

UNDERSTANDING THE LGBTQIA+ COMMUNITIES





Hello!!!

Welcome!

My name is Sam, and as a therapist specialising in religious trauma and the LGBTQIA+ community, I've created this resource to help you broaden your understanding and knowledge of the unique communities that come under the LGBTQIA+ community.

I'm grateful for the important work you do, and I hope this information is valuable to your practice.

With warmth and support

Sam x



PURPOSE

This document is designed to help you, as a practitioner, gain a deeper understanding of the diversity, difference, and uniqueness within the LGBTQIA+ community.

It's easy to overlook the incredible variety of experiences, identities, and communities that exist beyond the familiar labels of sexual orientation and gender identity. By exploring the different communities within the LGBTQIA+ spectrum, including those represented by the "+," you'll develop a more nuanced perspective, allowing you to provide more inclusive, affirming, and effective support.

As you read through this document, you'll discover the importance of seeing each individual as more than just their label.

This resource is here to help you navigate that complexity with greater understanding, compassion, and respect.



While this document provides valuable insights into the diversity of the LGBTQIA+ community, it's essential to remember that this information serves as a guide and foundation, not a complete picture of any individual's experience.

Every person's identity is deeply personal, and how they understand and express it will be unique to them. As practitioners, it's crucial to continuously check in with your clients, exploring how their identity presents and feels for them personally.

Use this knowledge as a starting point, but always remain open to the nuances and complexities that come with each client's journey. By creating space for open dialogue and actively listening to their individual experiences, you'll be better equipped to offer the support that truly meets their needs.

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SEXUALITY SPECTRUM

The concept of the spectrum of sexual orientation recognises that sexual orientation exists on a continuum rather than being limited to rigid categories.

It acknowledges that individuals can experience various levels of attraction and may not fit neatly into traditional labels such as heterosexual, homosexual, or bisexual.

The spectrum of sexual orientation encompasses a wide range of identities, including but not limited to:

Heterosexuality: Attraction primarily to individuals of the opposite gender.

Homosexuality: Attraction primarily to individuals of the same gender.

Bisexuality: Attraction to individuals of both the same and opposite genders.

Pansexuality: Attraction to individuals regardless of their gender identity.

Asexuality: A lack of sexual attraction or interest in sexual activity.

Graysexuality: Experiencing limited or infrequent sexual attraction.



UNDERSTANDING PRONOUNS

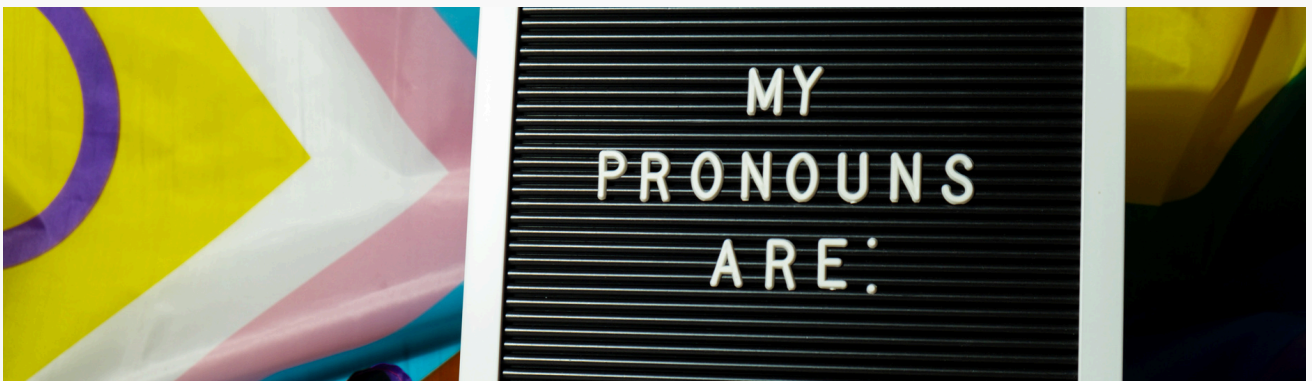
It is important to confirm with your client how they identify and what pronouns they use.

You can't always know what someone's pronouns are by looking at them. Pronouns are integral to who we are. Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity.

It is a privilege to not have to worry about which pronouns someone is going to use for you based on how they perceive your gender. If you have this privilege, yet fail to respect someone else's gender identity, it is not only disrespectful and hurtful, but also oppressive.

When someone is referred to with the wrong pronoun, it can make them feel disrespected, invalidated, dismissed, alienated, or dysphoric (often all of the above).

Inclusive language usage for LGBTQ+ youth and adults drastically decrease experiences of depression, social anxiety, suicidal ideation, and other negative mental health factors.



Broad Pride Flags

There are different community base broad stroke flags. Following is also a description regarding these umbrella flags.

GILBERT BAKER PRIDE FLAG

The original Pride Flag was created in 1978 after activist Harvey Milk asked artist Gilbert Baker to design a symbol of gay pride. Each colour represents a different part of the LGBTQ+ community.

- Hot pink = Sex
- Red = Life
- Orange = Healing
- Yellow = Sunlight
- Green = Nature
- Turquoise = Magic/Art
- Indigo = Serenity
- Violet = Spirit



TRADITIONAL PRIDE FLAG

After the assassination of Harvey Milk, the rainbow flag was in high demand. Due to manufacturing issues, the hot pink stripe was removed. The turquoise stripe was removed from the flag as a design choice from Baker.

The six colour pride flag has represented the community for over 40 years and is still one of the most common LGBTQ+ flags.

