change as we grow older, the wider social and cultural arena (including the place of the gay scene), sex and sexuality (as seen by self and others), and the dynamics of the client/therapist relationship.

It is hoped there will be some time to discuss case material from participants' own experience with older LGBT clients.

A Psychosocial Approach to Counselling Bisexual Clients with Lyndsey Moon

The presentation will focus on the construction of meanings when working with bisexual clients in a therapeutic setting by fully qualified counsellors, counselling/clinical psychologists and psychotherapists. The presentation will look at definitions of

bisexuality, the presentation of issues in therapy and future ideas for practice with this client group. It will also consider therapists personal perspectives in relation to an understanding of their own sexuality.

The presentation considers the meanings and impact of sex, sexuality and gender in therapy at this stage of the twenty first century. It will focus on the implications for future training in counselling and psychotherapy.

LGBT Parenting Issues with Howard Delmonte

Using a mixture of video and discursive presentation, the workshop will explore some of the following for participants:

- i. Ways in which various parenting roles, gender assumptions and societal pressures have impact on LGBT families
- ii. Some effects of inherited attitudes and familial, societal, religious and other beliefs upon LGBT parents.
- iii. How prejudice, ignorance and homophobia impacts on individuals.
- iv. Particularly reflecting on the family, community, media, education system(i.e. clause 28), Government etc. We will also introduce the important notion of "internalised homophobia."
- v. Looking at family inherited "roles "and their impact on individuals who are/want to be as parents. What is a father/mother
- vi. Exploring various models of parenting ie co-parenting, couple parenting, single parenting
- vii. Introducing lesbian and gay family map/exercise.
- viii. The need to encourage just "Good enough parenting."

Presenter Biographies

Jo Beecham is the Manager of the Children and Family Service at PACE. Jo has extensive experience working with LGBT children and young people, particularly in foster care in New York. In partnership with the Harvey Milk School, (a school for lgbt children) Jo conducted research at New York University on the impact of victimisation on the mental health of lgbt young people. She is a UKCP registered Psychotherapist. She is also accredited to practise psychotherapy in the State of New York.

Dominic Davies FBACP is Director of Pink Therapy and has worked as a therapist, supervisor and trainer specialising in working with gender and sexual minority clients for almost 30 years. He is a Fellow of BACP and the co-editor (with Charles Neal) of three volumes of the leading British textbooks on working with gender and sexual minority clients. Website: www.pinktherapy.com

Howard Delmonte is a qualified and BACP accredited individual, couple and group therapist and has worked in various mental health settings for 20 years. Eight years ago he developed and set up the family and couple support service at PACE(a counselling and support service for families affected by lesbian, gay, bisexual and trans issues).

He has run various trainings for educational staff and social services ranging from same sex adoption, mental health, supporting the caring professions, understanding diverse sexualities and day workshops as well as presenting at various conferences . He now works in private practice as a freelance trainer, consultant and therapist.

Angie Fee UKCP Reg works in private practice as a psychotherapist, supervisor and trainer. She is a trainer in Sexuality and Gender and teaches this topic on post graduate programmes at Psychosynthesis organisations in London, Sweden and Holland. She is nearing completion of her PhD thesis on Sexuality and Gender.

Deirdre Haslam AHPP Reg. UKCP Reg. is an integral psychotherapist with wide experience of working within a range of therapeutic models and across the social spectrum in her client work. She is a Clinical Associate of Pink Therapy and has contributed a chapter on Analytical Psychology (Jungian Analysis) to the Pink Therapy book series. She has worked as a counsellor at London Friend and as supervisor at ELOP (East London OUT Project) and, most recently, as course team leader for the B.Sc in Integral Therapeutic Counselling at Anglia Ruskin University.

Professor Michael King completed his medical studies in New Zealand before coming to the United Kingdom to undertake a vocational training in general practice at the Hammersmith Hospital. He then moved to the Maudsley Hospital to train in psychiatry and psychiatric research. He has been interested in the health and well-being of LGB people for over 20 years and has conducted research into AIDS and HIV; the mental health of LGB people; the history of 'treatments' of homosexuality and the role of psychotherapists with LGB people. He established the Royal College of Psychiatrist's Special Interest Group in Gay and Lesbian Mental Health in 2001 and was the Chair from 2001-2005. His other interests are in psychiatric epidemiology and the methodology of randomised trials. He has conducted a number of randomised trials of the effectiveness of brief psychotherapy in primary and secondary care settings.

