

# Reclaiming Your Life

The  
Gay Man's Guide  
to Love,  
Self-Acceptance,  
and Trust

by Rik Isensee

Best-selling author of *Love Between Men*



# Reclaiming Your Life The Gay Mans Guide To Love Self Acceptance And Trust

**Léo Pomar**





## **Reclaiming Your Life The Gay Mans Guide To Love Self Acceptance And Trust:**

**Reclaiming Your Life** Rik Isensee, 1997 The Gay Man's Guide to Love Self Acceptance and Trust Required reading for all gay men and their loved ones this book will encourage gay men to abandon self destructive behaviour and move toward investing their lives with self acceptance love and trust in a supportive community

**The Therapist's Notebook for Lesbian, Gay, and Bisexual Clients** Joy S. Whitman, Cynthia J. Boyd, 2013-12-19 Most therapy is set up in a heterosexist context Explore the issues facing your gay lesbian and bisexual clients and how to deal with them The Therapist's Notebook for Lesbian Gay and Bisexual Clients offers therapists treating lesbian gay and bisexual clients innovative practical interventions plus homework and hands on activities tailored to these populations Use the notebook to explore the issues surrounding coming out homophobia in the workplace spirituality identity formation and issues that require a non heterosexist approach such as domestic violence and relationship concerns Grounded in current theory each chapter explains the rationale for the activity it proposes includes contraindications and provides a list of helpful resources for therapists and clients Here are just a few of the issues this extraordinary book explores in its four thoughtfully planned sections Section I Homework Handouts and Activities for Coming Out and Managing Homophobia and Heterosexism addresses conflicts in self perceptions obstacles to the growth of a healthy GLB identity dealing with the trauma and anxiety that result from discrimination using semi hypnotic visualization to treat internalized homophobia helping bisexuals decide whether to come out or to pass coping with internalized homophobic messages dealing with heterosexism in the workplace or at school Section II Homework Handouts and Activities for Relationship Issues will help you and your clients understand and work on issues involving choosing the right partner intimacy and gender roles financial stability assimilation queer pride and everything in between how ethnicity and coupling impact sexual identity negotiating a healthy open relationship sexual concerns sexual dysfunction and pleasuring sexual role values for bisexual and lesbian women Section III Homework Handouts and Activities for Gender Ethnic and Sexual Identity Issues addresses who am I issues sexual orientation and gender identity the intersection of sexual and ethnic identity oppression on multiple fronts gender exploration for lesbians Section IV Homework Handouts and Activities for Specific Issues tackles concepts including enhancing resilience through spirituality reconciling with religion spiritual wellness and the spiritual autobiography body image disturbances unwanted sexual behavior creating a safety plan in case of same sex domestic violence alienation and finding a caring community medication adherence for HIV clients the difficulties faced by coupled lesbians with children family care planning addiction and recovery healing from the wounds of homophobia relationships with ex partners managing workplace stress If you're new to treating lesbian gay and bisexual clients you'll find rich material based in current literature to guide your work If you've already worked extensively with LGBT clients the activities and fresh innovative strategies in The Therapist's Notebook for Lesbian Gay and Bisexual Clients will expand and invigorate your skills

**An International Psychology of**



**Men** Chris Blazina, David S. Shen-Miller, 2011-01-19 This text is the first to provide a contextual understanding of the clinical issues that affect men and masculinity across a wide range of cultural and national settings It demonstrates that gender can no longer be viewed as an isolated characteristic in an era of increased globalization mental health professionals need to take ethnic and cultural issues into account to provide adequate care for male patients Numerous international perspectives are offered by the contributing authors authorities from countries such as Australia Argentina Denmark Canada India Ireland and South Africa on theoretical and clinical innovations for working with men Their chapters also offer insight into the socio cultural contexts for counseling men in and from their respective countries by exploring the ways in which being a man is socially defined what unique challenges men face and how these challenges can be negotiated within their specific cultural settings Topics addressed will include boyhood notions of manhood relationship concerns and power fatherhood and men s body image across the life span This text will ultimately enable mental health practitioners to have a better understanding of how to work more effectively with male clients