Broad Pride Flags

There are different community base broad stroke flags. Following is also a description regarding these umbrella flags.

PHILADELPHIA PRIDE FLAG

The Philadelphia Pride Flag was unveiled at the city's pride event in 2017. The Philadelphia City Council commissioned the creation of this flag as they wanted to incorporate queer communities of colour that have often been overlooked in the mainstream LGBTQ+ movement. The addition of the black and brown stripes symbolises communities of colour and their contribution to the movement.



PROGRESS PRIDE FLAG

The Progress Pride Flag evolved from the Philadelphia Pride Flag and was created by Daniel Quasar. Quasar added a white, pink, and light blue stripe to represent the Trans community. While the black and brown stripes still represented communities of colour, the black stripe is also a nod to the thousands of individuals that the community lost during the HIV/AIDS crisis in 1980s and 1990s. Since its creation, the flag has become very popular.

Broad Pride Flags

There are different community base broad stroke flags. Following is also a description regarding these umbrella flags.

INTERSEX-INCLUSIVE PRIDE FLAG

The Intersex-Inclusive Progress Pride Flag adds the intersex community to the Progress Pride Flag.

With this update coming in 2021, this serves as the most up-to-date LGBTQIA+ flag.

The flag was created by Valentino Vecchietti of Intersex Equality Rights UK.

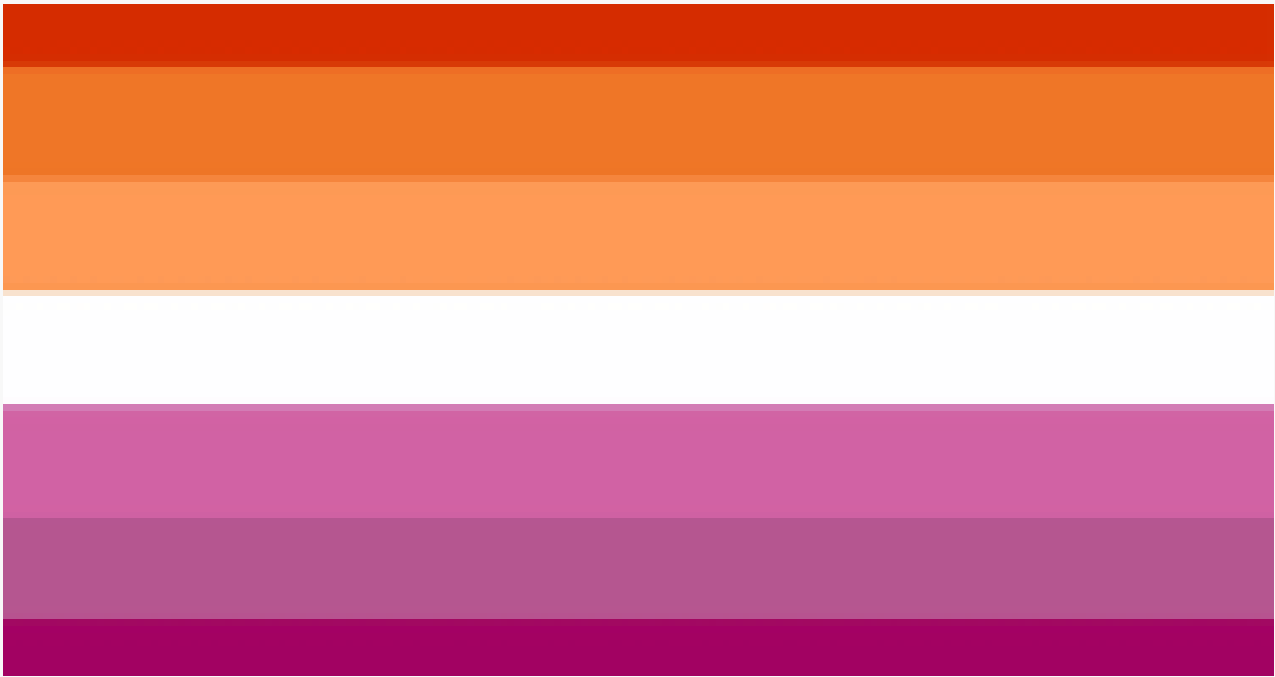


QUEER PRIDE FLAG

While this flag is not as well known, this is the Queer Pride Flag. Created in 2015, the flag represents all aspects of queerness as the label 'queer' has become more celebrated.

The pink and blue shades represented same-gender attraction while the orange and green stripes stand for non-binary and gender non-confirming individuals. The black and white stripes symbolise asexual, aromantic, and the agender community.





L = LESBIAN

Describes identifying females who are attracted to other identifying females. This may be in a romantic, emotional, physical and/or sexual way.

Lesbian flag - A new lesbian flag with seven horizontal stripes was introduced on social media in 2018.

Dark orange stripe = gender non-conformity

Orange stripe = independence

Light orange stripe = community

White stripe = unique relationships to womanhood

Pink stripe = serenity and peace

Dusty pink stripe = love and sex

Dark rose stripe = femininity

Alternate Lesbian Flags

LIPSTICK LESBIAN FLAG

The Lipstick Lesbian Flag is a deep pink colour with a lighter purple-pink lipstick mark in the centre. It represents femininity, romantic love, and attraction between women of the same gender.

The flag was designed by Natalie McCray in 2010 to represent more femme-presenting lesbians.



BUTCH LESBIAN FLAG

Butch Lesbian Flag created in 2016 by Tumblr user dorian-rutherford.

The flag is meant to represent lesbians who don't identify with the other lesbian flag.

While the colours symbolism remains unknown, people believe the blue represents masculinity, the white represents people across the gender spectrum, and the purple represents lesbians and those who identify as women.



