



Affirmative therapy with a gender nonbinary client

Dickey, Lore M.,
interviewer

Streaming videos

Webcast

Instructional films.

Internet videos.

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"In this session, Dr. Lore Dickey demonstrates affirmative therapy with a gender nonbinary client. The therapist begins the session by asking the client how they would like to start. The client proceeds to describe a challenging recent experience on social media in which they were publicly misgendered by a friend while discussing an upcoming book event. Drawing on conversations from previous sessions, Dr. Dickey helps the client explore their reaction to this experience, validating the client's feelings of anger and hurt. The client notes that their experience of being misgendered often results in different responses, ranging from near panic attacks to simply brushing them off since they happen so regularly. Dr. Dickey asks the client about coping strategies they use in the aftermath of these experiences, and the client lists jumping jacks and drinking coffee, while also noting that their Zoloft (Sertraline) prescription has helped reduce their symptoms of anxiety, depression, and suicidal ideation. The therapist and client then begin to discuss the client's frustrations when it comes to their gender identity and dating. At one point, Dr. Dickey asks the client to share what gender means to them, and they begin to discuss a series of frustrating early childhood experiences related to gender involving the client's mother, and then shift into a conversation about the client's recent struggles with nightmares. Dr. Dickey guides the client in reframing many of their experiences with being misgendered as "microtraumas" in order to better understand the effect they have had. They conclude the session by discussing various coping strategies, including social support, and make plans to meet the following week."

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzkwNDk4MDU>

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Detalles del sistema: Mode of access: World Wide Web

Materia: Sexual minorities- Counseling of Sexual minorities- Psychology Sexual and Gender Minorities- psychology Counseling- methods Minorités sexuelles- Counseling Minorités sexuelles- Psychologie Sexual minorities.

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