



WELCOME!



Working Creatively with Sexual Minority Clients

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Aims for today

- To *reflect* on the needs of LGBTQ clients
- To *develop awareness* of the importance of cultural stories/narratives in facilitating or hindering healthy self-esteem
- To *consider* how we as therapists can have positive impact on narratives within our institutions around sexual minorities.

Thinking about CLIENTS

- What are some of the needs that I identify in LGBTQ clients in a university setting?

Thinking about MYSELF

- What do I need for myself in order to work more creatively/effectively with these clients?
- What am I hoping to take away from today's workshop?

*the stories
we live by*



Personal Myths
and the
Making of the Self

Dan P. McAdams

“Our tales are spun, but for
the most part we don’t spin
them – they spin us.”

K. Gergen

**“the primary developmental task for
homosexually oriented adolescents is
adjustment to a socially stigmatized
role” (Martin and Hetrick, 1988)**



1. Untroubled

2. Indifferent

**3. The 'Senior
statesmen'
problem**

**4. Best not to
'come out'?**



The New Gay Teenager

RITCH C. SAVIN-WILLIAMS

A graphic of a thought bubble with a large, fluffy white cloud at the top and three smaller, descending clouds below it, all set against a clear blue sky. The text "What if...?" is centered within the largest cloud.

What if...?

Charles Cooley's 'Looking-glass self'

- The importance of *imagination* in the formation of self/identity



I am who I think you think I am.

Stories can kill...

Gay policeman James Parkes beaten in Liverpool homophobic attack speaks from hospital bed

Oct 28 2009

(<http://www.liverpoolecho.co.uk/liverpool-news/local-news/2009/10/28/>) By Staff

Reporter



A ROOKIE police officer set upon in a vicious homophobic attack in Liverpool has spoken his first words to family and friends.

But doctors have warned that PC James Parkes is still facing a crucial 24 hours with his condition said to be "serious but stable".

He has also briefly told investigating officers about the horrific attack that left him with

multiple fractures to his skull and other serious head injuries.

[Comments \(17\) \[#sitelife-commentsWidget-bottom\]](#)

[Recommend \(8\) \(#none\)](#)

TIMESONLINE

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From The Times

October 15, 2009

Murder inquiry as homophobic attack man Ian Baynham dies

Adam Fresco, Crime Correspondent

11 COMMENTS | [RECOMMEND? \(2\)](#)

A man who was attacked in a suspected homophobic assault died last night when doctors switched off his life support machine.

Ian Baynham, 62, was walking through Trafalgar Square in Central London with a 30-year-old friend when a woman began shouting homophobic abuse at him.

TIMES RECOMMENDS

British artists make it in the movies
Celebrity watch: Pot-shots and AA Gill
Dangers of drug use aren't crystal clear

CRIME CENTRAL

Is minority stress *really* an issue?

