## Contents

Malena Harpette Lot Lot

De	dication	iii vii
Notes on contributors		
Acknowledgements Introduction Charles Neal and Dominic Davies		
1	An historical overview of homosexuality and therapy Dominic Davies with Charles Neal	11
2	Towards a model of gay affirmative therapy Dominic Davies	24
3	Homophobia and heterosexism  Dominic Davies	41
4	Working with people coming out Dominic Davies	66
PA	RT II: Working with particular issues	
5	Working with single people Lyndsey Moon	89
6	Working with people in relationships Gail Simon	101

## vi Contents

7	Lesbian and gay parenting issues Helena Hargaden and Sara Llewellin	116
8	Working with young people Dominic Davies	131
9	Working with older lesbians Val Young	149
10	Working with older gay men Bernard Ratigan	159
11	Alcohol and substance misuse Graz Kowszun and Maeve Malley	170
12	Partner abuse Fran Walsh	188
13	Religious and spirituality conflicts Bernard Lynch	199
Appendix 1 Resources		209
Appendix 2 Community resources		213
Appendix 3 Books for clients and counsellors		217
Ref Ind	ferences lex	222 235

## Index

verbal/physical, 139-40, 145 see also partner abuse abusers, working with, 197 access to information/helplines, 71 adolescents, see young people (working with) adoption and fostering, 128-9 affirmative therapy, see gay affirmative therapy age of consent, 133-6 ageism, 152-5, 161, 163 agencies, 213-15 Agresti, A. A., 143 AIDS, 4-5, 70, 134, 136-7, 156, 202-3, 215 Albert Kennedy Trust, 129, 146, 213 Alcohol Concern, 216 alcohol misuse, 32, 58, 166-7 attitudes, 179-80 clinical implications, 177-8 commitment of therapist, 178 definitions/disclaimers, 170-1 knowledge of therapist, 178-9 model of use, 171-2 principles of good practice, 180-7 skills of therapist, 179 substance use as issue, 172-7 theory of counselling, 179 Alcoholics Anonymous, 171, 172, 183 Alcorn, K., 46

alienation, 77-8, 79, 161, 201 Allport, Gordon, 42, 43 ambisexual strategy, 79 American Psychiatric Association, 19-20 American Psychoanalytic Association, 21 American Psychological Association, 16 Amundson, J., 106 anger, 32, 73-4, 81 projection of, 73-5 see also partner abuse anonymity problem, 15 anonymous artificial insemination by donor, 126 anonymous donor self-insemination, 126 anti-gay prejudice, 41-2, 50-1, 54 Arena 3 (magazine), 151 armed forces, 141 artificial insemination by donor, 126 Asch, A., 97 assertiveness training, 18 assessment, 34, 162 assimilation (coping strategy), 56 Association of Greater London Older Women (AGLOW), 152, 213 Association for Lesbian, Gay and Bisexual Psychologies, 27, 210-13 attitudes, 28-9, 70, 179-80 attraction to unavailable people, restricting (coping strategy), 63 authority (of therapist), 34-5 aversion therapy, 18

