



RAIN OR SHINE

LGBTQ+ Affirmative Psychotherapy & Counselling

Addressing Power and Difference in the Therapeutic Relationship

As part of aiming to work in an anti-oppressive way, and in line with the BACP ethical framework:

a. I commit to acknowledging:

- The respective identities and / or 'protected characteristics' of both myself and my clients
- That we may be societally marginalised or privileged on the basis of these identities
- That this may influence the dynamic between us in the therapeutic relationship I invite clients to explore these issues and/ or dynamics, if relevant and helpful to them

b. I commit to facilitating a sense of self that is meaningful to the client in their unique social and cultural contexts

c. Where there are gaps in my understanding of these identities, I commit to addressing them.