

Sexuality: Since Freud issues of sex and sexuality have been central to psychoanalysis and psychotherapy. However, until quite recently, psychologists had pretty rigid ideas about what was “healthy,” “right” and “okay” with regard to sexual practice, orientation, and identity. It is only within the last twenty-years or so that other expressions of sexuality have been seen to be normal variants of human experience, and even more recently, have clinicians focused on how to work helpfully with individuals who lie outside ‘mainstream heterosexuality.’ One wonders, even, if there is such thing as ‘mainstream heterosexuality’ and for that reason, I see individuals from all areas of the sexuality spectrum.

I believe that sex and sexuality are still pretty central to human experience. I feel so strongly about this that I have made it my business to study and work at the cutting edge of gender studies and psychoanalysis. This is something that I work in both academically, and clinically.

As a therapist, it has been especially important for me to work out, both theoretically and clinically, where sexuality and gender function within the psyche. For individuals whose sexuality falls outside the mainstream, there are some psychological consequences, and I am particularly set up to deal with these. While I don’t hold that sexuality sits at the center of all psychic experience, I still think it has an important role to play.

Whether you consider your sexuality an orientation (homosexual, bisexual, heterosexual, etc.), an identity (straight, gay, lesbian, queer), or a gendered position (transgendered or transsexual), I believe that the consultation room should be a value-free place where such issues can be explored and worked through. While I have developed some ideas about such issues, it is my firm belief that YOU will know a lot more about your sexuality than I will; I’m simply in a position to help you work through it.