awareness, HIV, 35-7 British Medical Association, 133 awareness of feelings, 31-2 Buhrke, R. A., 25, 51 bullying, 135, 139-40, 145 Backman, C., 76 Burbridge, M., 132, 140, 143 bargaining stage (Woodman-Lenna Burch, B., 109 model), 71, 74–5 Burgner, M., 167 Barnes, M., 152, 157 Burke, M., 141 Basic Instinct (film), 48 Burstow, B., 195 Burtle, V., 173 Bass, E., 152 Beard, J., 168 Beckett, E., 151 Cameron, Paul, 16 Begelman, D. A., 18 Caprio, F., 150 behaviour, homosexual, 11-12, 13 Capurro, Scott, 161 behaviour therapy, 18 Card, C., 153 Beiber, I., 14 carers (potential homophobia), 71 beliefs, 28-9, 70 Carl, Doug, 64, 104-5, 167 Bell, A. P., 57, 68, 132, 161 case examples, 6 Bennett, K. C., 161 body image, 92-3 coming out, 72-4 bereavement, 163-4 disability, 99-100 Bernard, D., 43 Bernstein, B., 143 good practice (substance misuse), Berzon, Betty, 29, 93 180-2, 184-6 Bi Community News (magazine), 216 internalized homophobia, 59-64 'Bible bingo', 201 older gay men, 162-7 bibliotherapy, 35, 57, 201 partner abuse, 191-3 Bicon (conference), 99–100 race/cross-cultural issues, 96-7 Bifrost (magazine), 99 religious/spirituality conflicts, 201, Bion, W., 166 202 - 6biphobia, 4, 42, 57, 69 working with couples, 109-14 Bisexual Helpline, 213 working with young people, 136 bisexuality, 3-4, 12 Cass, Vivienne, 76 Cass model, 67, 76-82 coming out, 69-70 Catalan, J., 159 declassification of homosexuality, 1-2 meeting others, 58, 90 causes, 14, 15 ethics of, 16-19 black gay men, 165-6, 185-6, 214 Black Lesbian and Gay Helpline, 214 Cayleff, S., 29, 52 black lesbians, 154-5, 214 Celluloid Closet, The (Russo), 48-9 ceremony and ritual, 202-6 Blair, R., 17 Bland, L., 150 change, 37-8, 155-6, 186-7 Bloomfield, K., 174, 176 Channel Four programmes, 49, 152 Blumenfeld, W. J., 42, 44 Chapman, Diane, 150 Blumenstein, P., 92 childlessness, 129-30 Boden, R., 97-8 children body-self/body impulses, 32-3 non-parental care, 129-30 body image, 91-3, 94, 98-9 sexual abuse, 43, 138, 152 Boston Lesbian Psychologies Collective, see also children in single sex 59 households; young people (working Boswell, J., 45, 200 with) Children Act (1989), 123, 125 Boxer, A. M., 132 Brand, P. A., 91 children in single sex households, 116 Bremner, J., 59 background, 117-19 British Association for Counselling, 27, bringing children into relationship, 50, 211 122 - 5

common prejudices, 119-22 competition (barrier to intimacy), having children within relationship, 125 - 9confidentiality (guidelines), 146 non-parental care, 129-30 conflict in family, 145-6 sexual experimentation by, 144-5 conflict management skills, 182 uneasiness with (coping strategy), confrontation (coping strategy), 56 consciousness-raising, 33 63 Children's Society, 128 conspiracy of silence, 45 Chodorow, N., 150 consultation issues, 52-4 Chou, S. P., 177 conversion/conversion therapy, 17-19, Christian 'conversion', 18-19 37 Christianity and homosexuality, 199, Coordinated Management of Meaning, 200 - 2Church of England, 103, 164 coping strategies, 56-8, 62 Churchill, W., 41 core conditions, 24 cinema (institutionalized homophobia), of respect, 2, 26-9 48 - 9cottaging, 43, 53, 95 city life, 69, 94 counselling Clark, Don, 25-6, 29-34, 37, 39, 174 assessment, 162 client theory, 25, 179 empowerement, 197 Woodman-Lenna model, 28, 53, 67, peer relationship with, 26-9, 33-4 71-6, 144 clinical implications (substance misuse), counsellors, 6 177 - 8training, 50-2 clinical manifestations of internalized counter-transference, 39, 71 homophobia), 58-64 couple therapy, 167 clinical practice (institutionalized couples (working with) homophobia), 54 collaborative work, 106-7 Clunis, D. G., 93 final reflections, 114-15 co-battery (partner abuse), 195 generalisations/diversity, 101-2 Cochrane, R., 174 presenting for therapy, 107-14 Cody, J., 92 relationship choices, 102-6 cognitive behavioural principles, 24 couples counselling, 168, 197-8 cognitive dissonance, 62 Coyle, A., 1, 33, 58, 133 Crain, W. C., 51 cognitive isolation, 135-6 cognitive restructuring, 56-7 Cramer, D. W., 143-4 Cohen, C., 39, 66 Criminal Justice Act (1994), 133, 141, Cohen, E., 104 194 Cole, E., 153 Cromwell, A., 97 Coleman, Eli, 67, 82, 139 Cronin, D. M., 68 Coleman model, 82-4 cross-cultural issues, 95-7 collaborative work, 106-7 cross-dressing, 136 coming out, 56, 57, 85, 136 cross-sex grid, 20 Cass model, 76-82 cultural identity, 3-4, 48 Coleman model, 82-4 cultural values, 96 definition, 66 culture importance of, 67-71 cross-cultural issues, 95-7 Woodman-Lenna model, 71-6 denial of, 45 commitment, therapist, 178 differences, 52, 165-6 community (lifestyle), 89-90 respect for, 27-8 community resources, 213-16 cures, 1, 14, 15, 143, 172 community response (young people), ethics of, 16-19 138 - 9custody battles, 122-3