G = GAY

Gay has two meanings. It is used as an umbrella term referring to those who are attracted to the same gender. The term can also refer to male identifying people who are attracted to other male identifying people.

The above flag is the updated version of the gay flag. Also known as the Trans-Inclusive Gay Men's Pride Flag this is the second version of the Gay Men's Pride Flag.

The original only had green, blue and white. This version has different shades of green and blue to include non-cisgender gay men.

Alternate Gay Flag

Twink is gay slang for a man who is usually (but not always) in his late teens to twenties whose traits may include a slim to average physique, a youthful appearance, little or no body hair, and flamboyancy.

TWINK FLAG

The Twink flag features a pink top and yellow bottom and two Mars signs intertwine representing gay men. The origin of the flag is unknown.

The interwoven pair of Mars symbols on the middle white stripe is widely used to signify homosexual males.

These colours were adopted for their “soft” look, with pink representing femininity and yellow representing independence.





B = BISEXUAL

Originally this was defined as someone who is attracted to males and females. It now has evolved to people who have relationships/attractions to more than one gender, to be inclusive of non-binary and gender non-conforming individuals.

The Bisexual Flag was created in 1998 by Michael Page to bring awareness of the bisexual community.

Pink Stripe = attraction to the same gender
Blue Stripe = attraction to the opposite gender
Purple Stripe = attraction to two genders.



T = TRANSGENDER

Someone whose gender identity is different their assigned sex/gender at birth. They may describe themselves as transman, transwomen, or non-binary.

A transgender identity is not dependent upon physical appearance or medical procedures. Some transgender people are prescribed hormones by their doctors to bring their bodies into alignment with their gender identity. Some undergo surgery. However, a lack of medical intervention doesn't invalidate somebody's trans identity.

The Transgender Pride Flag debuted at Phoenix Pride in 2000 and was created as a symbol of both the diversity of the trans community and the rights that trans individuals are fighting for today.

Blue stripes = the 'traditional boy' colours

Pink stripes = the 'traditional girl' colours

White stripes = those who are intersex, transitioning, or have an undefined gender.



Q = QUEER

An umbrella term for people who identify as sexually or gender diverse.

This umbrella term includes people who have non-binary, gender-fluid, or gender nonconforming identities. Because 'queer' is a broad word and can mean different things for different people and isn't a universally accepted term by some LGBTQIA+ people, it is important to explore its meaning with someone before using it.

While the word has been reclaimed by a new generation of LGBTQIA+ individuals the word originally meant 'strange' or 'peculiar' and became an slur against non-heterosexual people in the late 19th century.

It is important to only use this term with clients, if they use it themselves, for some this word can be activating if it has been used as a slur or a weapon.

Alternate Queer Flag

QUEER PERSON OF COLOUR FLAG

The Queer People of Colour (QPOC) Flag appeared at San Francisco Pride in 2019 but rose to prominence in 2020 during the Black Lives Matter Protests.

While the designer and original year are unknown, the flag signifies how the struggle for racial equality and queer equality often intersects.

It also honours the number of QPOC that have spent their lives fighting for both queer and racial equity.





Q = QUESTIONING

Someone who is exploring their sexual or gender identity.

They are part of the community, even if they aren't sure what to define themselves as just yet. Being curious about gender or sexuality outside of societal expectations is a valid exploration. It should not be rushed or pushed in either direction to make a decision or self-define with a label.

This is the most widely accepted version of the flag. The colours aren't defined and the white question mark over it represents questioning pride.



I = INTERSEX

A person who is born with chromosomes, reproductive organs or genitals that don't fit the narrow medical or social expectations for what it means to have a male or female body.

Intersex people do not share any identity, they are a very diverse population. Intersex people old enough to freely express an identity can be heterosexual or not, and cisgender (identify with sex assigned at birth) or not.

Not all intersex folks identify as being part of the LGBTQIA+ community.

The Intersex Pride Flag was developed in 2013 by the co-chair of Intersex Human Rights Australia, Morgan Carpenter.

There is no one way to be intersex as everyone's experience is unique. The creator chose yellow and purple as those are seen as gender neutral colours.



A = ASEXUAL

Sometimes shortened to “Ace”. An umbrella term to describe identities where someone doesn’t experience sexual attraction, experiences attraction rarely, or only experiences it under limited situations.

Asexual people might choose to engage in a variety of sexual activities, or only have sex under certain circumstances.

There’s no “right way” to be ace. Asexuality is about your relationship to sex and sexuality, and it can be fluid or static, just like any other gender or sexual experience.

The Asexual Pride Flag was created in 2010 following a contest by the Asexual Visibility and Education Network.

Black = asexuality

Grey = grey-asexuality & demi-sexuality

White = non-asexual partners and allies

Purple = community



WHAT
COMMUNITIES/
IDENTITIES ARE A
PART OF THE ‘+’?



PANSEXUAL

Describes the sexual, romantic or emotional attraction towards people regardless of their sex or gender identity.

Pansexual people are those who have the potential for emotional, romantic, or sexual attraction to people of any gender though not necessarily at the same time, in the same way or to the same degree.

The Pansexual Pride Flag was created around 2010 in order to bring awareness to the community.

Pink stripe = attraction to women

Blue stripe = attraction to men

Yellow stripe = everyone beyond the gender binary.

SISTERGIRL/BROTHERBOY

Terms used by some Aboriginal and Torres Strait Islander communities to describe trans people.

Brotherboy typically refers to masculine spirit people who may be assigned female at birth, Sistergirl typically refers to feminine spirit people who may be assigned male at birth. It is important to note that not all First Nations people who are transgender use these terms.

