



GENDER, SEX & RELATIONSHIP DIVERSITIES THERAPIST ACCREDITATION

Application form Advanced Accreditation (AAGSRDT), Standard or Advanced Reaccreditation or Transition from Standard to Advanced (AGSRDT to AAGSRDT). Please use Adobe Reader to fill it out in order to upload attachments. You can download it for free from [here](#).

CATEGORY OF APPLICATION

The accreditation scheme is only open to therapists already qualified to at least Counselling Diploma level.

This form requires a substantial amount of information but we are keen to support and encourage you to complete the process. We are looking for evidence of training, conferences, activities and reading etc. that contribute to the development of your understanding and work with GSRD clients.

Our assessors are willing to demonstrate some flexibility and reasonableness in the way the information is presented and recognise you may not have all the evidence to hand to submit, and so we are looking for your intention to use your best efforts to meet the criteria laid out.

At the end of this form you will be required to make payment of your application fee via Paypal. There is more information on fees below.

REQUIREMENTS ADVANCED ACCREDITATION (AAGSRDT)

- ▶ 120 hours CPD during the past five years consisting of: training, conferences, constructive participation or having made a significant contribution to the field
- ▶ Reading and other media
- ▶ 300 practice hours with a minimum of five clients, groups or supervisees during the past five years, or a 3000 word case study
- ▶ Personal statement of 500-1500 words
- ▶ Supervisor's endorsement

REQUIREMENTS REACCREDITATION (STANDARD (AGSRDT) OR ADVANCED (AAGSRDT))

- ▶ 30 hours CPD during the past three years consisting of: training, conferences, constructive participation or other activities
- ▶ Reading and other media
- ▶ 25 practice hours with a minimum of five clients, groups or supervisees during the past five years
- ▶ Personal statement of 500-1500 words
- ▶ Supervisor's endorsement

REQUIREMENTS TRANSITION FROM STANDARD (AGSRDT) TO ADVANCED (AAGSRDT)

If you are transitioning from Standard Accreditation to Advanced Accreditation, then you need to meet the advanced criteria over the previous five years for training and client hours. Your personal statement can be briefer and should focus on how you have developed or extended your knowledge in working with



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a broader range of gender and sexual diversities since your previous accreditation. There is no need to redo your philosophy etc. unless that has changed significantly.

Please select the option you wish to be considered for:

- Advanced Accredited Gender, Sex & Relationship Diversities Therapist (AAGSRDT) **£85.00**
- Reaccreditation Advanced (AAGSRDT) **£75.00**
- Reaccreditation Standard (AGSRDT) **£75.00**
- Resubmission of a returned application **£50.00**

EXPLANATORY NOTES

The following definitions are a guide:

Gender, Sex and Relationship Diversities (GSRD)

We take a wide view of these categories, extending the traditional lesbian, gay, bisexual and transgender. Gender diversities are anyone on the gender spectrum however they identify. For example, and not limited to, people who are intersex now known by some as Differences of Sex Development (DSD), androgynes, genderqueer, cross-dressers and under sexual diversities we would also include people who are asexual or celibate, members of the BDSM/Kink communities, people in non-traditional, non-monogamous relationships (swingers, polyamorous etc).

GSRDT

A qualified counsellor, psychotherapist or clinical or counselling psychologist who works with clients who identify as GSRD as a significant proportion of their client load, and a member of a recognised professional therapy organisation with a code of ethics and complaints procedure. The therapy qualification should be a minimum of two years diploma level (around 450 hours taught component).

Training

Attendance on courses, workshops and seminars of specific relevance to GSRD work. Where possible attendance certificates or letters from course providers should be attached.

Constructive participation

Organisational or committee work or active research or training provision which contributes to the development of therapy or training services for GSRD clients.

Other activities

Activities not specified elsewhere which the practitioner believes are relevant to the field.

A significant contribution to the field

Some examples might be:

- ▶ Contributed to the literature for this emerging field through writing and/or research at an advanced level i.e. Masters' level dissertation or a chapter in an edited volume or a book.



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- ▶ Presented at conferences or developed training courses in GSRD issues.
- ▶ Set up or run a therapy organisation with a specific focus on working with GSRDs.

You will need to specify your achievements in this area but they should be substantive and demonstrate an advanced understanding of the field.

Reading and other media

Books, journals, articles or visual material which have informed practice in GSRD areas or contributed to an understanding of social context.

Client therapy hours

Face to face, telephone or internet-based counselling, psychotherapy or therapeutic group work, ideally with a range of GSRD clients with diverse identities. For the advanced level we will be looking for a breadth of diversity and depth of thinking in your GSRD clients.