D'Aguelli, A. R., 94-5	diversity/generalisations, 101-2
Dank, B. M., 83	Dollimore, J., 20
Davis, L., 152	domestic violence, see partner abuse
Davison, G. C., 17, 18, 37	Domestic Violence Intervention projects,
de Monteflores, Carmen, 56, 67	216
Deaf Lesbian and Gay Groups, 214	Dörner, Gunter, 16
death	Dowrick, Stephanie, 205
bereavement, 163-4	drag queens, 136
suicide, 32, 36, 58, 75, 135, 137-8,	Driggs, J. H., 93
201	drug misuse, 32
declassification of homosexuality, 1-2	see also substance misuse
defence mechanisms, 58-63, 72-3, 77, 82	Duffy, Maureen, 150
defined public spaces, 45-6	Eckhart, Meister, 201
definitions, 6	education, 47-8, 134, 139-40
of homophobia, 41-2	educative function (therapist), 35-7
of older lesbians, 149-50	effeminacy, 43, 74, 92, 121, 136
of sexuality, 11-13	ego-dystonic homosexuality, 20
substance/alcohol misuse, 170-1	ego-syntonic homosexuality, 62
denial	ego defence mechanisms, 58, 72
of culture, 45	Ehrhardt, A. A., 82
as defence mechanism, 58, 62-3, 72,	eight stages of development (Erikson),
77	25, 51, 67
of partner abuse, 196-7	Elfin Moses, A., 90, 98
of popular strength, 45	Ellis, M. L., 22
of self-labelling, 46	emotion, awareness of, 31-2
stage (Woodman-Lenna model),	emotional intimacy, 93-4
71–3	emotional isolation, 135
Department of Health and Human	employment, 49-50, 140-2
Services Task Force on Suicide,	empowerment, 151, 154, 197
135	Epstein, D., 140
dependency assessment (substance	Erikson, E., 25, 51, 67, 205
misuse), 184-5	Ernst, S., 151
depression, 32, 58, 135	erotophobia, 64
stage (Woodman-Lenna), 71, 75-6	Espin, O. M., 95, 96
developmental lag (Coleman model), 83,	ethics, 37–8
84, 139	of causes/cures, 16-19
developmental stages, 25, 51	of touching, 33
Di Clemente, C. C., 186	of treatment, 17–18
Diagnostic Statistical Manual, 19-20	ethnic diversity, 3, 165-6
Diamond, D. L., 173	Etnyre, W. S., 91, 92
Dignity in the USA, 202	Eurocentrism, 96, 97
disability, 70-1, 97-100, 154, 155	ex-partners (reaction to gay parenting),
disclosure, see coming out; self-	122–3
disclosure	exploration stage (Coleman model),
discovery, fear of, 59	83
discrimination, 43, 97, 153, 155	
institutionalized homophobia, 42,	Fairlie, J., 157
44-54	Falco, Kristine L., 174
'disease model', 172, 183	Family and Friends of Lesbians and
'dispiritation', 32, 93	Gays (FFLAG), 143, 147, 214
dissonance reduction, 62	family issues, 142-6
Diva (magazine), 216	Farley, N., 189

Fashanu, Justin, 69 Fay, R. E., 132 fear of discovery, 59 fear of homosexuality, see homophobia fear of over-visibility, 45 feelings, awareness of, 31-2 feminism, 35, 151, 156, 168 femininity, 20, 92 Fifield, L., 173 Fine, M., 97 Finn, S. E., 93 first relationships, 84 Forstein, M., 50, 55 Fortunato, 201 fostering and adoption, 128-9 Foucault, M., 104 Fox, M., 201 Frank, J., 161 Frankie and Johnnie (film), 48 Frankl, Viktor, 203, 205 Freud, S., 19, 20, 21, 23, 25, 51, 79, 168 Freudianism, 121 Freund, K. W., 15, 42 Friedman, R. C., 168 Friends and Families of Lesbians and Gays (FFLAG), 143, 147, 214 friendship (role), 168 Fromm, E., 205 future developments, 7 gay affirmative therapy, 19, 21, 84 core conditions, 2, 24, 26-9 ethical issues, 37-8 finding a therapist, 27, 210-12 guidelines, 30-5 for older lesbians, 153-5 model development, 24-5 sexual orientation of therapist, 38 - 9therapist as educator, 35-7 training, 1-2, 29-30 Gay and Lesbian Legal Advice, 214 gay bashing, 43, 193 gay community, 89-90 gay identity, 13, 57 Gay Liberation Front, 70 gay men coming out, see coming out declassification policy, 1-2 defining sexuality, 6, 11-13 generation issues (options), 125-9