How the words Sistergirl and Brotherboy are used can differ between locations, countries and nations. These terms may not specifically define who someone is but might complement identity. Sistergirls and Brotherboys might be non-binary, female or male.

In broader Aboriginal and Torres Strait Islander communities, the terms 'Sistagirl' and 'Brothaboy' are used as terms of endearment, for women and men respectively, with no reference to gender diversity.

Below are the Transfeminine (sistergirl) & Transmasculine (brotherboy) Flags





TWO-SPIRIT

Identifying as Two-Spirit is a term and concept rooted in Indigenous cultures in North America, primarily among Native American, First Nations, and Indigenous peoples.

Two-Spirit is a term used to describe a person who embodies both masculine and feminine qualities, often encompassing a spiritual and gender identity outside the binary understanding of male and female.

Some Two-Spirit people may also be non-binary, trans, or queer, but none of these identities are synonymous with Two-Spirit.

Prior to colonisation, Two-Spirit people often held positions of great importance within our communities, sometimes as healers, spiritual leaders, or other revered roles.



AGENDER

Agender individuals are gender nonconforming in that they do not consider themselves to have a gender. They reject the societal gender binary, which is male and female, and do not align themselves with either gender.

People who identify as Agender may also identify as:

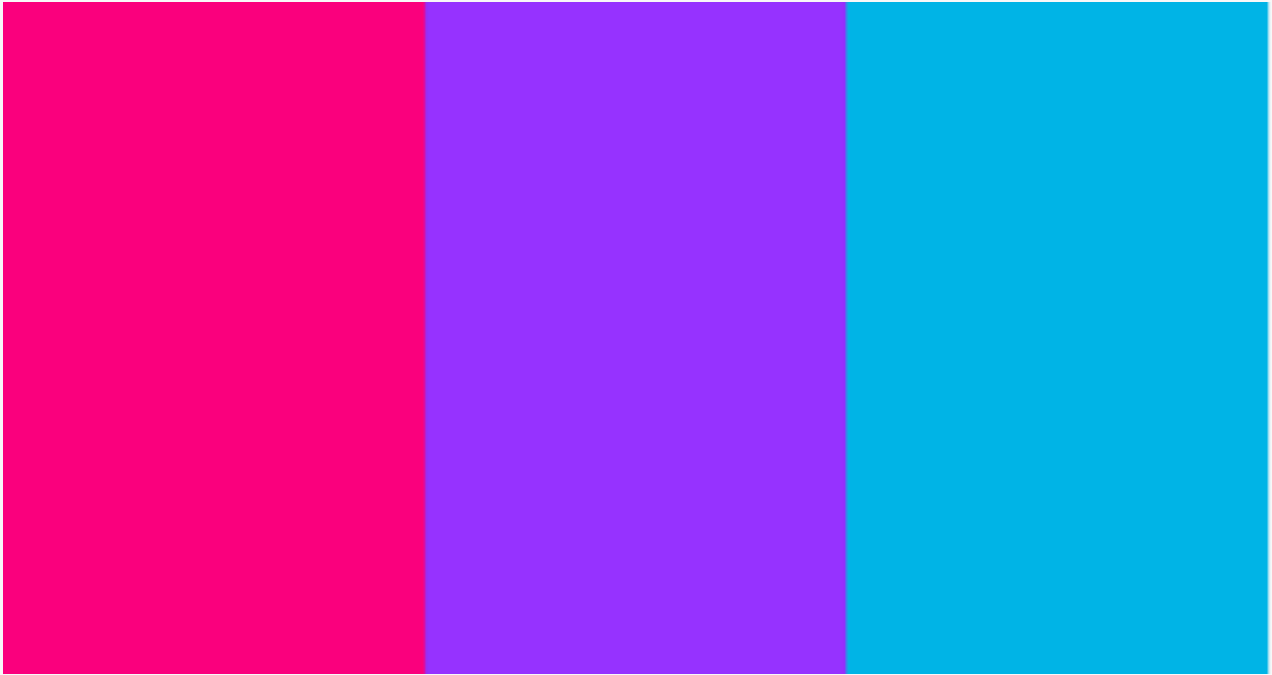
- gender-void
- gender-less
- gender-free
- gender-neutral
- neutrois

The Agender Pride Flag was created in 2014 to represent those who have an unidentifiable gender, are gender neutral, or have no gender.

The black and white stripes = the absence of gender

The gray stripes = semi-genderless people

The green stripe = non-binary people



ANDROGYNE

Androgyne is a gender identity. They consider themselves between gender binary of man and woman and would be classified as a gender non-conforming individual.

The word 'andro' – meaning man and 'gyne' – meaning women.
Androgyne can mean both, neither, or gender.

Androgyne flag – was designed in 2014; the colours are represented:

Pink = femininity and womanhood

Blue = masculinity and manhood

Purple = androgyny, which is a combination of the two colours



ANDROGYNOUS

Androgynous is the gender expression. Someone who identifies as Androgynous may have an outward expression that cannot be distinguished as feminine or masculine. It isn't indicative of a gender identity.

The above Androgynous flag was designed in 2019. This flag has no confirmed colour meanings. It uses purple, as it is a combination of blue (masculine) and pink (feminine) and is the most common colour associated with androgyny.

Androgynous alternate flag.
Note: there are a number of different androgynous flags depending on how an individual identifies.





AROMANTIC

Aromantic - often shortened to 'aro', describes people who do not experience romantic attraction, or experience little-to-no romantic attraction. Just like Asexual, this is a spectrum and is unique to the individual.

