



**British Lesbian, Gay, and Bisexual Psychologies:  
Theory, Research, and Practice (Monographs from  
the Journal of Gay & Lesbian Psychotherapy  
(Paperback))**

*Jack Drescher, Elizabeth Peel, Victoria Clarke*

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Gain insight into crucial British mental health approaches for LGB individuals

There is very little collaborative literature between LGB-affirmative psychologists and psychotherapists in the United States and the United Kingdom. *British Lesbian, Gay, and Bisexual Psychologies: Theory, Research, and Practice* may well be a crucial beginning step in building dialogue between these two countries on important LGB psychotherapy developments. Leading authorities comprehensively examine the latest studies and effective therapies for LGB individuals in the United Kingdom. Practitioners will discover an extensive survey of the most current developments to supplement their own work, while educators and students will find diverse expert perspectives on which to consider and broaden their own viewpoints. This unique book offers an informative introduction to British psychosocial perspectives on theory, research, and practice.

*British Lesbian, Gay, and Bisexual Psychologies* provides a critical exploration of the recent history of LGB psychology and psychotherapy in the United Kingdom, focusing on key publications and outlining the current terrain. Other chapters are organized into two thematic sections. The first section explores theoretical frameworks in United Kingdom therapeutic practice, while the second section examines sexual minority identities and their needs for support and community.

Topics in *British Lesbian, Gay, and Bisexual Psychologies* include:

- similarities and differences between LGBT psychology and psychotherapy in the United States and United Kingdom
- gay affirmative therapy (GAT) as a positive framework
- existential-phenomenological approach to psychotherapy
- core issues in the anxiety about whether or not to “come out”
- object relations theory
- exploring homo-negativity in the therapeutic process
- aspects of psychotherapy that lesbians and gay men find helpful
- research into how the mainstreaming of lesbian and gay culture has affected the lives of LGB individuals
- a study into LGB youth issues
- difficulties of gay men with learning disabilities—with suggestions on how to offer the best psychological service
- a study on gay athletes’ experiences of coming out in a heterosexist world

*British Lesbian, Gay, and Bisexual Psychologies* takes a needed step toward sharing valuable psychosocial perspectives between countries. This useful, enlightening text is perfect for educators, students, psychologists, psychotherapists, and counselors working in the field of sexuality.

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