

# Exploring Gay Male Identity

## A Reflexive Conversation with Three Counselors

What are the milestones that a gay person goes through to arrive at a stable identity as a gay person? How important is a gay person's identity development processes for psychotherapeutic health? What developmental tasks need to be negotiated to arrive at a mature identity? Is gay identity development really any different from the identity development trajectories of other minorities?

The theories are many and life is even more complex. Come and spend a day with our three Conversers (*Juliana Toh, Anthony Yeo and Clarence Singam*) to explore gay identity in a reflexive conversation with each other and with you.

Oogachaga Counseling and Support ([www.oogachaga.com](http://www.oogachaga.com)) is pleased to organize the first in a series of semi-annual workshops for **Counselors, Psychotherapists and Social Workers** who encounter gay clients.



**Date :** Saturday 15 October 2005

**Time :** 8.45am – 5.30pm (lunch provided)

**Venue :** Bianco, 21 Tanjong Pagar Road, #04-00  
(Across the road from Maxwell Market)

### Cost

\$120 including lunch and materials

As the number of participants is limited to 30 please register early by completing the attached form with a cheque drawn in favor of "Oogachaga" and returning it to:

Oogachaga  
863 Yishun Ave 4 #11-79 Singapore 760863

For enquiries please contact [yang@oogachaga.com](mailto:yang@oogachaga.com)

## Program

0900-1015 :  
**Exploring Expectations**  
- Exploring your role and expectations at this workshop and as a therapist to gay clients

1015-1030 : **Coffee Break**

1030-1145 :  
**Exploring Gay Identity Models**  
- The theory and research to date including the stage and non-linear models of gay identity development.

1145-1300 : **Lunch + Talk**  
by Professor George Bishop  
- Identity Development and HIV Prevention

1300-1330 :  
**Video presentation** of a client session

1330-1445 :  
**A Reflexive Conversation**  
- Our Conversers and the participants for the day will carry out a reflexive conversation with each other on the video exploring issues that arose and methodologies employed. The conversation will cover issues raised in the client's session and the challenges faced by therapists and counselors working with gay clients.

1445-1500 :  
**A Reflection**  
- Our two Reflectors who have been observing the conversation will share their observations of the session to complete the reflexive loop.

1500-1515 : **Tea Break**

1515-1645 :  
**Practical Skills**  
- What skills are needed when encountering the gay client? How does the thinking translate to the doing? What do we need to watch out for?

1645-1715  
**Conclusion**  
- Feedback and future needs.



## Our Conversers

**Juliana Toh** is Clinical Director with Counseling and Care Centre ([www.counsel.org.sg](http://www.counsel.org.sg)). Her specialization to date has been in systemic therapy with families and children. During her sabbatical in 2004 Juliana spent three months in the United States to learn more about working with gay and lesbian clients.

**Anthony Yeo** is Consultant Therapist with Counseling and Care Centre. Apart from being a highly sought after therapist, he lectures and writes. Anthony has written numerous inspirational and counseling books.

**Clarence Singam** is a counseling psychologist with Oogachaga ([www.oogachaga.com](http://www.oogachaga.com)). Oogachaga specializes in working with gay and lesbian clients through individual counseling, support group programs and workshops with the gay and lesbian community.

## Our Reflectors

We have invited two practising therapists to act as Reflectors. They will observe the conversation over the video and provide feedback and observation at the end of the video conversation session to inject a greater degree of reflexivity into the process.

## Lunch Time Speaker

**Professor George Bishop** is Head of the Psychology Department at the National University of Singapore. Since receiving his Ph.D. from Yale in 1976, Professor Bishop has engaged in research on psychosocial aspects of physical health and has taught health and social psychology. His current work focuses on stress as well as psychological and social aspects of heart disease and HIV/AIDS. He has published over 50 journal articles and book chapters in psychology.

## REGISTRATION FORM

Please register me for the upcoming workshop, "Exploring Gay Male Identity – A Reflexive Conversation with Three Counselors" on 15 October 2005. (Please feel free to make photocopies of this form).

Name:

Organization:

Address:

Email:

Tel:

Please return this form together with a cheque for \$120 made payable to "Oogachaga" to:

Oogachaga  
863 Yishun Ave 4  
#11-79  
Singapore 760863

Amounts paid are non-refundable.  
Please note also that the workshop is open only to Counselors, Psychotherapists and Social Workers.

\* please cut along dotted line