

## Activity 4.7: ICTA findings on what makes good and bad therapy – PDF format

### Task:

For this activity you are asked to sort the statements to determine whether they are a positive experience of therapy or a negative experience of therapy.

For each of the following, decide whether an ICTA participant characterised it as a positive or negative experience of therapy:

1. Over focus on transness. Relating unrelated things to gender identity – ‘trans broken arm’ and relating gender identity to unrelated things.
2. Counsellor shows transphobic sympathies or expresses transphobic assumptions about trans people/identities.
3. Expression of gender questioning is glossed over, not explored (avoided) or shut down.
4. Trans aware/trans knowledgeable, insider understandings (trans therapist) – by implication not having transphobic/cissexist/heteronormative/transnormative assumptions.
5. Good therapy relationship.
6. Accepting of trans identities, trans affirmative stance, actively rejects conversion therapy.
7. Not inappropriately focused on transness.
8. Lack of knowledge (being unaware) but also lack of knowledge being associated with therapist expressing transphobic/cissexist/heteronormative/transnormative assumptions.
9. Sense of lack of connection and lack of safety.
10. Facilitates exploration of gender identity including any doubts, does not dismiss/deny trans identity.
11. Being asked for pronouns/chosen name.
12. Being persistently misgendered/deadnamed.

## Answer:

Positive experiences of therapy involve:

1. Being asked for pronouns/chosen name.
2. Accepting of trans identities, trans affirmative stance, actively rejects conversion therapy.
3. Facilitates exploration of gender identity including any doubts, does not dismiss/deny trans identity.
4. Good therapy relationship.
5. Not inappropriately focused on transness.
6. Trans aware/trans knowledgeable, insider understandings (trans therapist) – by implication not having transphobic/cissexist/heteronormative/transnormative assumptions.

Negative experiences of therapy involve:

1. Being persistently misgendered/deadnamed.
2. Counsellor shows transphobic sympathies or expresses transphobic assumptions about trans people/identities.
3. Expression of gender questioning is glossed over, not explored (avoided) or shut down.
4. Sense of lack of connection and lack of safety.
5. Over focus on transness. Relating unrelated things to gender identity – 'trans broken arm' and relating gender identity to unrelated things.
6. Lack of knowledge (being unaware) but also lack of knowledge being associated with therapist expressing transphobic/cissexist/heteronormative/transnormative assumptions.