Gay Men and Childhood Sexual Trauma James Cassese, 2016-01-20 Learn powerful techniques for healing the scars of early sexual abuse in gay men The first book of its kind Gay Men and Childhood Sexual Trauma Integrating the Shattered Self addresses the specific therapeutic needs of gay men in recovery All too often gay men hide their childhood memories of being sexually victimized because of fear shame and the stigma of stereotypes which equate homosexuality with child abuse Some gay men may view these histories as rites of passage and dismiss other perspectives as betrayals of their community or inadvertant support for the anti gay agenda of the religious right Certain therapists and so called support groups ridicule them as hysterics with false memories Groups like the North American Man Boy Love Association or the Rene Guyon Society dismiss the source of their anguish as wishful thinking or a healthy consensual intergenerational romance Finally here is a book that addresses the unique emotional and psychological needs of gay male survivors of sexual abuse Gay Men and Childhood Sexual Trauma offers new hope by separating the crime of pedophilia from the consensual intimacy of an adult male same sex relationship It provides specific guidance for therapists working with gay men either in individual or group therapy settings and offers practical treatment suggestions as well as moving insights into the painful conflicts gay men may have in accepting their own sexuality and revealing their status as child survivor of an adult sexual predator Gay Men and Childhood Sexual Trauma discusses practical ways to help the survivor heal including adopting eye movement desensitization and reprocessing techniques to treat traumatized gay men helping gay men to break the old arousal patterns associated with their abusers handling survivors formidable issues of trust addictions depression and low self esteem leading survivor groups of mixed sexual orientation discerning the special meaning of HIV to traumatized gay men respecting cross cultural differences in treating the gay male sexual trauma survivor finding new directions for research This powerful volume offers sufficient technical detail to be useful for the therapist working with gay men yet it is written with enough clarity and compassion to be used as bibliotherapy for men just coming



out as gay as survivor or as both Gay Men and Childhood Sexual Trauma is an essential resource for mental health professionals as well as for gay men who have themselves survived sexual abuse or who love someone who did     *The Probation and Parole Treatment Planner, with DSM 5 Updates* David J. Berghuis,Bradford Bogue,Anjali Nandi,2015-08-24 This timesaving resource features Treatment plan components for 30 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Probation and Parole Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for clients on parole or probation Organized around 30 main presenting problems from probation parole noncompliance and vocational deficits to violent aggressive behavior and childhood trauma abuse and neglect Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5TM diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA TJC and NCQA     *The Probation and Parole Treatment Planner* Brad M. Bogue,Anjali Nandi,David J. Berghuis,2003-05-12 The Probation and Parole Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for clients on parole or probation Organized around 29 main presenting problems from probation parole noncompliance and vocational deficits to violent aggressive behavior and childhood trauma abuse and neglect Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR TM diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA     **The Advocate** ,1998-02-03 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States     **The Advocate** ,1997-09-30 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States     **Affirmative Psychotherapy and Counseling for Lesbians and Gay Men** Jeffrey N. Chernin,Melissa R. Johnson,2003 Affirmative Psychotherapy and Counseling for Lesbians and Gay Men offers a broad base of research practice and advocacy information about the special counseling needs of gays and lesbians Authors Jeffrey N Chernin and Melissa R Johnson discuss universal



themes as they apply to lesbian and gay clients as well as issues unique to lesbians and gay men including the treatment of same sex couples and families ethnic minority issues and living with HIV AIDS They present sensible information on how to provide a safe therapeutic environment and how to interpret and apply psychological assessments The Advocate ,1998-03-03 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **The Advocate** ,1997-12-23 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **The Advocate** ,1998 **The Advocate** ,1997-11-25 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States The Advocate ,1998-04-28 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States Issues In Therapy With Lesbian, Gay, Bisexual And Transgender Clients Charles Neal,2000-07-16 A diverse and extremely useful set of chapters at the cutting edge of thinking on work with sexual minorities An important and too often neglected aspect of therapist s and counsellor s training which this book does much to correct Susie Orbach author of The Impossibility of Sex This book takes the reader inside the multiple worlds of lesbian gay bisexual and transgender people and examines the different kinds of problems in living that can confront counsellors working with clients from these groups The book is humanistic in the broad sense of representing and reinforcing the human capacity to relate to choose and to live in accordance with values Issues are explored through the unfolding of personal and interpersonal dilemmas Issues in therapy is a welcome addition to the Pink Therapy series edited by Dominic Davies and Charles Neal they are essential reading for practitioners and trainees John McLeod Professor of Counselling University of Abertay Dundee An excellent resource for trainees trainers and practitioners Readers will find coverage of a wide number of areas not before easily accessible at all and certainly not in a single volume This book helps the reader think critically about many received notions within the field of therapy Irrespective of their theoretical approach I believe this volume not only aids practitioners to work more effectively and ethically with Lesbian Gay Bisexual and Transgender clients but also makes a contribution to anti oppressive practice generally Paul Hitchings Chair BPS Counselling Psychology Division Many readers of Pink Therapy 1996 Open University Press found the affirmative approaches and detailed discussions there of numerous issues of particular concern to lesbian gay and bisexual clients invaluable This volume has twelve further areas discussed in clear and informative style by practitioners from their own professional experience and offers guidelines for good practice as well as full references and further resources With Pink Therapy and Therapeutic Perspectives on Working with Lesbian Gay and Bisexual Clients from the same editors and publishers professionals interested in treating clients from these minorities equitably will find a wealth of support information and guidance not previously readily available **Handbook of Affirmative Psychotherapy with Lesbians and Gay Men** Kathleen