The Aromantic Flag in its current form was introduced in 2014.

Green = Aromanticism

White = the platonic stripe, representing the importance and validity of all non-romantic forms of love and relationships, including (but not limited to) aesthetic attractions, queer-platonic relationships and families, and friendships.

Grey plus black = the paired stripes represent the sexuality spectrum.



BIGENDER

Bigender individuals identify as more than one gender. They can experience identities simultaneously or may alternate between gender expression and they may not be experienced equally or in the same way. It is an alternative term and identity adjacent to genderfluid or genderqueer and sits under the umbrella of gender non-conforming.

The above flag is the original for bigender. The colours represent:

Blue = masculinity

Pink = femininity

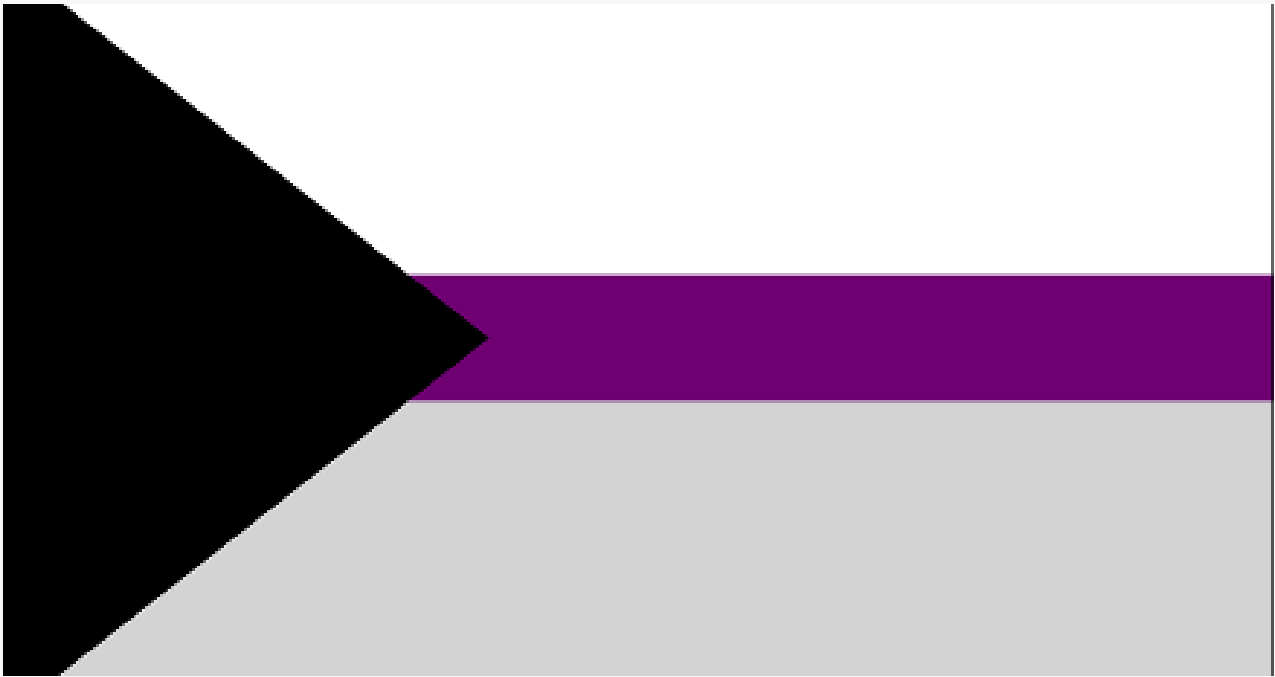
Purple = non-binary

White = gender neutral

Although widely used, the flag is controversial due to allegations of the creator being abusive and transphobic

Alternate flag with the yellow stripe likely representing non-binary genders.





DEMISEXUAL

A person who does not experience primary sexual attraction (defined as sexual attraction that is based on sight, smell, or other information instantly available upon meeting someone) but does experience secondary sexual attraction (attraction that develops over time based upon the relationship and connection with another person).

How much demisexual's need to know about another person and for how long they need to know about them before they may develop secondary sexual attraction varies from person to person.

It is unknown when the demisexual flag was created. Each colour has a different meaning:

Black = asexuality
Grey = demisexuality
White = sexuality
Purple = community.

DEMIGIRL & DEMIBOY

DEMIGIRL

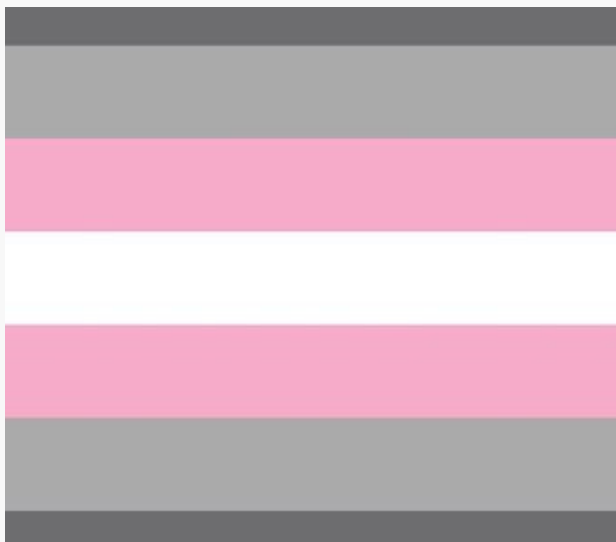
Demigirl is a person who identifies with aspects of femininity—regardless of their sex assigned at birth.

The flag was created in 2015, however has no confirmed colour meanings, though there are common assumptions.

