

This two-day workshop presented by two of Britain's leading therapists and sexologists will provide an opportunity for behavioural and sexual health professionals to update their knowledge and practice on a wide range of issues around gender, sexuality and relationship diversity. This is a field which is moving very rapidly, and it's our experience that therapists often feel bewildered by the range of identities, and sexual practices and relationship issues clients are presenting for help with. We will use a mixture of experiential learning as well as more formal didactic and discussion-based learning styles.

The workshop will focus on new cultural ways of seeing gender sexuality and relationships impact our clients. We will explore sexuality, diverse sexual practices and lifestyles (including lesbian, gay, bisexual, asexual and BDSM/Kink identities) and offer some clinical guidelines for best practice; we will also explore some of the ways people are conducting their relationships focussing in particular on 'the new monogamy', consensual nonmonogamies and other relationship styles.

Programme

Day 1: Exploring Gender, Sexual & Relationship Diversity: Good Practice and Self-Reflection

- **Open to psychologists, psychotherapists, sexologists, medical doctors and *also to university students and to general public* –**

Morning: Gender, Sexual, and Relationship Diversity (GSRD)

9.30 Introductions and invitation to ground-rules for the weekend

10.00 How do our cultures understand gender, sexuality, and relationships?

10.30 Why is this relevant to mental health and therapy?

11.00-11.15 Break

11.15 Labels and identities

11.40 Situating the current view in time and place: intersectionality

12.15 The legacy of non-affirmative and pathologising practice: working affirmatively

12.45-13.15 Lunch

Afternoon: Sex/Gender, Sexuality, Relationships

13.15 A biopsychosocial understanding of sex/gender

13.45 Working with gender diverse clients in transphobic times

14.15 Dimensions of sexuality: identities, practices/experiences, and attractions

14.45-15.00 Break

15.00 Working with people who want to change their sexuality

15.30 Relationship ideals

16.00 Working across relationship diversity

16.30 Takeaways from the day

17.00 Day Ends

Day 2: Clinical Issues and Case Discussions

- **Open to psychologists, psychotherapists, sexologists, medical doctors -**

09.30 Introductions

10.30 The socio-historical context of providing therapy to diverse marginalised communities

11:00-11.15 Break

11:15 Core theoretical concepts for GSRD Therapy & practice guidelines
12:00 Case studies in small groups
12:45-13.45 *Lunch*
13:45 Live supervision
14:30-14.45 *Break*
14.45 Fishbowl exercise
16:30 Further training needs and evaluation/feedback
17:00 *Day Ends*

Facilitators

Dr **Meg-John Barker** is the author of a number of popular books on sex, gender, and relationships, including *Queer: A Graphic History*, *How to Understand Your Gender*, *Enjoy Sex (How, When, and IF You Want To)*, *Rewriting the Rules*, *The Psychology of Sex*, and *The Secrets of Enduring Love*. They have also written many books for scholars and therapists on these topics, drawing on their research and therapeutic practice, including the BACP resource on gender, sexual and relationship diversity (GSRD).



Dominic Davies is the Founder and CEO of Pink Therapy. He has worked as a psychotherapist, clinical sexologist and practice consultant for over 35 years. In 2007 he was made a Fellow of British Association for Counselling and Psychotherapy for his “outstanding contribution to the field”. In 2015 he received the Practitioner award from the Sexualities Section of the British Psychological Society. In 2016 he was made a Fellow of the National Counselling Society. Dominic (with Charles Neal) co-edited three of the first British textbooks on working with LGBT clients published in 1996 and 2000. He has pioneered the development of Gender and Sexual Diversity Therapy in the UK and Europe.



Registration fees

	2 days (November 24-25, 2018)		1 day (November 24, 2018)	
	Early-bird Before October 1	After October 1	Early-bird Before October 1	After October 1
Professionals	300 euros	350 euros	165 euros	190 euros
Students	270 euros	300 euros	150 euros	170 euros
Discounted fee for FISS* members	270/245 euros	315/270 euros	145/135 euros	170/150 euros
Discounted fee for working teams (at least 3 people)	270/245 euros	315/270 euros	145/135 euros	170/150 euros

* Italian Federation of Scientific Sexology

Registration

Please visit the website <https://goo.gl/GnsHnE> to register for the workshop.

If you have any questions or need additional details and/or assistance, please email us at the following address: gsrdmilan@gmail.com, or visit the website: www.gsrdworkshopmilan.com

Cancellation policy

If you wish to cancel your registration, the following rules apply:

- if you cancel before October 10, 2018, you will be entitled to receive a 50% refund of the amount paid;
- if you cancel after October 10, 2018, you will not be entitled to receive any refund.

Very important information for Italian participants: no translation into Italian will be provided.
Sorry for that.

Organizing committee:

Antonio Prunas (antonioprunas@gmail.com)

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