

What is Affirmative Therapy?

- Only the client can know who they are/ claim an identity
- Only the client can decide a path forward
 - e.g. coming out, social transition, medical treatment
- Therapists should value **all** identities equally
 - We do not divert clients towards/away from an identity or give one type of identity precedence
 - All LGBTQA+ identities are equally valid/authentic
 - Open to the client fully and freely exploring their gender and sexuality **in any direction**
- Therapist asserts that they cannot make someone any kind of LGBTQA+ through therapy, or make them not LGBTQA+
- Therapist has examined their own biases around gender identity and sexuality, and developed a broad understanding and wholehearted valuing of all, diverse LGBTQA+ identities
- Therapist can listen accurately and know the difference between attraction, identity, and embodiment
- Therapist holds a diversity model – LGBTQA+ clients are not all having identical experiences and interpreting them differently – they are having differing experiences
- The therapist does not use anything to undermine the client's identity e.g. trauma history, neurodiversity

Affirmative therapy affirms that it's ok and valid to be lesbian, gay, bi, trans, queer, asexual, etc. It does not "diagnose" a client as one thing or another or dictate the client's path forward