

# FINDING A PSYCHOLOGIST FOR LGBTQA+ INDIVIDUALS IMPACTED BY RELIGIOUS HARM

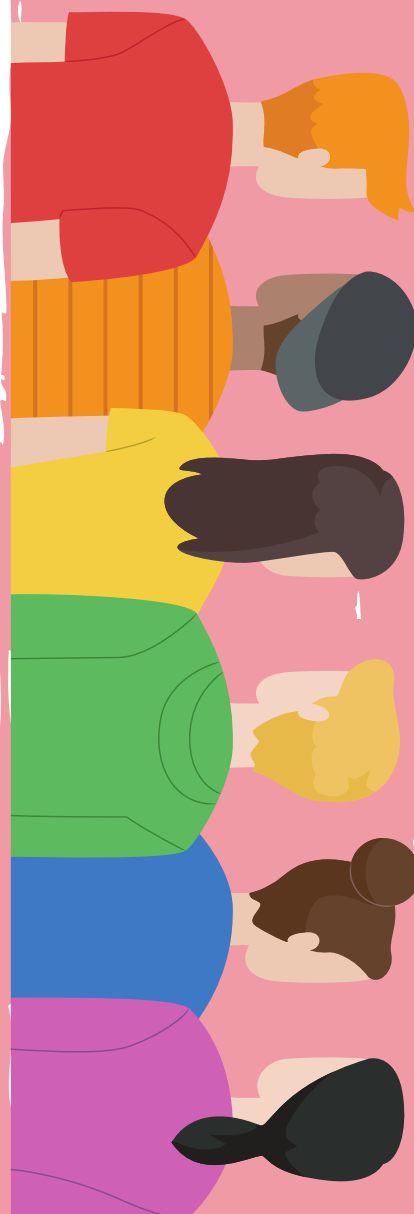
Before making an appointment, it is a good idea to call potential therapists to see whether they have the skills and experience to support your particular needs. You will be able to ask them about their experience working with LGBTQA+ people, working with religion or faith-based trauma, their techniques when working with individuals from diverse cultural backgrounds, and what therapeutic approaches they would likely use.

## How do I find an LGBTQA+ friendly psychologist?

Many LGBTQA+ individuals successfully engage in therapy for a variety of reasons. There are many affirming psychologists and counsellors who specialise in working with LGBTQA+ individuals, mostly to help improve their mental health and wellbeing. There are several ways to identify an appropriate psychologist for you.

- The Australian Psychology Society (APS) website has a '[Find A Psychologist](#)' tool that allows you to search its database for issue and location.
- LGBTQA+ specific organisations like [QLife](#) and [ACON](#) that feature directories of affirming health professionals. Some such organisations specialise in providing support for LGBTQA+ and their relationship with religion or their faith such as [The Brave Network](#).

Friends and family that you trust or who have sought therapy for similar reasons can be valuable source for word-of-mouth referrals.



You may wish to speak with or email your potential psychologist before making an appointment. Consider asking them about previous experience working with LGBTQA+ individuals, training in working with religion or faith-based trauma, and what therapeutic approaches they would likely use.

## **Is this the right psychologist for me?**

- How much of the session you are spending 'educating' the psychologist about your background. Are they making assumptions about you or how you want to progress in terms of your relationship with religion or your faith?
- You should be receiving some feedback through the session. Are you receiving feedback that makes you feel like you're on the right track?
- You should leave with a plan - an idea of what you want to achieve and strategies for doing so. Have they outlined a treatment program? Have you set clear goals and aims for when the therapy? How will you know when you've had enough therapy?
- Spend some time preparing questions you have for your psychologist, such as what to expect in the first session, costs, Medicare rebates, etc.
- Don't be discouraged if you need to try a number of psychologists before finding the one who is right for you. This is a common experience.

For a more in-depth document - visit  
[www.LGBTQA+ReligiousExperiences.com.au](http://www.LGBTQA+ReligiousExperiences.com.au)

or contact us on :

[lgbtqa\\_religious\\_experiences@latrobe.edu.au](mailto:lgbtqa_religious_experiences@latrobe.edu.au)

