



Royal College of Psychiatrists Gay and Lesbian Special Interest Group

Presents

**A one-day conference for
mental health workers**

**Are you gay?
Normalising the therapeutic relationship**



**Saturday 17th September 2005
London**

Introduction

Until 1992 homosexuality was diagnosed as a psychiatric illness in the United Kingdom. Although civil liberties and gay rights movements have challenged society to become more accepting of people who do not identify as heterosexual, mental health problems in this group are higher than in the general population. Psychiatrists and psychotherapists are left with an uncomfortable dilemma about how to acknowledge their own and their clients' sexual orientation in clinical practice, when the context of training has historically pathologised homosexuality. This one day conference invites a conversation between professionals to explore current thinking and reinterpretation of classic theories of the development of sexual orientation and to examine the therapeutic needs of clients in different professional settings. Perspectives on disclosure and the expression of identity within the therapeutic relationship will be presented along with views on current practice and delegates will be invited to take part in an open floor discussion about the issues raised.

The Royal College of Psychiatrists' Gay and Lesbian Special Interest Group

The Gay and Lesbian Special Interest Group is one of a number of such groups within the Royal College of Psychiatrists that work on specific issues relevant to the wider mental health agenda. It provides a College-focus on gay and lesbian mental health issues and membership is also open to individuals who are not members of the College. The Group liaises with the Special Interest Group on Gay and Lesbian Mental Health in the National Institute for Mental Health England and with the Department of Health. It is primarily concerned with the experiences of gay and lesbians who use NHS mental health services, but it also has a remit to consider gay and lesbian staff. In the last few years it has run seminars and undertaken national and regional conference presentations. It has lobbied in relation to the proposed Mental Health Act and provides a forum for discussion of research on gay and lesbian mental health issues. Most recently it has produced a Training Pack for multi-disciplinary groups of professionals "Gay and Lesbian Mental Health Matters". It continues to promote best practice for gay and lesbian service users and to combat homophobia in NHS mental health services.



Speakers

Annie Bartlett

Annie Bartlett MA, MB BChir, MRCPsych, PhD has a background in psychiatry and social anthropology. She is currently Senior Lecturer in Forensic Psychiatry in the Department of Mental Health at St George's Hospital Medical School and Honorary Consultant Forensic Psychiatrist at Springfield University Hospital. She is also Course Director for the MSc and Diploma in Forensic Mental Health, a multidisciplinary course for practitioners who work with Mentally Disordered Offenders. She is also involved in developing web-based educational packages for mental health services and other agencies. Her research interests include mental health and social exclusion (with particular reference to gender, and gay and lesbian issues) as well as the culture of NHS organisations.

John Beveridge

John Beveridge is an attachment-based psychoanalytic psychotherapist working in private practice in north London. He teaches psychotherapists-in-training in various institutes in the areas of object relations, dissociation, trauma, sexuality and gender. In 2003 he joined the London Psychosexual Consultancy to run therapy groups for sexually compulsive men. He recently contributed a chapter on the clinical issues surrounding boundaries in psycho-therapeutic work in the book *The Therapeutic Frame in the Clinical Context* (Ed. Maria Luca, Brunner Routledge 2004).

Dr Chess Denman

Dr Chess Denman is Consultant Psychiatrist in Psychotherapy in charge of the "complex cases" service at Addenbrookes Hospital - one of 11 national pilot sites for innovative treatment of patients with personality disorders. She is a Jungian analyst and a founder member of the Association of Cognitive Analytic Therapists. She is secretary of the Royal College of Psychiatrist's Faculty of Psychotherapy. She has written extensively on psychotherapy, personality and sexuality and her book *Sexuality a Biopsychosocial Approach* (Palgrave 2004) outlines her views in more detail.

Dominic Davies

Dominic Davies is a BACP Senior Registered Practitioner with almost 25 years clinical experience of working with sexual minority clients. He is founder and director of Pink Therapy (the organisation) and co-editor (with Charles Neal) of three volumes of *Pink Therapy* textbooks (Open University Press, 1996 & 2000). He works internationally as a counsellor, psychotherapist, supervisor and training consultant.



Are you gay?

Normalising the therapeutic relationship

Michael King

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 later trained in 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 founded the Special Interest Group in Gay and Lesbian Mental Health within the Royal College of Psychiatrists. Through his research and service work he had a major influence on the change in the law in England and Wales to recognise male rape and the courts' attitudes to the care and control of children by gay people.

Dr Jane Knowles

Dr Jane Knowles is Chair of the Psychotherapy Faculty of the Royal College of Psychiatrists. She is a retired NHS Consultant Psychotherapist and currently in practice in the Group Analytic Practice, London. She is author of 3 books: *Motherhood: what it does to your mind* (Pandora, 1988); *Know Your Own Mind* (Routledge, 1990) and *Love: a user's guide* (Routledge, 1992).