support systems, 33, 69, 90

gay men, older (working with) assessment, 162 case examples, 162-7 conclusions, 167-9 therapy, 159-62 gay pride, 38, 45-6, 62 Gay Pride March, 38, 45-6 Gay Scotland (magazine), 216 gay support systems, 33, 69, 90 Gay Switchboard, 49, 214 Gay Times, 31, 49, 214, 216 gay villages, 45 Gay's the Word Bookshop, 217 Gebhard, P. H., 12 'Gemma', 99 gender, 20, 21 in coming out process, 68 identity, see identity partner abuse (comparisons), 191-2 roles, 44, 78 generalisation/diversity, 101-2 genital stages (Freud), 25, 51 ghettoization (coping strategy), 56 Gilroy, B., 154 'Glad to be Gay' anthem, 81 Glaser, C., 201 Glickauf-Hughes, C., 168 God (spirituality conflicts), 199-202, 204, 205, 206 Golombok, S., 121 Gonsiorek, J. C., 12, 15, 17, 20, 55, 64, 90, 139 good practice, principles of (alcohol and substance misuse), 180-7 Goode, E., 132 Goodison, L., 151 Grace, J., 67, 83, 139 Gramick, J., 52 Grau, G., 21 Greasley, P., 49-50 Green, D., 93 Green, R., 121 Greene, B., 153 Groves, P. A., 68 guidelines, 30-5, 146-7 guilt, 34, 75, 83 Gutierrez, F. J., 152, 153, 159 Haber, L., 132 habituation to homosexuality, 58

Haddith: An-Nasa'i, 200 Haldeman, D. C., 17, 18, 19

Hall, Marny, 27, 109, 112

Hall, Radclyffe, 150 homonegativism, 41 Hall Carpenter Archives, 160 homophobe (a portrait), 44 Hall Carpenter Archives/Lesbian History homophobia and heterosexism, 4, 16, Group, 151, 152 24, 25, 28–30, 65, 67, 146, 147 'Halloween Letter' (1986), 200 definitions, 41-2 Hammond, Nancy, 196 functions of prejudice, 42-4 Hanley-Hackenbruck, P., 66, 70 institutionalized homophobia, 44-6 harassment, 139-40, 145 institutionalized homophobia in society, 46-50 harm assessment (substance misuse), 184-5 institutionalized homophobia within self-harm, 58, 75, 135, 145, 184 mental health professions, 50-4 Harriman, R. E., 42 internalized homophobia, 42, 54-64 Harris, S., 140 homophobia and partner abuse, 193 Hart, M., 20 homosexism, 41, 94 Hawkins, R., 52 homosexophobia, 41 Hawxhurst, Donna M., 198 homosexual behaviour, 11-12, 13 Heather, N., 172 homosexual identity, 11, 13 Hedblom, J. H., 132 homosexuality Helfand, K. L., 162 Christianity and, 200-2 helplines, 71, 213-15 declassification, 1-2 Hemmings, D., 151 future developments, 7 Hencker, F. O., 98 study aims/limitation, 2-5 Hepburn, G., 152, 153 terms/definition, 6 Herek, G. M., 16, 41, 43-4, 64, 153 therapy and (historical overview), heterophobia, 62 11 - 23heterosexism, 4, 16, 22, 24, 30, 38-9, see also bisexuality; gay men; lesbian 153, 176 women see also homophobia and Hooker, Evelyn A., 20 heterosexism hormone replacement therapy, 157 heterosexual assertiveness training, 18 Hudson, Rock, 103 Hudson, W. W., 41 heterosexual questionnaire, 209 heterosexual sex (lesbian mothers), 127 Human Fertilisation and Embryology heterosexual therapist, 38-9 Authority, 215 heterosexual unions, children from humanistic model, 2, 25 previous, 122, 125 heterosexuality, 15-16, 62 Iasenza, S., 29-30 partner abuse and, 191-3 identification with aggressor, 59, 63 Hetrick, E. S., 75, 134, 135, 138 identity, 131, 132 Hetrick-Martin Institute, 134 acceptance (Cass model), 80-1 Hidden Holocaust, The (Grau), 21 comparison (Cass model), 77-9 Hildebrand, H. P., 167 confusion (Cass model), 76-7 Hillin, A., 59-61 confusion (Woodman-Lenna model), historical overview 71, 73-4defining sexuality, 11-13 development/formation, 67 research, 13-16 homosexual, 11, 13 researchers, 16-19 integration (Coleman model), 84 therapy-homosexuality relationship, label, 57 19 - 22negative, 57 HIV, 4-5, 134, 136-7, 163-4, 168, 204 pride (Cass model), 81 awareness, 35-7 synthesis (Cass model), 81-2 Hocquenghem, Guy, 20 see also self-identity Holtzen, D. W., 143 indecent assault, 194 Institute of Marital Studies, 167 homoerotophobia, 41