Ritter,Anthony I. Terndrup,2002-01-16 Grounded in current research this comprehensive volume lays the foundations for effective affirmative therapeutic practice with lesbian gay and bisexual clients Addressed are family of origin issues couple problems including sex therapy with same sex partners vocational and workplace issues and more The extensive appendix lists a broad array of publications advocacy groups and Web based resources for both professionals and consumers 12 01

**Reclaiming Your Life** Rik Isensee,2005-02-14 Growing up gay in a homophobic culture can resemble growing up in a dysfunctional family Reclaiming Your Life offers a soothing approach to healing from homophobic abuse addictions and self defeating behavior If you are a gay man who grew up in a dysfunctional family or were abused be kind to yourself and read this book It s full of validation understanding common sense and wise guidance like a good friend Ellen Bass coauthor of The Courage to Heal a wealth of information it should be required reading for all gay men and their loved ones Lambda Book Report

The Advocate ,1997-10-28 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

*Reflections on Human Potential* Brian E. Levitt,2008 International collection of writers shed light on the person centred approach and build bridges to the emerging discipline of positive psychology

**Multicultural Competencies** Gargi Roysircar,Daya Singh Sandhu,Victor E. Bibbins,2003 Intended to benefit the entire counseling community this guidebook demonstrates current multicultural competencies and successful delivery of services across the various professional counseling disciplines Leading authorities offer concrete direction for effective multicultural counseling and reflect on what they have found to be the best practices in their specialty area Chapters include 1 Experiential Training in Multicultural Counseling G Roysircar D R Webster J Germer J Palensky E Lynne G R Campbell Y Yang J Liu and J Blodgett McDeavitt 2 Multicultural Competency Interventions for Building Positive Racial Identity in White Counselor Trainees D S Sandhu and J Looby 3 Walking the Talk Simulations in Multicultural Training P B Pedersen 4 Engaging Students in the Quest for Competence in Multiculturalism A L Santiago Rivera and M Moody 5 Cultural Considerations in Counselor Training and Supervision M Faubert and D C Locke 6 Women of Color and Substance Abuse O Madison Colmore and J L Moore III 7 Multicultural Issues in Assessment R M D Aviles 8 The Power of Context Counseling South Asians within a Family Context A G Inman and N Tewari 9 Deconstructing Black Gay Shame R McLean 10 Use of Narratives Metaphor and Relationship in the Assessment and Treatment of a Sexually Reactive Native American Youth L L Frey 11 Multicultural Competencies and Group Work T A A Portman 12 Culture Centered Counseling from an Existential Perspective M P Evans and A Valdez 13 Including Spirituality in Multicultural Counseling K M Evans 14 Applying Multicultural Competencies in the School Setting Sexual Identity of an African American Adolescent C C Hogan 15 Culturally Diverse Clients in Employment Counseling C Rooney and W Liu 16 Multiculturalism in Cyberspace M D Hawkins 17 Against the Odds Successfully Implementing Multicultural Counseling Competencies in a Counseling Center on a Predominantly White Campus M A Fukuyama and E Delgado Romero 18 Transforming College Campuses Implications of the



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