- ECU research - 2009: **2704** LGBTQ students

- **49%**
- **20%**
- **7%**

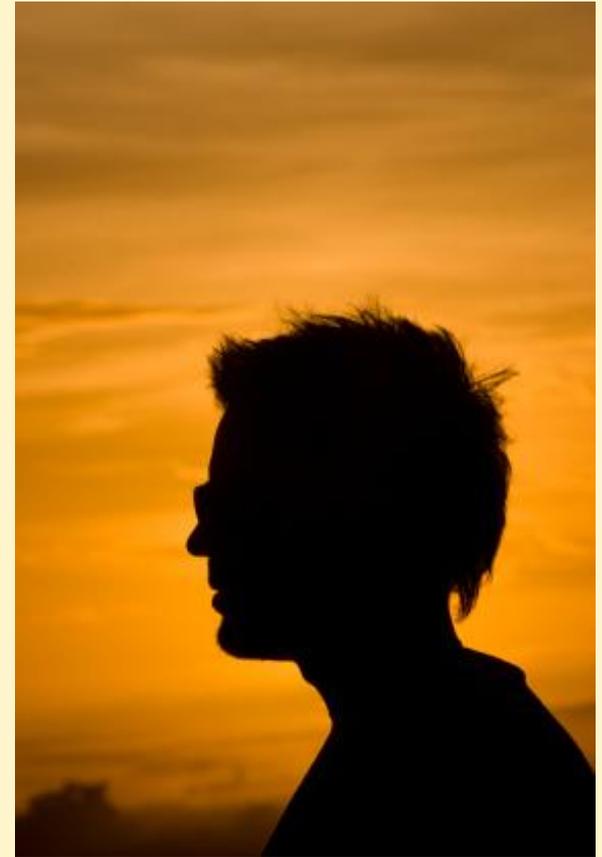


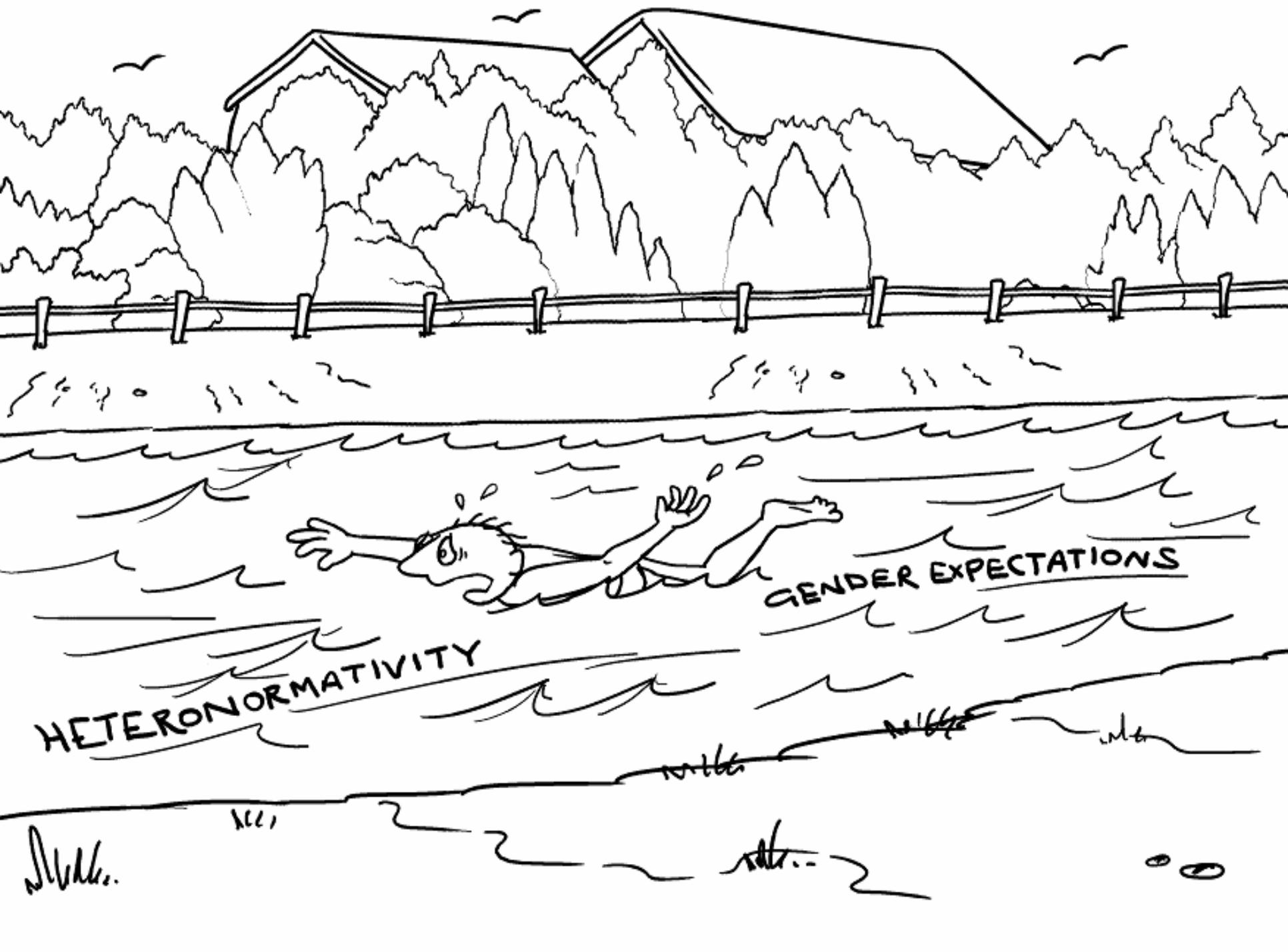
Issues arising...

