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## The Therapist s Notebook for Lesbian, Gay and Bisexual Clients: Homework, Handouts, and Activities for Use in Psychotherapy

By Joy S. Whitman, Cynthia J. Boyd

Taylor Francis Inc, United States, 2003. Paperback. Book Condition: New. New.. 269 x 208 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Most therapy is set up in a heterosexist context. Explore the issues facing your gay, lesbian, and bisexual clients--and how to deal with them! The Therapist s Notebook for Lesbian, Gay, and Bisexual Clients offers therapists treating lesbian, gay, and bisexual clients innovative, practical interventions plus homework and hands-on activities tailored to these populations. Use the notebook to explore the issues surrounding coming out, homophobia in the workplace, spirituality, identity formation, and issues that require a non-heterosexist approach, such as domestic violence and relationship concerns. Grounded in current theory, each chapter explains the rationale for the activity it proposes, includes contraindications, and provides a list of helpful resources for therapists and clients. Here are just a few of the issues this extraordinary book explores in its four thoughtfully planned sections: Section I: Homework, Handouts, and Activities for Coming Out and Managing Homophobia and Heterosexism addresses: \* conflicts in self-perceptions \* obstacles to the growth of a healthy GLB identity \* dealing with the trauma and anxiety that result from discrimination \* using semi-hypnotic visualization to treat...



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