Institute for the Protection of Lesbian and Gay Youth, 134 Institute for the Study of Drug Dependence, 216 institutionalized heterosexism, 38 institutionalized homophobia, 42, 44-6 in society, 46-50 within mental health professions, 50 - 4integrative model, 186 interactionist model, 76-82 interest groups, 49 internalized ageism, 163 internalized homophobia, 42, 54-64, 80, 104, 135, 142, 160, 164-5, 176, 193 International Classification of Diseases (ICD), 1, 19 intimacy, emotional, 93-4 Intimacy and Solitude (Dowrick), 205 invisibility, 32, 74, 94, 140 consequences of, 102-4 Iraneus, Saint, 200 Isay, R. A., 20-1, 25, 30-1, 55, 80, 83 Isensee, R., 93 Islam, 199, 200 isolation, 134-6, 138-9, 140 Jay, K., 68, 83 Jeffreys, S., 155 jokes, anti-gay, 31, 32, 43 Jourard, S., 32, 93 Journal of Studies on Alcohol, 173 Judaism, 200 Jung, C. J., 205 Kenric, 151

Khambatta, A., 153, 154-5 Kimmel, D. C., 67 Kinsey Report (1947), 11, 12, 17, 45, 54, 145 Kinsey Report (1953), 11, 132 Kippax, S., 137 Kirsch, J. A. W., 13 Kitzinger, C., 20, 106-7, 155 Klaich, D., 150 Klassen, A. D., 41 Klein, C., 151 knowledge (therapist), 178-9 known donor self-insemination, 127-8 Krajeski, J. P., 16, 18, 25 Kübler-Ross, E., 71 Kus, R. J., 35

labelling, 46, 58, 104 Lago, C., 97 Langevin, R., 42 Langley, Esme, 150 language and meaning, 182-3, 206 Lavender Couch, The (Hall), 27 Le Vay, Simon, 17 Lee, J. A., 159 legislation, 17, 47, 123, 125, 133, 141, Lehne, G. K., 41 leisure (institutionalized homophobia), Lendrum, S., 164 Lenna, H. R., 28, 53, 67, 71-6, 144 Lesbian and Gay Bereavement Project, 214 Lesbian and Gay Christian Movement, 202, 214 Lesbian and Gay Employment Rights, 49 Lesbian and Gay Foster and Adoptive Parents Network, 214 Lesbian Information Service, 214 lesbian women coming out, see coming out declassification policy, 1-2 defining sexuality, 6, 11-13 generation issues (options), 125-8 mothers (previous heterosexual unions), 122 support systems, 33, 69, 90 lesbian women, older (working with) definitions, 149–50 developing affirmative therapy approach, 153-5 formation of lesbian identity, 150-1 resources, 152-3 therapy, 151-2 therapy issues, 155-8 Levitt, E. E., 41 Lewes, K., 168 Lewis, R. A., 93 lifestyles, 27-8, 89-90, 94-5, 185-6 Limentani, A., 167 Lindenfield, G., 32 Lisuride (drug), 16 local authority care, 145-6 Local Government Act (1988), 134 Local Government Act (1990), 47 locale factor (coming out), 69 Lohrenz, L., 173 London Lesbian and Gay Switchboard,

214

London Lesbian and Gay Teenage Group, 75 loss, mid-life (older lesbians), 156-8 Loulan, J., 156

MacDonald, B., 153-4 McDonald, G. J., 67 McKirnan, D. J., 173, 174, 175 McLellan, B., 155 McNeil, John, 201, 202 magazines, 216 Manosevitz, M., 132 'map' (single sex parenting), 118-19 Maple, N., 152, 157 Margolies, L., 56, 58-9, 62-4 Marie (1992), 155 Martin, A. D., 75, 134, 135, 138 masculinity, 20, 43, 92, 191-2, 194 Mason-John, V., 153, 154-5 Masson, J., 20 May, R., 205 Maylon, A., 25 Mays, V. M., 96 meaning and language, 182-3, 206 medical model, 1, 14, 15, 21, 172 ethics of, 16-19 meeting people, 58, 90 Mencher, J., 109 menopause, 156-8 mental health professions, 50-4 Messing, A. E., 53 methodology flaws, 14-16 Metropolitan Community Church, 202 Meyer, J. K., 12 Microcosm, The (Duffy), 150 mid-life transition, 156-8 Midanik, L., 174 MIND, 152, 211 Minorities Research Group, 151 Minton, H., 67 Money, J., 82 'moral crusader', 77 Morrow, Susan L., 198 Moses, A., 52 Mosher, D. L., 39 motivation (of researchers), 16-17