- Accommodation issues
- Financial dependency
- Coming out to tutors/staff
- Local students - coming out at uni/staying in at home
- International students
- Ethnic minority students - intersectionality of identities
- Religious groups
- Mature students
- General lack of 'presence'

What I found.

- 'Minority Stress' still prevalent
- Coming out to family problematic
- Main oppressive social narratives:
 - - hegemonic masculinity
 - - compulsory heterosexuality
- New, emancipatory narratives coexist **ALONGSIDE** old repressive ones





HETERONORMATIVITY

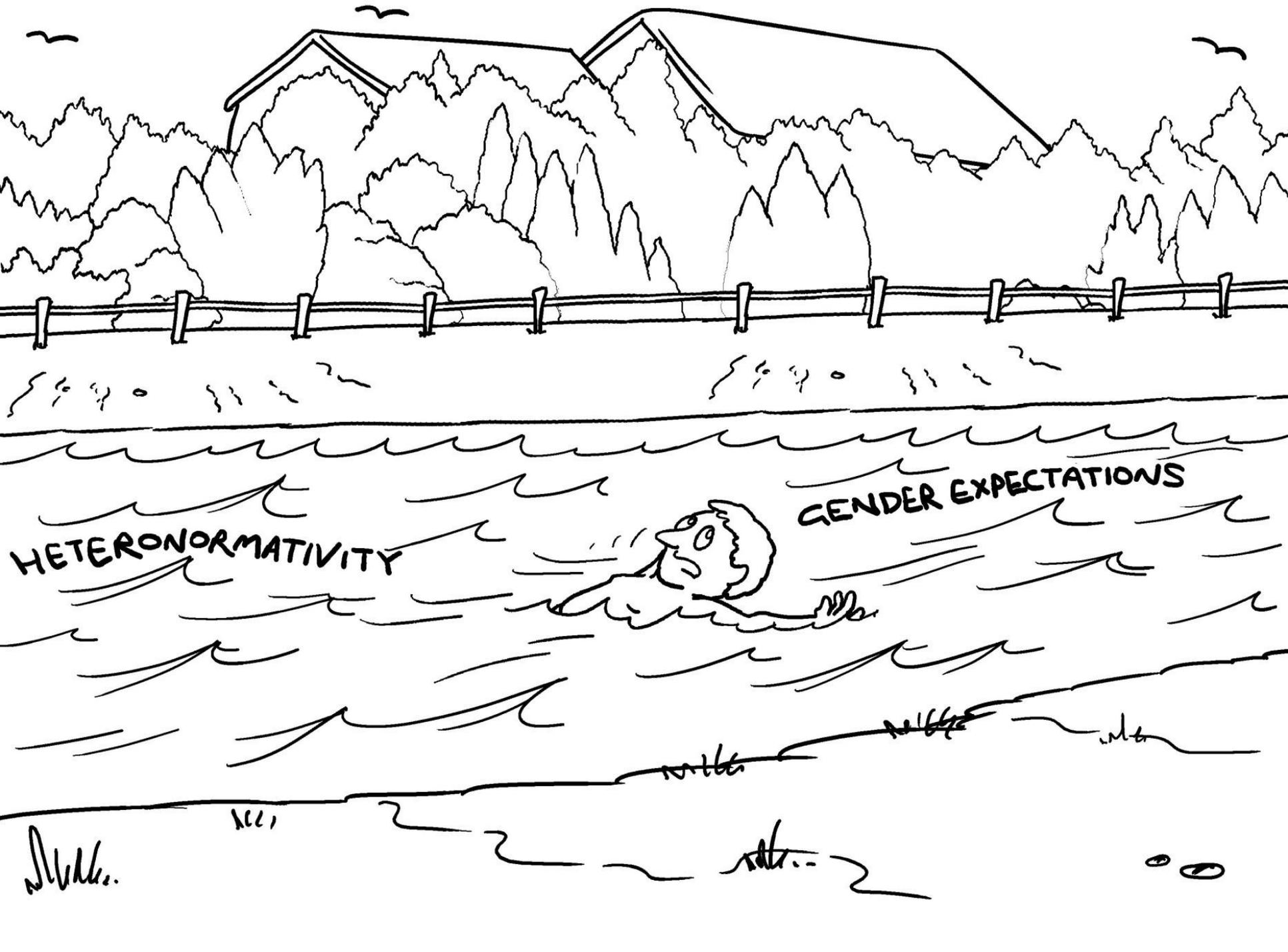
GENDER EXPECTATIONS

M. M.

11/11

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HETERONORMATIVITY

GENDER EXPECTATIONS

Stills.

