



**Pink Therapy**  
BCM 5159, London WC1N 3XX  
PH: +44 7971 205323

## PINK THERAPY MENTORING SCHEME

### FOR TRAINEE COUNSELLORS/THERAPISTS

#### **Purpose**

Do you identify as lesbian, gay, bi, trans, queer, genderqueer, pansexual, non-binary, asexual, intersex, ethically non-monogamous, kinky, or with some other alternative gender or sexual minority? Are you a supervisor, therapist or a trainee?

We are running a mentor scheme for trainees who identify as LGBTQIA, kink-orientated or ethically non-monogamous (or other sexual or gender minority). To find out more about what mentoring is and isn't, please click here to download a document on ['What is mentoring?'](#) that has been kindly provided by the Black and Asian Therapist Network.

#### **Aim**

Our aim is to provide help and support to LGBTQIA, kink-orientated (K) and ethically non-monogamous (ENM) students who are still in counselling or psychotherapy training or on their way to qualification, by way of offering a mentor service. The service is free to participate in and any person who has any of the above minorities and who is a qualified counsellor can become a mentor.

At Pink Therapy, we understand the challenges presented to LGBTQIA/K/ENM people who are training to become therapists, and we know how frustrating it can become when it seems there is little or no support for issues that are important to you. Issues arising from training courses can be highly emotive to our ethical, spiritual or personal belief and value systems and as LGBTQIA/K/ENM people we understand these issues can be overlooked. This can happen for a number of reasons;

- ▶ Fear of the unknown
- ▶ Unsure of how to process the information displayed or disclosed
- ▶ Preconceived stereotypes regarding LGBTQIA/K/ENM people generally

#### **Programme outline**

You can join or leave the programme at any point during the year, and mentoring is offered throughout the course of your training (and into being a newly-qualified practitioner).

#### **Matches**

We facilitate trainees by pairing them with an experienced therapist. We try to match the identity that is most relevant to you at the time (if you are a lesbian trans woman who happens to be poly and wants to talk about the polyness, we will match you to someone who can talk about that; they may not necessarily be lesbian or trans). We also try and match by your training modality - if it's important to you to be matched with another psychodynamic counsellor, for example, we will do that. If it's not possible, you'll be offered the best configurations we have and you can choose.



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We will ask you to tell us other areas that are important to you, so we can look to offer you the best possible match. Once we have your details, we will access our database of mentors in your area and be able to match the closest mentor to your profile.

**Your Name:** \_\_\_\_\_  
First Middle Last

**Email:** \_\_\_\_\_

**What area of LGBTQ+ you identify with and what you would like support with?**

**Short (2-3 exchanges) or long term (3+) support:**

- Short term
- Long term
- Not sure

**Modality**

**Would you like someone in the same modality as you?**

- Yes
- No
- I have no preference

**Town/City you're studying in** (so that we do not out you to a tutor, or a tutor to you)

**Are you also looking for a LGBTQ+ supervisor?**

- Yes
- No

Please save and return this form to: [training@pinktherapy.org](mailto:training@pinktherapy.org)