Joanna Ryan

Joanna Ryan is a psychoanalytic psychotherapist, supervisor and researcher. She is a member of the Site for Contemporary Psychoanalysis, and trained at the Philadelphia Association. She is currently a Visiting Fellow at Goldsmith's College, London, conducting a research project on social class and psychoanalysis. She is co-author (with Noreen O'Connor) of *Wild Desires and Mistaken Identities: Lesbianism and Psychoanalysis* (reprinted Karnac, 2003), and author of *The Politics of Mental Handicap* (Free Association Books), as well as many other publications.

Judy Yellin

Judy Yellin is a psychoanalytic psychotherapist working in private practice with people of all sexualities and genders from a relational perspective. She also teaches on the psychotherapy training at the Centre for Attachment-Based Psychoanalytic Psychotherapy. As a former lawyer, Judy also has a continuing interest in the relationship between psychotherapy and the law, and provides training on legal topics relevant to therapists and counsellors. She is the author of the chapter "Such Stuff as Dreams are Made On: Sexuality as Re/creation" in *Attachment and Sexuality in Clinical Practice* (Ed. Kate White, Karnac, 2005).

Programme

9.30 Coffee and registration

10.0 **Welcome and introduction**

Dr Annie Bartlett

10.15 **The quantitative/epidemiological evidence of mental health problems in the Lesbian Gay and Bisexual population and the evidence of a clinical problem.**

Professor Michael King

11.0 **Reorienting Psychoanalysis**

A hundred years ago Freud set out a potentially revolutionary theory of sexuality that suggested the social construction of sexual orientation. It was a theory before its time. After a long period in the homophobic wilderness, psychoanalytic clinicians from gay and feminist perspectives have reclaimed the radical promise of Freud's ideas to give us, finally, psychoanalytic tools relevant to sexual lives as they are actually lived in the 21st century.

Judy Yellin

11.45 Coffee

12.15 **Some vicissitudes of "identity" in clinical work**

Notions and claims of identity are often central to lesbian and gay politics, and also to forging a viable personal life in the face of heterosexism and homophobia. Psychoanalytic clinical work may sometimes necessitate a radical questioning of the status of such identity statements as it explores the provisional, conflictual and multifaceted nature of sexuality and sexual identifications. I will present a detailed clinical account to illustrate the holding of complex perspectives that is demanded of the therapist by work in this area.

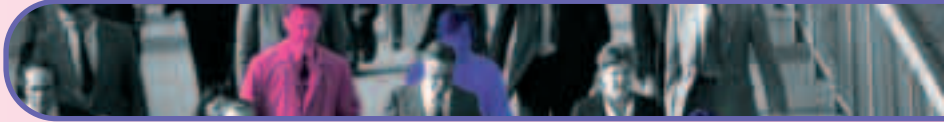
Joanna Ryan

13.0 Lunch

14.0 **Coming out as psychotherapists - an ongoing dilemma?**

People who are gay do not just come out once and for all time. We are faced on a continuing basis with the choice of whether to reveal our sexuality or not, depending on the circumstances in which we meet new people. This is particularly true for gay psychotherapists who may or may not choose to disclose their sexual orientation during the therapy process. How does disclosure affect the transference and the countertransference during the therapy? How might it close as well as open doors? I will explore my own experience and beliefs around disclosure in both therapy and when teaching psychotherapists in training.

John Beveridge



14.45

Who do we think we are?

Though not the first, Pink Therapy, is probably the UK's largest private therapy organisation specialising in working with people from sexual minorities. This presentation explores the concept of cultural safety and how barriers to psychological contact impede the therapeutic relationship. We will look at some of the specific challenges facing gay and heterosexual therapists and consider the advantages for patients consulting with a specialist agency.

Dominic Davies

15.30

Tea

16.0

So your patient is gay, what do you do now? The needs of gay lesbian, bisexual and transgendered patients in mental healthcare.

In this talk I will explore the needs of gay, lesbian, bisexual and transgendered patients who are also users of mental health services. I will suggest that the modern approach of being sexual-orientation and gender-blind in the name of equality serves this group ill. Patients who are gay, lesbian, bisexual or transgendered, and their carers, have distinctive psychologies and distinctive mental health needs. If these needs are not taken into account the mental health of this group of patients can suffer. Some of these particular needs and their management (good and bad) will be outlined by way of illustrative case examples. It will be suggested that mental health workers need to educate themselves about the cultural and psychological experience of alternative sexualities and ways in which this education might be achieved will be outlined.

Dr Chess Denman

16.45

Panel and open floor discussion on the themes of the day.

Chair: Dr Annie Bartlett

17.15

Conclusions and thanks.

Dr Jane Knowles

17.30

End

Information

Venue

5th Floor lecture theatre, 120 Belsize Lane, London NW3

Date

Saturday 17 September 2005

Fees

If you are paying for yourself.....£100

If you are funded by an organisation£150

Refreshments

Teas, coffees and a light lunch are included

CPD

5.5 hours

Certificates of Attendance will be issued

Organising Committee

Royal College of Psychiatrists Gay and Lesbian Special Interest Group

Chairperson: Dr Annie Bartlett

Secretary: Dr Helen Killaspy

Conference administration: Confer

Further Information

Tel: 01728 689090

info@confer.demon.co.uk

Copies of this brochure can be downloaded from:

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