Narcotics Anonymous, 171, 172 Nardi, Peter, 173 National AIDS Helpline, 215 National Children's Bureau, 133 National Friend, 156, 215 National Health Service, 16, 159 nature-nurture theory, 13-14 Navratilova, Martina, 48, 103 Nazism, 21 bis negative effects of therapy, 37-8 negative feelings, 36-7, 44, 54-64 negative identity (avoiding), 57 negative reactions (of homophobe), 44 negative stereotypes, 44, 46, 56 negative symbolism, 46 Neild, S., 152, 153 Neisen, J. H., 41 neurosurgery, 17 new relationships, children in, 124 newspapers, 216 non-gay specialist organizations, 215-16 non-parental child care, 129-30 nurture-nature theories, 13-14

Oberndorf, Clarence, 21 occupational choice (of young people), 141 - 2O'Connor, N., 22, 150, 168 Oedipal theory, 20 older gay men, see gay men, older (working with) older lesbian women, see lesbian women, older (working with) Older Lesbians Conference, 152 openness, aversion to (barrier to intimacy), 93 oppression, 20, 31-2, 34, 43, 92 cycle of, 46-7, 59, 60-1of lesbians, 150, 151, 153 Orbach, S., 21 Otitojou, Femi, 154 over-visibility (single parenting), 124

paedophilia, 43, 138 parasuicide, 137-8 parenting (lesbian and gay), 63, 116 background, 117-19 bringing children into same sex relationships, 122-5 common prejudices, 119-22 having children within same sex relationships, 125-9 non-parental child care, 129-30 parents and family issues, 142-6 Parmar, P., 154 partner abuse co-battery, 195 comparisons with heterosexual problems, 191–3

couples counselling, 197-8 definitions/terms, 188-90 implications for therapists, 195-7 rape and sexual assault, 194-5 sado-masochism, 193-4 patriarchy, 43 Pearce, W. B., 111 Pearson, R., 152, 153 peripheral hormone injections, 18 Perkins, R., 20, 155 personal innocence strategy, 79 personal integrity, respect for, 26-7 personality development, 25, 51 Peterson, P. L., 173, 174, 175 Phillips, A., 153, 155, 157 physical appearance, 91-3, 94 physical attack, 43 physical contact, 32-3 physical harassment, 139-40, 145 physical impairment (coming out process), 70-1 Pines, M., 162 Pink Paper, The, 71, 216 plethysmograph, 15 Plummer, K., 83 police (employment in), 141 police arrest records, 43 political change, 155-6 political identity (of bisexuality), 3-4 power, 82, 191, 192, 193 of therapist, 20, 26, 34 pre-coming out stage (Coleman model), Pregnancy Advisory Service, 126, 215 prejudice, 153 anti-gay, 41-2, 50-1, 54 functions of, 42-4 institutionalized homophobia, 42, 44-54 internalized homophobia, 42, 54-64 of single sex parenting, 116, 119-22, 124 primary technique, 205-6 Prochaska, J. O., 186 Project for Advice, Counselling and Education (PACE), 215 Project Sigma, 176 projection (defence mechanism), 59, 62, projection of anger, 73-5 promiscuity, 46, 135 psychoanalysis, 14, 18, 20-2, 25

psychodynamic model, 2, 24, 25, 59, 159, 162, 163
psychopathology, 22
psychotherapy, 25, 50, 179, 199
with older gay men, 159-63, 167
with older lesbians, 151-2
psychospiritual growth, 199, 202, 204-5
public spaces, defined, 45-6

Quakers, 200 quality of therapy, 71 Queer in America (Signorile), 49 queer bashing, 43, 193 questionnaires, 14, 15, 16, 209

