

Gary's Workshops

1- Couple's counseling Workshop – October 27, 2009

Workshop for students of the CUNY (City University of NY – Psychology and Mental Health counseling) - Learn how to work through common issues with couples; Gain tools for interventions with couples

2- Bare-backing, AIDS Transmission and Cybersex – Feb. 5, 2010

Workshop for Identity House counselors

This workshop addresses the issue of Cybersex, bare-backing and AIDS Transmission – which is causing major health problems among younger gay culture who did not experience the deaths of so many people in the 1980s and 1990s. Also a lack of self-control and not being able to deal in a healthy way with difficult feelings (such as loneliness, rejection, anxiety, disappointment, anger) can cause these behaviors. Self-neglect and self-harm can stem from many past family of origin issues. Clients who do not respect their bodies and neglect the possibility of AIDS transmission sometimes come from families where parents did not give them appropriate attention, love, support and respect. Sometimes this inability to value one's body comes from abuse or neglect as a child. Drug or alcohol abuse or untreated mental illness can also lead to a lack of healthy inhibition. Fundamentally an issue of containment of difficult feelings and difficulty with impulse control or healthy inhibition is the problem here.

3- Adult Survivors of Childhood Sexual Abuse Workshop - Nov 8, 2009

Workshop for therapists of the New York State Society for Clinical Social Work – Also for Alumni of Gestalt Association therapists for psychotherapy – Feb. 2010 & April 2009; and at LGBT Center - June 2009.

Issues for clients include: Dissociation and deadening of self; Hyper-vigilance & thoughts of danger when with others; Isolation to reduce anxiety; Chaos in the past and perhaps repeated in the present; Lack of (learned) inner support; Self-neglect; major (chronic) depression; victimized and resentful in present; Boundaries - Inability to say "No" and set some boundaries; Relationship trauma: sometimes substance use or abuse; sexual compulsion to give a client a temporary way to feel valued (sexually), and an attempt to relieve loneliness and anxiety.

4- Assessment Workshop for Suicide, Depression and Anxiety - Dec. 2009, Oct. 2008, May 2008 - Workshop for Identity House counselors