Supervision hours

Supervision of other GSRD therapeutic work, practitioners and students.

Case study

Written or mixed-media account of an area of practice or research of specific relevance to GSRD therapy work.

Personal Statement

If accrediting for the first time this should describe the development and philosophy of your practice with GSRD clients and discuss ethical issues and dilemmas and approaches to diversity. It should also indicate how you envisage your practise developing in the future. If reaccrediting this should include how you have developed and extended your knowledge or experience of different GSRDs.

Supervisor

This can be the supervisor of your generic practice if they are familiar with the range and standard of your work. Your Supervisor is required to complete a short online form asking them to confirm their support of your application. They will be asked to state to what degree they are familiar with your general standard of work.



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Date Completed	Training Provider	Content	No. of hours

Please upload copies of your CPD/Training certificates here

#	Certificate Title	Upload
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Please tell us briefly how you have benefited from training undertaken



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Conferences (please list up to five events)

Date	Host/Organizer	Theme/Title	No. of Hours

Please tell us briefly how you have benefited from these events

Constructive participation and other activities (please list up to five activities)

Date Completed	Organization/Group	Involvement/Activity	Hours Completed

Please tell us briefly how you have benefited from these activities



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Reading and other media (please list up to five items only)

Author/Originator	Title

Please tell us briefly what you have gained

Practice hours - please list a minimum of five clients, supervisees or groups that make up the required number of hours and demonstrate the range and depth of your practice

Year of Presentation	Client's Gender/Sexual Identity	No. of Contact Hours	Presenting Issues/Concerns



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Year of Presentation	Client's Gender/Sexual Identity	No. of Contact Hours	Presenting Issues/Concerns

Total number of practice hours with GSRD clients you have completed during the last five years

Are you submitting a 3000-word case study?

- Yes
- No

If you are submitting a case study please upload your file here

PERSONAL STATEMENT

Accredited therapists need to satisfy the assessors that they can demonstrate competence in three broad areas:

- ▶ knowledge and understanding
- ▶ skills and abilities
- ▶ attitudes and values

Knowledge and understanding of:

- ▶ sexual and gender minority subcultures, including multiple, overlapping identities and an ability to work across genders.
- ▶ a recognition that sexual minorities, whilst sharing some things in common have many things that differential them from each other.
- ▶ different psychological and theoretical perspectives on working with sexual and gender minority clients (i.e. different developmental theories, the role of stigma and oppression on the self-structure).
- ▶ the historical context of psychological therapies and their relationship to sexual and gender minorities.
- ▶ the dynamics of oppression (internalised and externalised).
- ▶ an awareness of sexual minority cultures which they know little about, and a willingness to develop their knowledge base as part of their CPD.

We believe that sexual and gender minority people have often developed a hypervigilance to being perceived as 'mad, bad and dangerous to know.'

Skills and abilities:

- ▶ the ability to work with hypervigilance in a non-defensive manner and be alert to the clinical implications for the therapeutic relationship.
- ▶ the ability to distinguish to what extent sexuality or gender variance might be relevant to a client's presentation and when it is not.
- ▶ how they have used supervision and CPD as ways to develop themselves as a practitioner with sexual minority clients.
- ▶ that they are able to extend themselves outside of their familiar cultural and social reference points as they engage with clients from diverse communities and backgrounds.
- ▶ that they are able to work from the client's values and beliefs and help clients develop personalised plans, choices and solutions for their lives.

Attitudes and Values

Accredited therapists will demonstrate to the satisfaction of the assessors that they:

- ▶ hold non-pathologising attitudes to variant sexual and gender identities.



