

The Counsellors

All our counsellors are professionally qualified and are members of at least one professional body and are subject to the Ethical Frameworks of their professional bodies, including:

BACP (British Association for Counselling and Psychotherapy)

UKCP (United Kingdom Council for Psychotherapy)

Training

At Minerva, we can also offer training on gender issues and gender diversity awareness. This can be of particular benefit to companies who may have employees experiencing gender issues. We can also offer presentations to colleges, schools and other academic organisations.

We are always looking at ways to extend our training packages, so if you have an individual need, it is always worth contacting us.

Minerva Counselling and Training

(Admin Only)
Fercroft
Preston on Wye
Hereford
HR2 9JT

Tel: 07789 534512
Fax: 01981 500409
enq@minervacounselling.org.uk
www.minervacounselling.org.uk



Polly Conroy MBACP

(M/GPCL/Feb07)

Minerva Counselling and Training



GENDER IDENTITY & SEXUALITY COUNSELLING LEAFLET

Tel: 07789 534512
Fax: 01981 500409
enq@minervacounselling.org.uk
www.minervacounselling.org.uk

*With counselling rooms available in
Hereford and Ludlow.*

Welcome to Minerva Counselling and Training

Specialising in gender and sexuality issues.

For a more general description of the benefits of counselling, please see our General Practice Counselling Leaflet.

Gender Identity Issues Explained

Most people are fairly comfortable with the gender assigned to them at birth on the basis of their physical sex, irrespective of their sexuality. However, a significant number of people are not... They have to endure stereotypical gender reinforcement at every stage of their lives (girls play with dolls, boys play with guns), regardless of their natural inclinations.

What sort of gender related issues might be brought to Minerva Counselling?

This list is not exhaustive:

- Family relationships
- Work related problems
- Problems in society
- Fear and confusion
- Lack of confidence or self esteem
- Financial issues
- Shame
- Depression
- Feelings of suicide
- Anger and frustration

Gender issues are often immensely complex and can stem from a wide range of social, physical, medical and psychological triggers. Frequently, people with gender issues will be suffering from several separate but concurrent conditions, which can also vary greatly at different stages of the process beginning with questioning one's gender all the way through to the different issues that age can bring. For further information, please contact us.



What can Minerva Counselling offer someone who may be questioning their gender identity?

We can offer a safe, supportive and confidential environment in which to explore your gender issues. We will not judge you and we will not impose concepts of gender from outside.

Lesbian, Gay and Bisexual Issues

People may know who they are, but be anxious about openly identifying themselves, or may be confused about their sexuality.

With gay affirmative, person centred counselling, we can help you explore these areas. This means that we view being gay as a natural and healthy condition

Although it is often the case that counselling for lesbian, gay or bisexual people is about helping them to 'come out', as with other people, they, too, may need to seek support for a whole range of issues.

Family, Friends and Partners

It is not only lesbian, gay, bisexual and people with gender issues (trans people) that can have problems. People around them can also be affected - friends, family and partners. Polly Conroy has been supporting friends, family and partners of trans people for more than two years.

How can Minerva Counselling help you?

Sometimes it is easier to talk to someone who has no emotional investment in your life, but whose life experiences are closer to your own. Polly Conroy has worked with people with gender issues for over 8 years, in a variety of capacities and works in a very Person Centred way. She knows that sometimes people can be nervous of seeing a counsellor for the first time, but clients are often pleasantly surprised by the warm, supportive experience.