

THERAPISTS AS ALLIES

A quick checklist for **Queer Affirmative Practice**



WALKING THE WALK

- ☐ Do I clearly communicate my queer affirmative stance to my clients?
- ☐ Does my intake process have open ended questions that allow my clients to mention their preferred name and pronouns?
- ☐ Am I using neutral, affirmative language (such as partner, top surgery etc.), especially in regional languages?
- ☐ Am I centering the unique lived experiences of my clients in my practice?
- ☐ Am I checking in with my clients about the pace of therapeutic work?

LOOKING IN THE MIRROR

- ☐ Am I recognising unique contextual challenges for my clients and adapting therapeutic work accordingly?
- ☐ Am I learning to recognise my own journey and call out my privilege as a therapist?
- ☐ Am I relying solely on my clients' emotional labour to educate myself on queer lives?
- ☐ Am I educating myself through multiple sources while still being curious about my client's unique experiences?
- ☐ Am I working through my own internalised prejudices and possible discomfort around having certain conversations with my clients?

BUILDING COMMUNITIES

- ☐ Am I building a queer affirmative resource bank (leads for support groups, health professionals, legal aid, literature, etc.) for my clients?
- ☐ Do I have access to other affirmative practitioners to support my work?
- ☐ Am I building and verifying authentic and affirmative information for my clients to be shared as and when necessary?
- ☐ Am I checking for other affirmative and supportive spaces in the client's life?
- ☐ Does my work involve inviting my clients' chosen caregivers and families into the therapeutic space when needed?