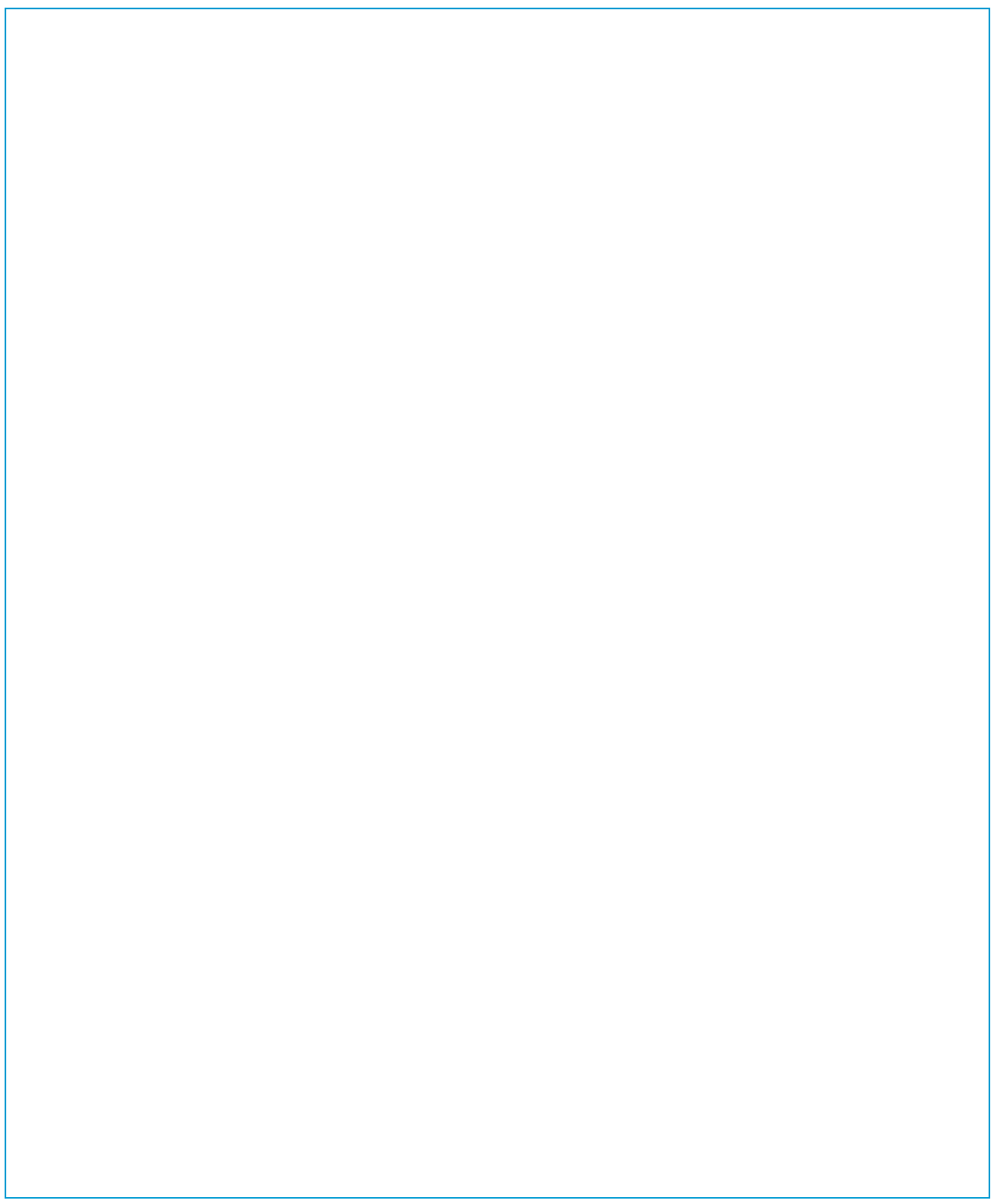
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- ▶ are aware of and committed to managing the particular boundary issues that may emerge when working with sexual minority clients, in an ethical and reflective manner.
- ▶ are committed to anti-discriminatory values.
- ▶ embrace an openness to a range of approaches and solutions to human dilemmas, both conventional and non-conventional.

Please write 500-1500 words mindful of meeting the above criteria. If accrediting for the first time this statement should describe the development and philosophy of your practice with GSRD clients and discuss ethical issues and dilemmas and approaches to diversity. It should also indicate how you envisage your practice developing in the future. If reaccrediting this should include how you have developed and extended your knowledge or experience of different GSRD clients.



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SUPERVISORS ENDORSEMENT

Your Supervisor is required to complete a form asking them to confirm their support of your application. They will be asked to state to what degree they are familiar with your general standard of work. We can only complete our assessment when we have their form and your own application.

Supervisor’s Name: _____

Supervisor’s Email: _____

DECLARATION

Declaration (please enter your name below). The information in this application is an honest and true record as far as I know.

PAYMENT

To be paid via PayPal:

- Advanced Accredited GSRD Therapist (**£ 85.00**)
- Reaccreditation (**£ 75.00**) – Select Level of Accreditation:
- Transition – Standard to Advanced Accredited GSRD Therapist (**£ 85.00**)
- Resubmission of a returned application (**£ 50.00**)

TOTAL:

Please save and return this form to: accreditation@pinktherapy.com

Please remember to send your supervisor their form “Supervisors Report” to complete.