Pink = womanhood or femininity

White = Non-Binary or Agender

Grey = the possibility of more genders rather than the two on the binary spectrum.



DEMIBOY

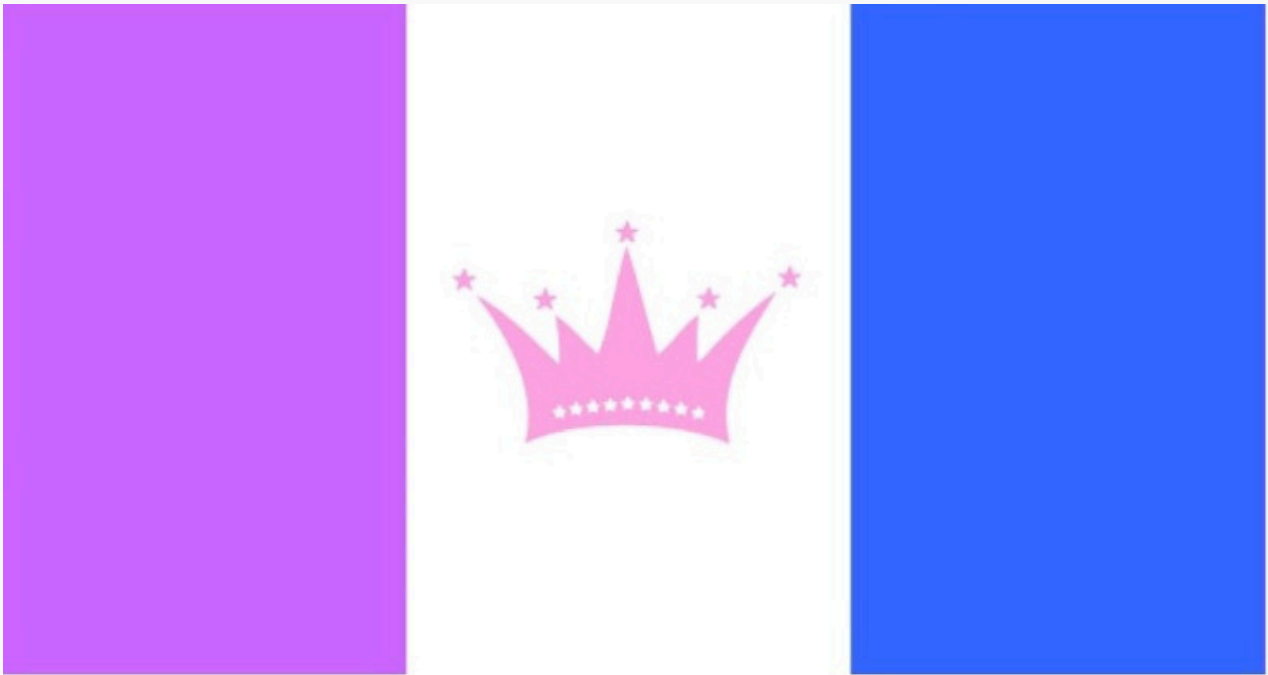
A person who identifies with aspects of masculinity—regardless of their sex assigned at birth.

The flag was created in 2015, however has no confirmed colour meanings, though there are common assumptions.

Pink = manhood or masculinity

White = Non-Binary or Agender

Grey = the possibility of more genders rather than the two on the binary spectrum.



DRAG

Drag is a gender-bending art where a person dresses in different types of clothing and makeup to exaggerate a gender identity, often of the opposite sex or gender. It is a form of gender expression and often (but not always) is for entertainment purposes.

Their persona will look different, but may also have a different name and ask to be referred to by different gender pronouns.

The Drag Pride Flag is a symbol for the Drag Community. Its colours and symbols represent different concepts:

- Purple: Passion for drag
- White: Blank slate for creating characters
- Blue: Self-expression and loyalty
- Crown: Leadership within the community
- Stars: The many forms of drag

DRAG KING & QUEEN

DRAG KING

Drag Kings have historically been mostly female performance artists who dress in masculine drag and personify male gender stereotypes.

Drag king performances are all about playing with masculine identities: politicising them, satirising them, and having fun with them.

These performers have been around for centuries.



DRAG QUEEN

A drag queen is a person who uses drag clothing and makeup to imitate and often exaggerate female gender signifiers. The person doing drag can be of any gender identity.

People partake in the activity of doing drag for reasons ranging from self-expression to mainstream performance.

Drag shows frequently include lip-syncing, live singing, and dancing.





GENDERFLUID

Gender-fluid is a term used to describe people whose gender identity changes over time. A genderfluid person experiences a flexible and evolving gender identity, which can shift between male, female, bigender, agender, or other non-binary identities.

When their gender identity changes, they might or not change their gender expression, name, and pronouns. Some gender-fluid people see the changes in their identities as internal and might not want to show it outwardly.

The Genderfluid Pride Flag was developed in 2013. Each colour represents a different aspect of the Genderfluid community:

pink = femininity
blue = masculinity
white = the lack of gender
black = all genders
purple = combination of masculinity and femininity.



GENDER NEUTRAL

Gender neutral describes people of any gender. Instead of undergoing frequent change, gender-neutral people have gender identities that are not concretely defined or are neutral.

The above flag is referenced as Neutrois Flag.

The neutrois flag represents those who identify as gender neutral. While some may use neutrois and agender interchangeably, they are not the same thing. People who identify as neutrois feel that their gender is neutral, while those who identify as agender do not identify with any gender.

White = neutrality

Green = something outside pink and blue

Black = genderlessness.