Lyndsey Moon PhD is an ESRC Senior Research Officer at Warwick University. Her interests lie in the relationship of sex, sexualities and genders in the shaping of emotion and its emergent narratives. She is also a Lecturer at City University, in London and works privately as a Chartered Counselling Psychologist.

Tina Livingstone is a Pink Therapy Accredited Sexual Minorities Therapist working in the Person Centred Approach who has specialised in counselling sexual and gender minorities since 1999. She has been published in the CPJ (2004) Therapy Today (2006) and PCEP Journal (2008), she is currently working for an MSc in Counselling at Strathclyde University. Further details of her work can be found at: www.positivebeams.com and www.tgfact.co.uk

Damian Mc Cann is a qualified Consultant Family & Systemic Psychotherapist and an Approved Supervisor working in the NHS and in Private Practice. HE is an Associate of Pink Therapy and has recently co-authored an article on Supervision of Sexual Minority Therapy for the BACP Journal.

Charles Neal worked in innovative education for 25 years with all ages and abilities in many contexts, becoming Coordinator of the largest London Open College Network & MA Access Studies tutor at South Bank University, before launching a busy independent consultancy, therapy and supervision practice in 1990. He is also co- editor of the 'Pink Therapy' trilogy of handbooks (McGraw Hill 1996-2000) and an Hon. Clinical Associate with Pink Therapy. (UKCP accredited through Spectrum/ UKCP registered/1st Class B.Ed & Cert.Ed.-Univ. London Inst. Ed.) Website: www.charles-neal.com

Bernard Ratigan PhD is a UKCP registered psychoanalytic psychotherapist in independent practice in Leicester. His professional memberships include the South Trent Training (NHS), FiP, WPATH and IARPP. For many years he was a consultant adult psychotherapist in the NHS where much of his work was with sexual minority and trans patients. His main area of clinical and scholarly interest now is the space between psychoanalysis, faith and sexuality. Website: www.bernardratigan.co.uk

David Richards is a psychodynamic psychotherapist (UKCP & BACP registered) with extensive experience of working with older people and with LGBT men and women. He has managed a voluntary sector counselling service for older people since 1998; and has managed a major project developing services for older LGBT people since 2005. He also runs private psychotherapy practices in Central and East London, and lectures and supervises on various counselling/psychotherapy courses. He has a particular interest in issues of identity and sexuality.

Keith Silvester UKCP Reg. is an integrative psychosynthesis therapist, a clinical associate of Pink Therapy, and a contributor to the Pink Therapy trilogy. A former convener of London Friend counselling service for LGBT people, he is now training director of the Psychosynthesis & Education Trust in London. Website: www.keithsilvester.com

Laurie Slade is a UKCP registered psychoanalytic psychotherapist, in private practice in West London. He has been actively involved in social dreaming since 2001, and has hosted sessions in a variety of settings, in the UK and internationally, including Pink Therapy Conferences (2004 and 2006) and the UKCP-EAP Congress 2006.

Francie Van Hout is a Clinical Supervisor, Trainer and Facilitator of Creative Art Groups for women exploring sexualities at PACE (Project, Advice, Counselling and Education), Antidote (Hungerford Drug Project) and at City & Hackney Carers Centre. Francie is also the Clinical Supervisor of the Children and Family Service at PACE. She is a UKCP registered Integrative Body Psychotherapist, who has been committed to working therapeutically with issues of gender, sexual and cultural identities, disability, somatic trauma and addiction. Francie is on the teaching team of the Masters in Counselling Programme (London Metropolitan University)

Judy Yellin is a relational psychoanalytic psychotherapist working in private practice with clients of all sexualities and genders. She trained in attachment-based psychotherapy at the John Bowlby Centre, where she now teaches on the psychotherapy training, conducting seminars on Freud, relational psychoanalysis, trauma and dissociation. She is a member of the International Association for Relational Psychoanalysis and Psychotherapy (IARPP), and is a steering committee member of the Relational School, promoting the development of relational approaches to psychotherapy in the UK. Judy is also a Clinical Associate of Pink Therapy.