Rabin, J., 53 race factor, 3, 68-9, 95-7 racism, 154-5 Rakusen, J., 153, 155, 157 Ramsey, G. V., 132 rape (partner abuse), 194-5 Raphael, B., 164 Ratigan, Bernard, 79 rationalization (defence mechanism), 59, 62, 72 Ratzinger, Cardinal, 200 Raymond, D., 42 reaction formation, 58, 62, 140 REGARD, 99, 215 Reiss, B. F., 20 relationship choices, 102-6 relationships (after coming out), 84 relationships, people in (working with) collaborative work, 106-7 final reflection/conclusion, 114-15 generalisations/diversity, 101-2 presenting for therapy, 107-14 relationship choices, 102-6 religious/spirituality conflicts, 34, 199, Christian 'conversion', 18-19 Christianity and homosexuality,

ritual and ceremony, 202-6
religious exorcism/prayer, 18
repression (defence mechanism), 72
research methods, 13-16
researchers, 16-19
residential care, 145-6
resources, 152-3, 213-16
respect, 2, 25, 26-9
retraining, 29-30
Rich, C., 153-4

200 - 2

Ricketts, W. A., 41 of single people, 90, 92 ritual and ceremony, 202-6 of young people, 133-8 passim, Rivers, Ian, 47, 134, 135, 139 142 - 3self-harm, 58, 75, 135, 145, 184 Roach, A. J., 143-4 Roberts, J., 162 self-hate, 79, 80, 177, 206 self-help, 93, 151, 217-21 Robertson, I., 172 Robins, E., 58, 173 self-identity, 6, 12, 57, 79, 132-3, 156 Robinson, G., 138 self-image, 91, 95, 193 Rochlin, M., 209 self-insemination, 126–7 Rogers, C., 24, 39, 205 self-labelling, 46, 58 'role distancing', 78 sensory impairment (coming out role models, 48, 93 process), 70-1 for children, 120-1, 124, 129 Sergios, P., 92 coming out, 75, 80, 84 sexism, 153 gay affirmative model, 33, 35, 39 sexual abuse (of children), 43, 138, 152 gay relationships, 103, 104, 113 sexual assault (partner abuse), 194-5 for young people, 136, 139, 142 sexual identity, 131, 132 Ross, M. W., 159 sexual orientation, 131, 132 Ross-Reynolds, G., 132 of client (respect for), 26 Rothblum, E. D., 135, 153 of therapist, 38-9 Rowe, Dorothy, 205 sexual preferences, substance use and, Rudolph, J. R., 55, 90 182 - 3rural life, 94-5 sexual variation, extent of (coming out Ruse, M., 14, 19 process), 69-70 Russell, J., 33 sexuality Russo, Vito, 48-9 defining, 11–13 Ruszczynski, S., 167 gender and, 20, 21 Rutter, P., 33 see also bisexuality; gay men; Ryan, J., 22, 150, 157, 168 heterosexuality; homosexuality; lesbian women sado-masochism, 37, 193-4 Shakespeare, T., 98 safer sex behaviour, 35-7, 137, 176 shame, 34, 41, 75, 83 Saghir, M. T., 58, 173 Shapiro, J., 153 Shepherd, S., 160 Sanderson, T., 93 Sandmaier, M., 173 Shernoff, M., 35–7, 137 Sang, B., 150, 153 Shields, S. A., 42 Shively, M. D., 57 Sappho, 151 Savin-Williams, R. C., 131 short-term relationships, 63-4 Sigma project, 176 school/education, 47-8, 134, 139-40 Signorile, Michelangelo, 49 Schultz, S. J., 67 Schwartz, P., 92 Silberstein, L., 92 Secord, P. F., 76 silence, conspiracy of, 45 self-alienation, 161, 201 silence (value/role), 206 self-assessment, 34 Silverstein, C., 16, 17, 37, 162 self-awareness, 205-6 Simon, G., 107, 113-14 self-blame (partner abuse), 196-7 Simpson, Mark, 31 Sinfield, Alan, 20, 22, 31, 92, 121 self-definition, 6, 11, 133, 151, 170 self-disclosure, 15, 39, 57, 93-4, 96 single people (working with) body image, 91-3 self-empowerment, 151, 154 self-esteem, 176, 177 community, 89-90 coming out and, 75, 79-80, 82-3 disability, 97-100