GENDER NON-CONFORMING

Gender nonconforming is a broad umbrella term for anyone who differs from societal expectations of gender.

Their gender identity and/or gender expression expands beyond, actively resists, and/or does not conform to the current cultural or social expectations of gender, particularly in relation to male or female.

Gender non-conforming flag has two lavender margins at the top and bottom. Enclosed within the two borders are lavender exteriors representing the blurring of conventional gender roles.

Pink and blue fields (transgender flag colours). While white represents freedom of gender expression



GENDERQUEER

The term genderqueer was first used in 1995. It is an umbrella term for gender non-conformity and includes all gender identities that differ from the gender binary.

It can be used to describe binary cisgender and transgender people within the LGBTQIA+ community who feel that they have a queer or non-normative experience with their gender.

Marilyn Roxie, an advocate, and genderqueer writer, designed the genderqueer pride flag in 2011. The flag has three colours and three stripes:

Lavender = created from a mix of pink and blue, which have traditionally stood for men and women, expresses queer identities and androgyny.

White = Gender neutral or agender identities.

Green = identities that aren't in the gender binary as well as the third gender.



GREYSEXUAL

Greysexual (also spelt Graysexuality) is a term used to describe individuals who experience limited or infrequent sexual attraction or a diminished interest in sexual activity.

It falls within the spectrum of sexual orientation and is considered a part of asexuality. People who identify as graysexual may experience sexual attraction but to a lesser extent or under specific circumstances.

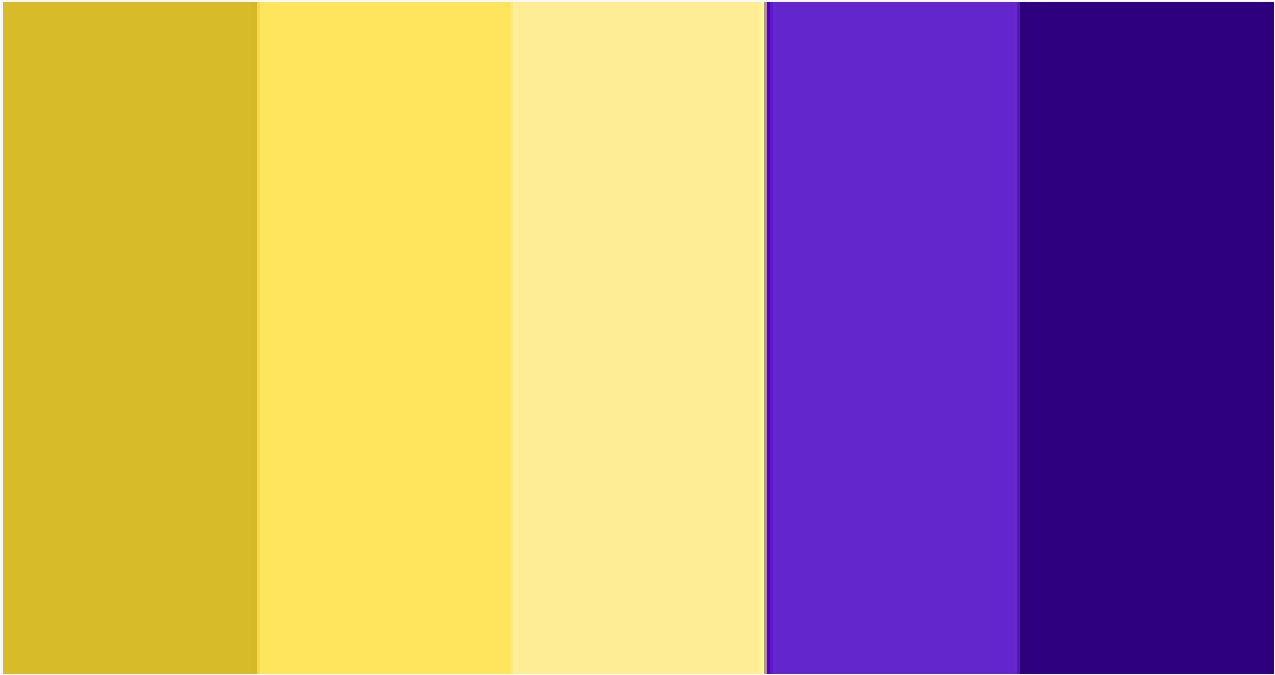
The greysexual flag is black, grey, white, and purple.

Purple bar = asexuality

Grey bar = the area of grey sexuality within the community

White bar = allosexuality (any kind of sexual attraction for another person) from the asexual flag.

The flag is also used by those who identify as grey-asexual.



INDIGENDER

Indigender is an exclusive gender umbrella term specific to people of indigenous cultures with culture-specific genders.

Generally, indigender people are considered under the third gender, non-binary and transgender umbrellas but may or may not identify as transgender or non-binary specifically.

The flag has an unknown creation date and creator, the colours are known to represent:

Bluish-purple = the culture that is closest to one's gender

Yellow = one's actual gender that is adjacent to it.



NON-BINARY

Non-binary is used to describe people who feel their gender cannot be defined within the margins of gender binary. Instead, they understand their gender in a way that goes beyond simply identifying as either a man or woman.

Some non-binary people may feel comfortable within trans communities and find this is a safe space to be with others who don't identify as cis, but this isn't always the case.

