



the minster centre
psychotherapy • counselling • training

**WHO DO WE THINK WE ARE?
LESSONS FROM EMERGENT GENDER AND SEXUAL IDENTITIES**

NEIL YOUNG

Friday 1 December 2017: 7- 9pm

Gender and sexual identity are lenses through which all of us are constantly negotiating our place and meaning in the world, against a background of powerful binaries and stereotypes, most notably male/female and gay/straight. Yet, in recent years there has been a sea change amongst teenagers and young adults, who are increasingly resisting traditional, binary gender identities and not defining themselves as heterosexual.

In this session, I will explore this generational shift, sharing findings from recent interviews with therapists, academics and youth workers. I will also focus on some key questions:

- What are our experiences of gender and sexual diversity? What are some of the challenges and lessons that we have learnt from working with this difference?
- How can we bring our own gender and sexual identities alive and recognise their impact within therapy, whilst acknowledging the real privilege of certain identities over others?
- And how do we square progressive legal and culture changes with the reality reflected within our therapy rooms? Half of trans young people attempt suicide, there are record levels of anti lesbian, gay, bi and trans (LGBT) hate crime and 45% of LGBT school pupils are still being bullied.

Neil Young is an integrative arts psychotherapist training at the Institute for Arts and Therapy in Education. Neil has 20 years' experience as a trainer and queer community advocate, including founding Mosaic LGBT Youth Centre in northwest London and working as an LGBT advisor for the first two Mayors of London. Neil recently published 'Young People: Not Straight, Not Narrow', in the *BACP University & College Journal*.

Cost: £20 (non-members) £16 (members)

Please contact: reception@minstercentre.org.uk to book a place.

Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.

CPD CERTIFICATES WILL BE PROVIDED

The Minster Centre - Pioneers of Integrative Training since 1978

We are proud to offer a unique perspective on psychotherapy and counselling training, as we combine a strong theoretical integrative grounding with an emphasis on the importance of experiential learning.