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To be covered...

- Literature review
- The study
- Results relevant to this topic
Psychotherapeutic theory

- Addressing lesbian and gay sexuality
‘Freud equated counter-transference with the way analysts’ blind spots, complexes and inner resistance hamper their effective psychoanalytic functioning’ (Smith, 1991)
Epistemological assumptions

- Essentialist
- Biological
- Legitimate to aim to ‘cure’ same-sex sexuality
Psychotherapeutic practices.

- Cure
- Counter-indication for therapy
- Barring of lesbian and gay trainees
The Study 1

- Understand and theorise the broad notion of Lesbian and Gay Affirmative Psychotherapy (LGAP)
- Choice of therapist
- Matching of therapist and client
- Countertransference issues
- Outcomes
The Study 2

- Explore the experiences of therapists and clients who have experienced lesbian and gay affirmative psychotherapy
- Self selected sample
- Semi-structured interview
Demographics

- Lesbian and heterosexual women and gay men.
- No heterosexual men.
The Sample: Therapists

- N = 14
- Clinical and Counselling Psychologists
- Psychotherapists
- Counsellors
- CBT, Existential-phenomenological therapy, Humanistic, Integrative, Systemic therapies.
The Sample: Clients

- N = 18
- Self selected
- Lesbians and gay men
- CBT, Existential-phenomenological therapy, Humanistic, Psychoanalytic, Integrative therapies.
Findings
Findings 2

- Awareness of one’s own views
- Specific issues for heterosexual therapists
Findings 3

Specific issues for lesbian and gay therapists
Findings 4

Usefulness of countertransference feelings
Potential heterosexual difficulties

- Personal angst
- Lack of awareness
- Emotional and Sexual responsiveness
Potential issues for lesbian and gay therapists

- Identification
- Familiarity with social codes
Positive Countertransference
Negative
Countertransference
Therapeutic capacities

- Withstand the overwhelming
- Identify with same sex sexual desire
Conclusions

- Urgent attention necessary
- Theory, practice and training.
- Affects everyone
THE END