



Vlaamse Vereniging Voor  
**Gedragstherapie**

## WORKSHOP

### Evidence-based Practice for Working Therapeutically with LGBTQ+ Clients

With Aisling Leonard-Curtin & Dr. Trish Leonard-Curtin

vrijdag 22 maart 2019

#### Abstract:

In this workshop we will cultivate our own compassion and values as clinician's toward meeting the challenges of moving through life as a gender or sexual minority (GSM). This workshop will facilitate an awareness of the ways that GSM histories, and the therapist's own history of cultural messages about gender and sexuality, might arise in the therapeutic relationship. Through the integration of acceptance and commitment therapy (ACT), functional analytic psychotherapy (FAP) and compassion-focused therapy (CFT), participants will grow in their ability to relate as gendered and sexual beings. From this place, powerful and therapeutic relationships can blossom.

The workshop will be both theoretical and experiential. Moving through life as a gender or sexual minority often entails some period of secrecy, guardedness, shame, and familial ruptures. From a foundation of examining the GSM hexaflex of factors that shape inflexibility or psychological flexibility and resilience, we will explore how the integration of ACT, FAP, and CFT approaches might best provide a nurturing and healing environment in therapy.

#### Educational objectives:

1. Learn how to conceptualize LGBTQ+ issues from an ACT, FAP and CFT perspective
2. Experience functional contextually based experiential exercises in the area of learning histories related to gender and sexuality
3. Sharpen your ability to notice key ACT and FAP processes as they occur in the moment in relation to gender and sexual identity
4. Apply a functional contextual approach to development of a sexual identity
5. Apply a functional contextual approach to development of a gender identity
6. Practice willingness to be with the discomfort of discussing sex and sexuality
7. Contact and explore our own fusion with gender identity and gendered behaviours
8. Discuss how social and cultural aspects influence the well being of GSM

#### Presenters:

**Aisling Leonard-Curtin, M.Sc., C.Psychol., Ps.S.I.**, is a chartered counselling psychologist with the Psychological Society of Ireland who lives with her wife Trish in Dublin, Ireland. She is a TEDx speaker, co-director of Act Now Purposeful Living, has a small private practice, and consults with a number of organisations to deliver acceptance and mindfulness workshops.

Aisling is a peer-reviewed acceptance and commitment therapy (ACT) and functional analytic psychotherapy (FAP) trainer. Aisling co-edited *Mindfulness and Acceptance for Gender and Sexual Minorities*. Aisling teaches on many university training programmes, and regularly gives workshops and talks internationally throughout Europe, North America and Australia. She has over a decades experience working in a wide range of settings including adult psychiatry, psycho-oncology, educational, health and community settings.

Aisling co-authored *The Power of Small*, a self-help book, which will be released in early 2019. Aisling has led public workshops since 2010. Her passion is making psychological concepts easy to understand and apply for all in the community.

**Dr. Trish Leonard-Curtin** is a counselling psychologist who lives with her wife Aisling in Dublin, Ireland. Having struggled with depression and mental health challenges in her own life, Trish re-trained as a psychologist. She is now co-director of Act Now Purposeful Living, has a small private practice, and is part-time lecturer on the UCC Masters in Coaching. Trish has extensive experience of working with trauma and psychological distress in adolescents and adults across a broad range of settings, including community, hospital, educational, primary care, private practice and charities.

Having trained in a number of mindfulness based approaches, Trish values the role of mindfulness in daily life and in her therapeutic work. She continues to train in mindfulness interventions and co-facilitates mindfulness based workshops in a broad range of settings. Trish contributed to *Mindfulness and Acceptance for Gender and Sexual Minorities*. She co-authored *The Power of Small*, a self-help book, which will be released early in 2019. Trish is currently training to be a Tai Chi teacher as she is interested in how Tai Chi can augment traditional psychological approaches. Trish's passion is reaching underserved populations who often do not get adequate access to psychological supports that could help their mental health challenges. She is keen to destigmatise speaking up about mental health and promote an environment where we can be a lot more open and accepting about our struggles.

### **Praktisch:**

- vrijdag 22 maart 2019 2019 van 9u30 tot 16u30
- locatie: De Finale – Boomgaardstraat 22 te Berchem
- inschrijven kan via de website [www.vvgt.be](http://www.vvgt.be) - maximaal 25 deelnemers
- prijs: €100 voor leden VVGT & €200 voor niet-leden  
broodjesmaaltijd is inbegrepen  
uw inschrijving is bevestigd na betaling van het inschrijvingsgeld.  
(uiterlijk 10 werkdagen na de inschrijving)
- accreditering voor artsen wordt aangevraagd
- er is geen recuperatie van het inschrijvingsgeld mogelijk. Indien u onverwacht verhinderd bent, kan u zich natuurlijk altijd laten vervangen door een collega.