

Core Requirements of a Gender, Sex and Relationship Diversity (GSRD) Therapist



Practice a commitment to Social Justice

Promote advocacy and being an ally to all marginalised and oppressed groups. Promoting community connections. Offering psycho-education.

Demonstrate cultural humility and cultural competence

Awareness of self and competencies. Commit to training for ongoing maintenance of cultural competence. Gaining specific knowledge of various LGBTQIA+ populations.

Integration of core GSRD theories

Incorporating knowledge of minority stress, intra-community minority stress, micro-aggression, intersectionality, and strengths-focused affirmative practices with your own modalities.



Understanding of the specific adverse effects of oppression

Awareness of heteronormativity, mononormativity. Helping clients develop more resources for self-care and well-being.

Trauma-informed care

Enhancing resilience and promoting self-esteem. Reducing symptoms of post-trauma stress (for survivors of abuse, attacks, discrimination, conversion therapy).

Gain knowledge of contemporary sexology

Specialist knowledge of the diversities of intimate relationships, sexuality, sexual behaviours. Understanding of the physiological and psychological processes of sex.