



THE ALTERNATIVE
THERAPIST

The Alternative Therapist – Professional Boundaries Statement

Introduction

In smaller communities, such as LGBTQIA+, gaming, and kink, there is a heightened possibility of dual relationships emerging due to the close-knit nature of these groups. Such overlap can result in intersections between personal and professional lives. As someone who belongs to the queer, gaming, and kink communities, I possess unique insight and experience, allowing me to work effectively with clients from these backgrounds—not only as a kink/gamer/queer-aware therapist, but as someone who is genuinely knowledgeable about these spheres. These elements are integral to my personal identity and deeply important to me.

Authenticity and Role-Modelling

Like my clients, I have romantic, sexual, and social needs that must be fulfilled for me to live authentically and meaningfully. I believe it is valuable to provide role-modelling for living authentically within these communities. Furthermore, it is important for clients to recognise that therapists also have lives outside of counselling; we are not therapists 24 hours a day, and maintaining this boundary is essential for both parties.

Privacy and Boundaries

As a therapist, I am committed to respecting the privacy of clients who seek therapy with me, while also safeguarding my own privacy regarding my sexual, relational, and lifestyle choices. The guidelines outlined below are provisional and may be refined as I gain further experience and as individual client relationships develop. This ensures that I can continue to work ethically **and respectfully within these communities.**

Confidentiality

Confidentiality is fundamental to the therapeutic relationship. I strictly adhere to all established safeguards for maintaining confidentiality and the secure storage of client records. Every client will be provided with a contract detailing their rights to confidentiality, including legal exceptions that fall outside my limits of confidentiality. I will never disclose anyone's kinky interests, sexual identities or gamer affiliations (such as gamer tags or usernames). Should we encounter one another in public, I will defer to the manner in which you choose to acknowledge me, or to any prior agreement we have made. I will only acknowledge you if you do so first. There are many ways in which we may come to know each other outside of our professional relationship, but if you identify me as your therapist, it may be difficult for me to deny this. Nevertheless, I will never discuss the content of our work together.

Friends and Acquaintances

Therapeutic best practice prohibits dual relationships, particularly those involving romantic connections, sexual activity, or close friendships beyond the therapeutic context. This also extends to certain business associations and includes family members or significant others related to friends or clients. If we already know each other and consider ourselves good friends, I will not accept you as a client. If we are only acquaintances and do not have a close relationship, it may still not be appropriate for us to work together in a therapeutic capacity. We will discuss the implications of any prior contact or knowledge of each other, including how this may limit the potential for future friendship. In all such cases, I will exercise caution and avoid entering into a therapeutic relationship. If our connection falls outside these parameters, we can discuss the situation further, but again I would lean towards not taking you on as a client and would refer you to a suitably qualified colleague.

Supervision and Referral Process

To maintain ethical standards, I participate in regular supervision with a queer kink-informed supervisor. Should any ethical concerns arise during therapy—including, but not limited to, dual relationships—these will be discussed both with my supervisor and with you, the client. If we conclude that a conflict of interest prevents us from working together, I will provide you with details of other suitably qualified therapists.

Working with Me

If, after reading this, you still wish to work with me, I encourage you to raise any questions or concerns you may have—even if you feel they have already been addressed. My aim is to support people within these communities in a safe and comfortable manner. You may wish to work with me for reasons unrelated to the above, but want the reassurance of a therapist with whom you do not have to hide or explain those aspects of your identity or lifestyle. I am a full member of the British Association for Counselling and Psychotherapy (BACP) and I abide by their ethical guidelines. I also undertake continuing professional development (CPD) regularly to stay up to date with best practices and new developments in my specialist areas.

I believe that this managed and negotiated form of disclosure is appropriate and preferable to accidental boundary crossings. I welcome feedback, questions, and concerns from prospective clients and others in the community.