emotional intimacy, 93-4

meeting others, 90

gay affirmative therapy, 26, 32, 36-8

homophobia and, 43, 57

race and cross-cultural issues, 95-7 substance use as issue, 172-7 rural lesbian/gay lives, 94-5 theories of counselling, 179 therapist skills, 178-9 single sex parents, see parenting (lesbian suicide, 32, 36, 58, 75, 135, 137-8, 201 and gay) supervision, 52-4 skills (therapist), 179 suppression (defence mechanism), 72-3 Smith, J., 58 survivor guilt, 156, 163 Smith, K. T., 41 Socarides, Charles, 16 symbolism, negative, 46 Syme, G., 164 social alienation, 77-8, 79 social change, 155-6 social control, 200 Tavistock Clinic, 167 social isolation, 134-5 television (institutionalized homophobia), social learning theory, 18, 172, 175 social services (role), 145-6 temporary identity strategy, 79 social space, 45-6 Terrence Higgins Trust, 54 socialization process, 29, 55, 68, 80, 83, Tessina, T., 93 theatre (institutionalized homophobia), 48 - 9society, 44-50, 147 Society of Friends, 200 therapists, 6 authority of, 34-5 Sontag, S., 160 Sophie, J., 39, 56-7, 58 commitment, 178 core conditions, 2, 24, 26-9 special case strategy, 79 special interest groups, 49 as educator, 35-7 specialization (coping strategy), 56 ethical issues, 37-8 guidelines, 30-5, 146-7 Spinelli, E., 163 spirituality, see religious/spirituality implications for (of partner abuse), conflicts 195 - 7sports, 48 knowledge, 178-9 Stacey, Kathleen, 114 leaflet on finding, 27, 210-12 Stall, R., 173, 175 sexual orientation, 38-9 Stein, Gertrude, 103 skills, 179 Stein, T. S., 39, 66 supervision/consultation, 52-4 stereotypes, 153 see also counsellors coming out and, 74, 78 therapy gay affirmative therapy model, 24, 31, historical overview, 11-23 quality of, 71 homophobia and, 43, 44, 46, 48-50, reasons for presenting for, 107-14 56 relationship to homosexuality, 19-22 self-esteem and, 43, 83, 90, 92, 136 see also counselling Stevens, C. T., 153 Thompson, J., 97 Stewart, Elizabeth, 202 Thompson, N. L., 161 stigmatization, 41-65, 67, 137-8, 139 Thompson, R., 200 Stonewall group, 141 'Three Essays on the Theory of 'strange loop' (relationships), 111-12 Sexuality' (Freud), 20 Straub (in Burtle), 173 Tievsky, D. L., 52 Stubrin, J. P., 168 Tinney, J. S., 44 sublimation (defence mechanism), 72-3 Toklas, Alice B., 103 substance misuse Toksvig, Sandy, 103 attitudes, 179-80 touch (therapeutic value), 32-3 training, 1-2, 22, 29-30, 50-2 clinical implications, 177-8 transactional analysis, 181-2 definitions/disclaimers, 170-1 models of use, 171-2 transference, 36-7, 39, 71 principles of good practice, 180-7 transtheoretical therapy, 186

treatment, 1, 14, 145, 172 ethics of, 17-18 Tremble, B., 95-6 Trenchard, L., 75, 135, 137, 142, 145 'trigger comments', 183 Troiden, R. R., 67, 68 'Twelve-Steps' philosophy, 171

Valentino, Rudolph, 103
value systems, 33-4, 78
Ventura, L. A., 68
verbal harassment, 139-40
verbal rejection, 43
violence
gay bashing, 43, 193
physical harassment, 139-40, 145
self-harm, 58, 75, 135, 145, 184

201
see also partner abuse
Violence Prevention Programme, 216
visibility/invisibility, 32, 45, 74, 94,
102-4, 140
Voice, The (newspaper), 69

suicide, 32, 36, 58, 75, 135, 137-8,

Wallis, M., 160 Walsh, Fran, 46-7 Walters, J., 132, 140, 143 Warren, H., 75, 135, 137, 142, 145 Weeks, J., 13, 20 Weinberg, G., 41, 43 Weinberg, M. S., 18, 57, 68, 132, 161 Weinberg, T., 68 Weinrich, J. D., 12, 13, 15 Well of Loneliness, The (Hall), 150 West, D. J., 161 White, M., 102 wider system questions, 113-14 Wilde Century, The (Sinfield), 92, 121 Wiley, J., 173, 175 Williams, C. J., 18 Williams, W. L., 13 Wilsnack, S. C., 173 Women Like Us (Channel Four), 152 Women's Health, 215 Women's Support Service, 216 Woodman, N. J. (Woodman-Lenna model), 28, 53, 67, 71-6, 144 work issues, 140-2 World Health Organization, 19

xenophobia, 64

Yalom, I. D., 161, 163
Young, A., 68, 83
Young, V., 151, 157
young people (working with), 131-2, 148
age of consent, 133-6
guidelines for therapists, 146-7
lesbian and gay community, 138-9
parent and family issues, 142-6
self-esteem issues, 136-8
work and employment, 140-2