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Gender Affirming Therapy: A Guide to What Transgender and Non-Binary Clients Can Teach Us

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“This book is compulsory reading for anyone, personally and/or professionally, seeking to support trans and non-binary individuals and community groups.”

Dr Paul Simpson, Lecturer in Sociology, University of Manchester, UK and extensively published in gender and sexuality in later life.

DESCRIPTION

Increasing numbers of people openly identify as transgender and non-binary and questions of gender identity and diversity are coming up more frequently in psychological therapy. *Gender Affirming Therapy* takes you on a journey to discover the inner lives and challenges of gender-diverse people, seeking to spark compassion and build confidence in working with these communities.

Assuming no prior knowledge and accessibly written, this book aims to bridge the gap to ensure that more mental health professionals are better prepared to support gender-diverse clients in a way that is effective, ethical and affirmative.

Key features of this book include:

- ‘In their Own Words’ sections containing interviews directly from transgender and non-binary individuals.
- Key point summary and reflection boxes.
- Coverage of new advancements in the field.

Drawing on research and clinical experience, *Gender Affirming Therapy* has been devised as an open conversation between colleagues which centres transgender and non-binary individuals as the experts and at the very heart of the book.

ABOUT THE AUTHORS

Laura Scarrone Bonhomme is a Consultant Clinical Psychologist who developed her career internationally. Laura specialises in Gender, Sexual, and Relationship Diversity. She provides assessment, psychotherapy, and training to other professionals through www.affirm.lgbt.

Skye Davies is studying a Postgraduate Diploma in Counselling and Psychotherapy at the University of East London. They are employed as a Peer Support Worker at TransPlus and they also work as a Volunteer Counsellor at Metro, helping LGBTQ+ people.

Dr Michael Beattie is a Counselling Psychologist in private practice with a research interest in the psychology of men and masculinities. In addition to psychotherapy, Michael provides training in sexuality, sexual health, gender identity and dysphoria through www.affirm.lgbt.