11/11

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- How can we, as counsellors, make a difference for students oppressed by 'minority stress' and 'compulsory heterosexuality'?



Universities are mirrors

How does your institution mirror these groups to themselves?



- International students
- Muslim students
- Disabled students
- Mature students
- Heterosexual students
- LGBTQ students



LGBT Center








Carriage House
3907 Spruce Street
Architect:
Wilson Brothers, 1876

Lesbian Gay Bise.
Transgender Centre



A woman with dark hair is smiling and sitting behind a black reception desk.

UNITED AGAINST
HOMOPHOBIA

Work-study
Students
Need

Human

Community Resource Guide

LGBT CENTERS

LGBT CENTERS

Penn State

LGBT CENTER
Lesbian Gay Bisexual
Transgender Center

at Penn State
University Park

Thinking about coming out?
Queer and new to Penn?





Counseling/Support



Legal Issues



University counselling services and the 'heterosexual assumption' - are we colluding?



Gay affirmative therapy

- 'Weak' & 'strong' versions
- Weak -> *implicit* counsellor/service may support but not engage politically
- Strong -> *explicit* counsellor/service needs to support and engage politically

CAPS

Counseling And Psychological Services

Student Group

This group is a non-academic, non-deep-in support group for graduate students and students in professional schools that want to learn to navigate stresses of graduate education and gain about themselves in the process!

What stress support as you navigate relationships with your advisor? managing work-life balance? productivity and academic stressors?

www.upenn.edu/caps

CAPS

Counseling And Psychological Services

Workshop Your Potential is Your Fit

How Do I Sign Up? The Exploring Your Potential, Finding Your Fit Career Workshop is a 2.5 hour program for students who are interested in the beginning of the career process on the CAPS website at www.upenn.edu/caps. This service is a free service to all currently enrolled students. Please also remember to review the application process at www.upenn.edu/caps.

Center

Throughout the writing process you are provided and read your work and receive feedback from your peers.

Preparation

Work of all women department could manage the appropriate study.

Division of Academic Support

Health care and wellness information.

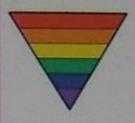
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TIPS FOR A GOOD NIGHT'S SLEEP

How to get a good night's sleep. Tips for a good night's sleep.

Counseling and Psychological Services (CAPS) is proud to recruit new members for our:

LBTQ Women's Therapy Group



WHO ARE WE LOOKING FOR?

- ❖ Women who identify as lesbian, bisexual, transgender, or queer (LBTQ)

WHAT HAPPENS IN THE GROUP?

- ❖ Members and group leaders get together on a weekly basis, in a confidential and affirming group where members talk about and explore all relevant life issues: relationships, academics, family, past history and all else that may be affecting you!

WHEN DO WE MEET?

- ❖ Monday afternoons starting Sept 10 (late afternoons, exact time to be determined)

WHERE IS CAPS?

- ❖ CAPS is located on 36th and Walnut street on the 2nd floor (above the Ann Taylor Loft Building/directly across from the Cosi)

HOW TO GET INVOLVED?

- ❖ Contact Meghan Sullivan, LCSW (msulliv4@pobox.upenn.edu) or Raia Gortcheva, M.A. (raiag@pobox.upenn.edu) for more information.

We are looking forward to meeting you!

A woman who is convinced that she deserves to accept only the best challenges herself to give the best. Then she is living phenomenally.

Maya Angelou

HOW to help a friend

Change Your Life: The Study of Human Development. How to help a friend. Tips for helping a friend.

WHAT CAN I DO? Helping students in distress

How to help a friend in distress. What can I do? Helping students in distress. Tips for helping a friend.

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Counselling and Guidance

Some of our 'ground-rules'

- We respect confidentiality
- We don't judge each other
- It's OK to be quiet
- It's OK to not take part in an activity if you don't want to
- We agree to send apologies if we can't make a meeting

The facilitators:

David Mair is Senior Counsellor at the Counselling and Guidance Service.

