



## PINK THERAPY MENTORING SCHEME

### MENTOR APPLICATION

#### **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). As a mentor you would be responsible for providing support to a trainee going through the training programme. 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**

Trainees can join or leave the programme at any point during the year, and mentoring is offered throughout the course of their 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 them at the time (if they are a lesbian trans woman who happens to be poly and wants to talk about the polyness, we will match them to someone who can talk about that; they may not necessarily be lesbian or trans). We also try and match by their training modality - if it's important to them to be matched with another psychodynamic counsellor, for example, we will do that. If it's not possible, they'll be offered the best configurations we have and they can choose.



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

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

**Your Website URL:** \_\_\_\_\_

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

**Please provide a brief statement about your LGBTQ+ identity.**

**Modality**

**Professional Bodies (different bodies have different ethical codes, so this may be relevant).**

**Are you offering formal supervision?**

- Supervision only
- Mentoring only
- Supervision and mentoring

**Are you offering short (2-3 exchanges) or long term (3+ exchanges) mentoring?**

- Short term
- Long term
- No preference



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**Geographical location** (if you are offering supervision or happy to meet trainees face to face)

**Do you teach on a training course and if so, where? We do not want to out students to tutors or vice versa?**

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