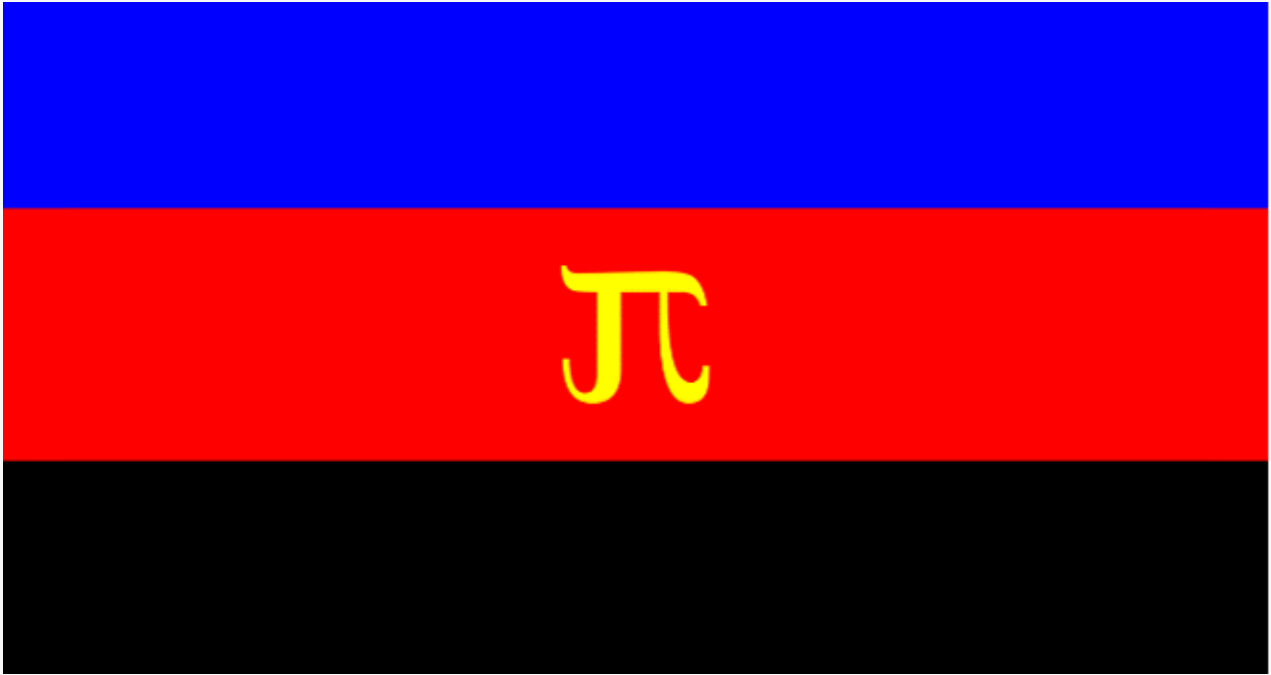
The flag was created in 2014, the colour representation is known to be:

Yellow = gender outside a binary

White = those with many or all genders

Purple = those who feel both binary male and female or fluid between them

Black = the agender community



POLYAMORY

A polyamorous relationship is one in which one or more of the participants are involved romantically or sexually with more than one individual at a time.

Each person involved in the relationship consents to the situation and is aware of the non-monogamous nature. For some people it is an identity, and for others it's just a way for them to define their relationship structure.

Being polyamorous is not specific to LGBTQIA+ people; however, it is a common intersection and worth noting.

The Polyamory Flag was created in 1995 and each part represents a different part of the community:

Blue = openness and honesty of everyone involved

Red = love and passion

Black = solidarity with those who must hide their polyamorous relationships.

The Pi sign in the middle = the infinite options of partners available



POLYSEXUAL

Polysexual (intersection between the LGBTQIA+ and the polyamorous community) - person is sexually and/or romantically attracted to multiple genders. Sometimes, polysexuality is likened to other multi-sexual identities. However, a polysexual may not necessarily be attracted to all genders but may be attracted to many genders.

The Polysexual Pride Flag has pink, green, and blue stripes.

Pink = an attraction to women

Green = an attraction to non-binary people

Blue = an attraction to men.

The polysexual flag was created in 2012, after noting that polysexuals did not have a flag to represent them. The flag is similar to pansexual and bisexual flags since all these identities are under the multi-sexual umbrella.

THAT'S ALL

As you conclude this exploration of the diversity within the LGBTQIA+ community, it's important to carry forward the understanding that no two journeys are the same.

Each identity and experience you encounter in your practice will be shaped by a unique set of factors, from cultural background to personal history, to how your client navigates the world. This document offers a foundation to help you better understand the complexities within the community, but your most powerful tool remains your curiosity and openness to truly hear your clients' stories.

It's vital to approach each conversation with empathy, humility, and a willingness to let your client guide you through their own experience. While having a framework for understanding different identities is important, it is just as crucial to acknowledge the individual nature of each person's expression of who they are. By regularly checking in with your clients about how they perceive and feel their identity, you create a safe, affirming space that honours their unique journey.

Thank you for committing to this important work. Your openness and dedication to learning about the diversity within the LGBTQIA+ community will undoubtedly help foster greater understanding, healing, and support for your clients.

Continue to seek out knowledge, remain flexible in your approach, and most importantly, always centre the lived experiences of those you work with.

Sam x



NEED FURTHER SUPPORT?

If you find that you need further support in your journey to providing the best care for your clients, I'm here to help.

I offer clinical supervision, both individual and group, designed to provide you with additional guidance, reflection, and professional growth. Whether you prefer one-on-one sessions to delve into specific cases or the collaborative environment of group supervision to share insights and learn from peers, these opportunities are tailored to enhance your skills and support your ongoing development.

Don't hesitate to reach out if you feel you could benefit from this extra layer of support as you continue to make a meaningful impact in your clients' lives.

QUESTIONS?

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