His Doctorate research was into experiences of sexual minority students on campus and in counselling.

Sue Knight is a Student Coordinator at Counselling and Guidance. She helps to run Qchat, our online chat forum for LGBTQ students, and is co-convenor of the staff LGBTQ Rainbow Group.

What to do now...

If you think you might be interested to join this group, ask at Counselling and Guidance reception (in person, or you can phone) for an appointment to meet David for a brief chat, or email David - d.j.mair@bham.ac.uk. This is a chance to talk through any concerns you have about joining a group, and to get information about what coming to the group entails.

"The college years are a time of self-exploration, personal growth, and determination of the roles one will assume in society. Lesbian, gay and bisexual students face the added challenge of resolving issues related to their sexual orientation. Until students develop a sense of themselves as gay, lesbian or bisexual people, addressing the other developmental tasks is difficult"

EVANS, N. J. (2001) The Experiences of Lesbian, Gay and Bisexual Youths in University Communities. In D'AUGELLI, A. R. & PATTERSON, C. J. (Eds.) Lesbian, Gay, and Bisexual Identities and Youth - Psychological Perspectives. New York, Oxford University Press.



Counselling and Guidance Service

3 Elms Road
University of Birmingham
Phone: 0121 414 5130
www.as.bham.ac.uk/counsell

Counselling and Guidance Service

3 Elms Road
Tel: 0121 414 5130

Coming Out – Moving On

Wednesdays February 2nd -
March 2nd 2011
3.15-4.45pm
At 3 Elms Road

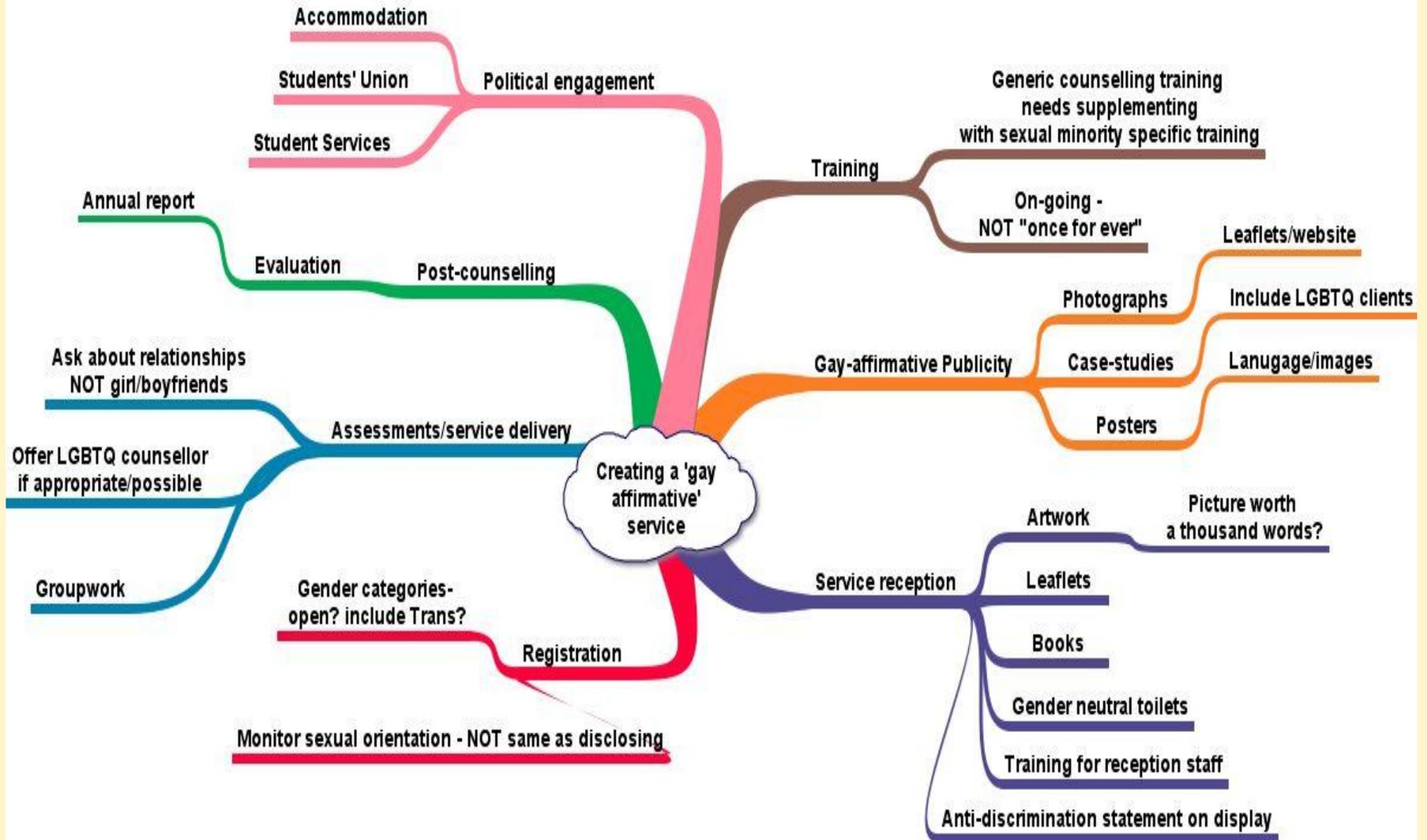


What to expect when you
come to the group

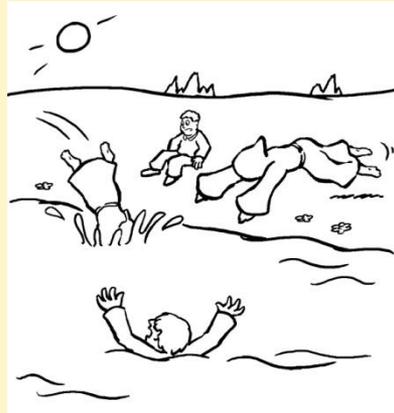
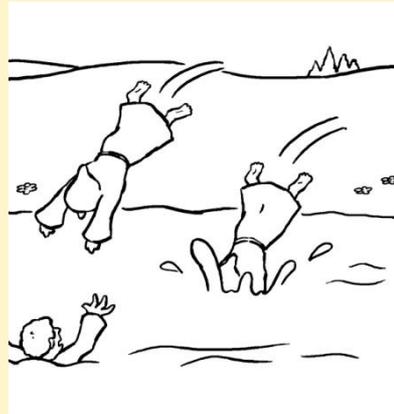
Educate/inform other services

- e.g., Accommodation services

See also 'How to be LGBT Friendly' - booklet published by Leicester LGBT forum, PRISM: <http://www.lgbc.com/page.php?id=56>



There's an old Buddhist tale....



Time for change?

- What one thing would you like to do differently when you go back to your own service? - either individually, as a service, or within your institution.



University of Birmingham, Thursday 10 November 2011

Chaired by Professor Terry Threadgold Pro Vice-Chancellor
for Staff and Diversity, Cardiff University

With the extension, from 6 April 2011, of the Public Sector Equality Duty, public bodies such as universities must actively accommodate the needs of their lesbian, gay, bisexual, transgendered and queer (LGBTQ) service-users in the design and delivery of their services.

How can university services, from counselling to advice centres, from chaplaincies to students' unions, embrace this duty so as to create supportive and facilitative environments for sexual minority students? And why is this important?

One of the key developmental tasks of adolescence and young adulthood is the crafting of a personally meaningful life-story or narrative, to serve as a basis for entering the adult world of work and relationships.

Despite recent attitude changes in Western society, LGBTQ people must still create personal narratives in a social context where such identities are often ignored, misunderstood or belittled. In extreme cases, homo, bi or trans phobia leads to verbal abuse or physical attack.

This one day conference, organised jointly by the Counselling Services at the University of Birmingham and Cardiff University, aims to explore the impact of outer world contexts on inner world narratives. We aim to arrive at a fresh awareness of the way in which social context facilitates or hinders personal identity formation and a positive educational experience.

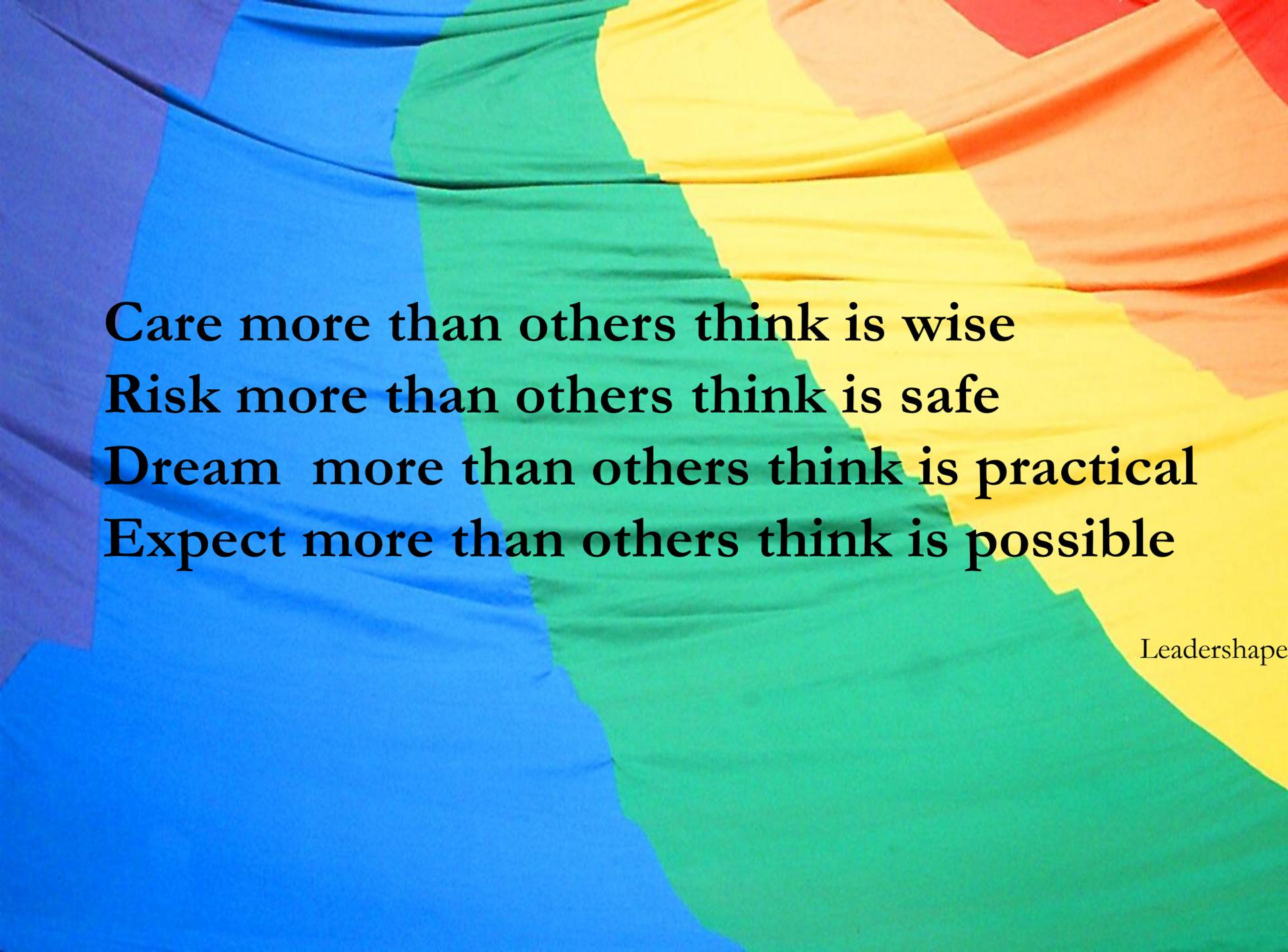
Confirmed keynote speakers

**Dr Robert Schoenberg, Director
University of Pennsylvania LGBT Center**
The University of Pennsylvania was recently voted number one USA campus for a pro-LGBT ethos (Newsweek). Robert will discuss how and why he founded the Center, its role on the campus, and its contribution to the well-being of the university community as a whole.

**Terry and Bernard Reed, OBE, Directors
The Gender Identity Research and
Education Society**
GIRES supports transgendered people and champions issues affecting them. Terry and Bernard will describe the charity's work and challenge us to consider how HE can proactively support trans people in forming positive, healthy identities.



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Care more than others think is wise
Risk more than others think is safe
Dream more than others think is practical
Expect more than others think is possible

Leadershape